

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, March 9, is plastic, glass and metal. Put items in blue bags and place them on the curb.

WACVA Maryland Free State Chapter 70 to meet

The Women's Army Corps Veterans Association, Free State Chapter 70 will meet at the Aberdeen Senior Center 11 a.m., March 5.

Issues to be discussed include supporting upcoming events for the year at the Perry Point V.A. Medical Center. Women veterans of all service branches and active duty service members are welcome to attend Chapter 70 meetings to learn more about the organization that serves the veterans of Harford and Cecil counties and the service members of Aberdeen Proving Ground.

The chapter meets the first Saturday of the month at the same location.

For more information, contact chapter president Judy Fortier at 410-272-4115.

Blue Cross/Blue Shield service visit

The Civilian Personnel Advisory Center has made arrangements for a claim representative from Blue Cross/Blue Shield to visit Aberdeen Proving Ground on March 8 to discuss claim problems and plan coverage. No appointment is necessary.

The representative will be available in the Aberdeen Area 9 to 11:30 a.m. in building 305, room 236; and in the Edgewood Area, 12:30 to 1:30 p.m. in building E-4811, the seminar area of the EA Conference Center.

For more information, contact Teri Wright, 410-278-4331, Civilian Personnel Advisory Center.

KUSAHC closes on Saturdays

Effective April 1, Kirk U.S. Army Health Clinic will no longer be open on Saturday.

For appointments, call the clinic at 410-278-5475. Clinic hours are 7:30 a.m. to 5 p.m., Monday through Friday.

Active Duty Sick Call hours remain the same with sign in at 5:30 a.m. for both the Aberdeen and Edgewood Area Troop Medical

See SHORTS, page 4

ISSUE

HIGHLIGHTS

Page 2

ACS Family Corner

Page 3

Women's History Month

Page 5

Community Notes

Pages 6

MWR
Sports update

Celebrating black history in song



Photo by BOBBY PARKER, THE AEGIS

George Hargrove, center, leads the Mount Zion Male Chorus of Havre de Grace in song during the U.S. Army Ordnance Center and Schools' 32nd Annual Wilbert Davis Gospel Night celebration at the Post Theater Feb. 20. See story on page 10.

Just say 'no' to double bagging, 'yes' to paper bags

Bonnie Powell
DeCA

Shopping in the commissary can save military families 30 percent or more. Now, customers can help commissaries in the United States hold the line on supply costs by asking customers to "just say no" to double bagging and say "paper please" when they get to the register.

With more than 92 million customer transactions per year, grocery bags cost commissaries nearly \$20 million annually. The cost of plastic bags has risen more than 30 percent in the last two years due to the rise in oil prices, which directly affects the cost of manufacturing plastic bags.

"Every extra dollar we spend on bags is a dollar we may not have for payroll or other commissary services," said Patrick B. Nixon, acting director and chief executive officer. "Customers can help DeCA control costs by switching to paper bags and eliminating double bagging."

Baggers, who are not employees of DeCA, will be given fact sheets informing them of the costs of double bagging and plastic to encourage them to participate in the effort to hold the line on rising costs. Statistics show that commissaries currently use 80 percent plastic to 20 percent paper. DeCA officials want to see those percentages reversed. "Several years ago the plastic was less expensive so we encouraged going with plastic bags," said Nixon. "Now paper is the more economical choice."

Customers who want plastic or double bags will be accommodated, but "we hope customers are interested in helping their commissaries hold down costs," said Scott Simpson, chief operating officer for the Defense Commissary Agency. "We hope when they get to the register they'll say 'no' to double bagging and 'yes, paper please' to their bagger."

The awareness campaign to encourage customers to switch to paper bags is only taking place in U.S. commissaries because the cost of shipping the much

bulkier paper bags to Europe and the Far East outweighs any savings obtained by switching to paper. The campaign to reduce double bagging is worldwide.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices — savings worth more than \$2,700 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain men and women to serve their country.

Prayer Luncheon focuses on Soldiers as the 'rock of our country'

Story and photo by
Meghan Bowen
APG News

Soldiers and civilians gathered for the National Prayer Luncheon, which focused on

celebrating values and the Soldier as the 'rock of our nation' at Top of the Bay Feb. 16.

"We're gathered here at Top of the Bay to recognize the

importance of prayer in our lives," said Col. John T. Wright, APG Garrison and deputy installation commander, "and I want everyone to keep in mind on a day like today that people all around the world are doing the same thing."

In the 1940s, during World War II, small groups of Senate and House of Representative members gathered to pray together and study the bible, according to Capt. Yun J. Kim, Garrison chaplain.

The small groups evolved into a Presidential Prayer Breakfast later known as the National Prayer Breakfast whose purpose was to bring together the leadership of the United States in recognition of 'the moral and religious values upon which our nation was founded,' according to the program.

Maj. Anthony Montague,

61st Ordnance Brigade chaplain, offered a prayer for the nation.

"Loving God, help us to use our skills for the strengthening of our nation," Montague said. "Make us aware of your presence that we may experience, show and know love."

Wright introduced the keynote speaker, Brig. Gen. Jerome A. Haberek, deputy chief of Chaplains, who focused on the role of the American Soldier as the 'rock of our nation.'

Haberek talked about a conversation he had with former news anchor, Tom Brokaw, who wrote a book about the people of the World War II era called 'The Greatest Generation.'

"I told Mr. Brokaw that in regards to the War on Terror, I think that a lot of people whom we call Soldier are a part of the next greatest gener-

ation," Haberek said. "We talked about the Soldier and civilian families whose dedication to the country, repeated deployments, and spouses raising their children as single parents while worrying about and praying for their loved ones abroad, is what makes them the next greatest generation."

Haberek defined what makes the American Soldier "great" is "their training, equipment, leaders, values and dedication against overwhelming reason to stay together as a band of brothers from everyone from a young sergeant to a general officer."

He used the eagle to symbolize what the Soldier represents.

"While the eagle may cry, it will never hang its head in shame. It will always fight against oppression," Haberek

See PRAYER, page 9



Staff Sgt. John T. McGill, fire control systems instructor, Headquarters and Headquarters Company, 16th Ordnance Battalion, sings 'My Country 'tis of Thee' at the National Prayer Luncheon held at Top of the Bay Feb. 16.

Retention Team visits APG

The Department of the Army Mobile Retention Training Team will visit APG, March 14 through 18 to conduct retention training in building 4305, room 243B, Susquehanna Avenue, for all primary and alternate unit level reenlistment noncommissioned officers.

Senior NCOs from the U.S. Army Soldier Support Institute Retention Schoolhouse will conduct training from 8 a.m. to 4:30 p.m. daily.

Uniform for training is BDUs.

This training is only available once per year and provided at no cost to the units.

Post Retention will provide all training materials students are required to possess.

At 10:25 a.m., March 18, there will be an Army Retention Program presentation prior to graduation that all leaders are encouraged to attend.

Units desiring to send Soldiers to this training must contact Master Sgt. Elijah Mobley, Post Retention, 410-306-2054, to confirm attendance and verify training seat availability for their reenlistment NCOs not later than March 7.

Family Corner—Enriching the military life

Decreasing parental stress through behavioral modification

Maj. Christian DeGregorio

General Leonard Wood Army Community Hospital

Marital relationships have many different stresses involved in their development and evolution. The most common issues discussed in marital therapy appear to involve money, sex and parenting.

Parenting for many couples is often discouraging. There can be many cultural and familial influences that shape each partner's views.

It also can be frustrating that parenting often is ineffective and/or perceived as a reflection of the parents' or families' identities as being flawed. Let's look at parenting in a very basic way, somewhat like an animal trainer would, and use simple interventions that can lead to less stress in parenting.

First of all, parenting is about increasing the odds that a child will do a certain behavior desired and decrease the odds that a child will do a behavior not liked to change, so there may be some angst and agony along the way.

Another important concept to understand is that a behavior will likely occur more often if it is encouraged or reinforced.

This can be a positive experience or a negative one. The key is to reinforce the behavior desired and not reinforce the behavior not wanted.

Most parenting management before the age of two involves distraction, redirection and active ignoring of behavior.

After the age of two, the following system works until early adolescence. Begin with a simple mechanism of dealing with behavior you do not want.

Examples include temper tantrums, complaining, demanding things, arguing, being aggressive, etc. These are behaviors a parent does not want to reinforce.

So, when these occur, have a plan. One is to use a counting method. When the behavior starts, state only, "That's one." If it continues, "That's two." And finally, "That's three."

At that point, the child is directed or escorted to his or her room for a five-minute time-out. Do not talk or argue and do not become angry or over-emotional.

Decreasing talking and emotionality (anger) is key to avoiding negatively reinforcing a behavior that a parent does not want.

The parent may have to do this multiple times. However, a child will learn that "two" is as far as he or she wants to go. Over time, all the parent will have to do is say, "That's one" and the behavior should cease.

It is critically important to play close attention to when a child is behaving appropriately or being good, kind, thoughtful or responsible.

This is when the parent needs to reinforce the child's behavior with praise, expressing how great he or she is and how pleased the parent is.

In a more concrete way, using a "token economy" will positively reinforce behavior

in a more tangible way for children.

In a token economy, the parent sets up a system in which the child can earn points, stars or checks for chores, tasks or certain behaviors the parent wants to start or stop.

With a certain amount of points, the child can earn privileges.

The key to this is that the parents need to control and distribute privileges such as television, video games or whatever is important to the child as something that can only be earned. The privileges or freedoms the children have are between them and their earning chart, not the parents.

Do not give away possible motivators for children. This system also decreases emotional anguish when things get taken away.

Everything is available to the child, but it is up to the child to obtain it. The 'evil parent' doesn't have to be the one that takes something away.

Punishment will work in the short term. However, it will become ineffective when the child becomes hopeless, devalues the desired behavior quickly after the punishment is over, or finds a way around punishment.

The most critical factor in low-stress parenting is teamwork. Both mom and dad need to be unified in the parenting system.

Children are designed to find errors in parenting and exploit them. This is much

more difficult if both parents follow the same parenting system and communicate with each other.

Examples include not making a quick decision without consulting the other parent and avoiding arguing about a parenting problem in front of children.

If in doubt on what the other parent may have agreed to, just say no. It is easier to say yes afterwards, but much

more difficult to say yes first, then no – that makes things much more stressful.

Finally, the key to low-stress parenting is to have very few preconceived expectations.

Children are social scientists and they will study the parent and attempt to get what they want, if they are allowed. This is actually a good sign because it demonstrates good intellectual functioning.

Base expectations on the behavior that can be seen when intervening. If a parent attempts to be consistent at least 80 percent of the time, remain calm and have a plan of how to address a behavior that is agreed upon by both parents, they will likely see desired behavior and can expect it to be repeated.

(Editor's note: Reprinted from the Fort Leonard Wood Guidon.)

Parenting special needs children

ACS

The parent of a child with a disability or with special needs is only too aware of all the challenges encountered when trying to get the best help for their child. The list of problems faced by so many children and their families never seem to end.

Each disability brings with it its own special concerns, but there are many issues which parents share in common.

There is understandably shock and disbelief when a parent learns that their child is in any way disadvantaged or has special needs. The gradual acceptance of the situation is painful. All parents go through this kind of anguish.

Practically all families wish to do the best for their child, often against tremendous odds. Parents can start by being their child's back-

bone, support and their best advocate. Being the best advocate for the child can help reassure them as well as the parent.

The following are a few tips on being the best [parent] advocate.

- Believe in yourself and your abilities. Remind yourself that you are important and have a right to be involved in your child's decisions.

- Deal with your perceptions or feelings about yourself as a parent of a child with special needs. Do not allow feelings of anger or denial to get in the way of your ability to negotiate.

- Be prepared for all meetings with doctors, school, etc. Know ahead of time the important points you want to make. Make a list and take it with you.

- Request someone to accompany you to provide moral support.

- Learn to communicate assertively. An assertive person clearly and positively states his/her point of view and takes into account what others have to say.

- Discuss your child's strengths, interests, abilities, needs and what things you would like your child to do better.

- Ask for explanation and/or clarity.

- Understand your rights, as a parent of a patient or a parent of a student. Acquire knowledge.

The ultimate responsibility for the child's education and/or health is in the parents' hands. Reach out to professionals who can help.

For more information regarding advocacy, call Reeshemah Bugg, Army Community Service Exceptional Family Member program manager, 410-278-2420.

Getting a taste for nutrition... key to good health

Lt. Col. Deborah F. Simpson
CHPPM

March is National Nutrition Month®. This annual campaign, sponsored by the American Dietetic Association, reinforces the importance of good nutrition and physical activity as key components of good health. National Nutrition Month is a registered trademark with the American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995.

This year, the campaign focuses on several key messages: Be adventurous and expand your horizons; Treat your taste buds; Maintain a healthy weight; Balance food choices with your lifestyle; and Be active. All of these recommendations play an important role in helping to ensure a high level of nutrition and fitness.

Be adventurous and expand your horizons

Eating is one of life's greatest pleasures. One of the key components of a nutritious diet is variety. Variety is the "spice of life" when making food choices. Enjoy a wide variety of foods with different flavors, colors, and textures. Don't be afraid to try different ethnic foods such as Brazilian black bean soup,

Mediterranean tabouli (bulgur salad), or Middle Eastern hummus (mashed chickpeas). To keep excitement in meals and snacks, try a new food or recipe at least once a month.

Select a variety of whole-grain foods such as whole wheat, brown rice, and oats. These foods form the foundation of a nutritious diet. Enjoy fruits and vegetables of various colors, because they contain hundreds of disease-fighting phytochemicals — natural substances that protect the body against certain cancers, obesity, heart disease, stroke and hypertension. They also contain no cholesterol and are virtually fat-free. Choose nonfat and low-fat foods from the milk and meat groups most often.

Treat your taste buds

Although moderation is a key component of

a nutritious diet, meals do not have to be bland and boring. Use lemon, salsa, herbs and spices for added flavor.

All foods can be included in a healthful diet. However, it is important to control how much and how often certain foods are eaten, especially foods high in fat, sugar or sodium.

Maintain a healthy weight

Maintaining an appropriate weight is essential for good health and quality of life. Carrying too much or too little body fat can negatively impact health and performance.

The location of extra weight on the body and weight-related health problems are also an issue. Excess body fat located in the stomach area around the waist increases the risk for heart disease, high blood pressure, diabetes, and certain types of cancer.

Balance food choices with your lifestyle

Developing a lifestyle that promotes nutrition and physical fitness forms the foundation for good health. Gradually incorporating healthful habits is well worth the effort.

It's easier to get all of the nutrients needed for good health by eating foods from the major food groups. If foods eaten are balanced with

physical activity over several days, there is no need to worry about just one meal or one day.

Be active

It's easier to achieve long-term health when good eating habits are combined with regular physical activity. So why do most people have so much trouble sticking with a regular exercise program? According to exercise experts, lack of motivation can be blamed.

Participating in a variety of enjoyable activities such as walking, running, and bicycling makes a regular exercise program easier to maintain. Expensive equipment and complicated fitness programs are not necessary to achieve and maintain a high level of fitness.

It's important to remember that any activity is exercise. Activities such as walking to do errands, gardening, and taking the stairs all contribute to the daily exercise quota.

National Nutrition Month is a perfect time to make positive changes in diet and exercise habits. Helpful resources include the DoD National Nutrition Month® resource packet available at <http://chppmwww.apgea.army.mil/dhpw/wellness/nnm.aspx> for nutrition and physical activity-related materials and tools designed to help establish and maintain good health, and the American Dietetic Association Web site, www.eatright.org.

(Editor's note: Lt. Col. Deborah F. Simpson, M.S.H.P., R.D., L.D., is assigned to the U.S. Army Center for Health Promotion and Preventive Medicine.)

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, AMSSB-GIM-P, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.
Deadline for copy is Thursday at noon for the following Thursday's paper.

Staff

APG Commander	Brig. Gen. Roger A. Nadeau
Public Affairs Officer	George P. Mercer
Editor	Marguerite Towson
Editorial Assistant	Marguerite Towson
Contract Photojournalists	Yvonne Johnson
.....	Meghan Bowen
Graphic Designer/Web Designer	Blake Voshell
Web site	www.apgnews.apg.army.mil



Pet of the Week



Photo by YVONNE JOHNSON

'Apricot' is also the color of this Tabby cat's coat and eyes. This friendly adult male shorthair would make a good companion for adults or children. To adopt him or another pet, visit the Aberdeen Proving Ground Veterinary Treatment Facility at 2479 Oakington Street. The facility is open 7:30 a.m. to 3:30 p.m., Monday through Friday. For more information, call 410-278-3911/4575.

Women's History Month

Focusing on women's health

Laurie Kemp

Winn Army Community Hospital

Although American women are living healthier and longer lives, too many women across the country still suffer and die of serious illnesses.

The number one killer of American women - in fact, more women die of this disease each year than do men - is heart disease.

Cancer is the second-leading cause of death, with lung cancer being the top cancer killer among American women followed by breast cancer and colorectal cancer. Stroke is the number-three killer of American women. Each year, 30,000 more women than men have strokes.

Since many of these leading causes of death among women can be successfully prevented or treated if the warning signs

are caught early enough, regular health check-ups and healthy habits are necessary.

According to the Department of Health and Human Services, during check-ups women should discuss with their health-care professionals which of the tests are right for them, when they should have them and how often.

Women should consider the following screening tests:

- Pap smears every one to three years if sexually active or older than 21.
- Chlamydia tests if age 25 or younger and sexually active; if older, discuss test with health-care provider; also, discuss testing for other sexually transmitted diseases, if needed.
- Blood pressure checked at least every two years.
- Diabetes tests if diagnosed

with high blood pressure or high cholesterol.

• Depression screening should be discussed if feeling "down," sad, or hopeless with little interest or pleasure in doing things for two weeks straight.

• Mammograms every one to two years starting at age 40.

• Cholesterol checks regularly, starting at age 45 (if smoker or diabetic or if heart disease runs in the family, cholesterol checks should start at age 20).

• Colorectal cancer tests starting at age 50.

• Osteoporosis tests should start at age 65 to screen for osteoporosis (thinning of the bones); anyone between the ages of 60 and 64 and weighs 154 pounds or less, testing should be discussed with a health-care provider.

Prevention is the key to living healthy. Getting preventive screenings and immunizations are among the most important things to do to help the patient remain healthy.

All these health services are available at Army medical treatment facilities. Additional women's health information can be found by visiting the National Women's Health Information Center at <http://www.4woman.gov/> or calling 1-800-994-9662.

Adding simple preventive and positive health behaviors into every-day life will help prevent serious illnesses and will improve a woman's health and that of the nation today and for future generations.

(Editor's note: Reprinted from the Fort Stewart Frontline. Author is the public affairs officer at Fort Stewart, Ga.)

2005 cutoff dates for PR submissions announced

DOC

The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its fiscal year 2005 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting purchase requests by or before the dates shown below greatly enhances the ability of the APG DOC to meet customer needs. Early planning and coordination remain the keys to a successful year-end. Customers are advised to submit year-end requirements as early as is reasonable to minimize the possibility of funds going unobligated at year end.

The following schedule has been established for the submission of PRs for FY 2005 and maintenance for FY 2006:

- Noncommercial Items over \$100,000 - July 1*
- Noncommercial Items between \$2,500 and \$100,000 - Aug. 1
- Commercial items between \$100,000 and \$5 million - July 1
- Commercial Items under \$100,000 - Aug. 15
- Services Over \$100,000 - July 1
- Delivery Orders and Task Orders Under Existing Contracts - Aug. 1
- GSA Schedule Procurements - Aug. 1
- Short-of-Award over \$2,500 - June 15**
- Maintenance for FY 2005 - July 1
- (FY 06 Contract Modifications and Options for Existing Maintenance Contracts)

* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

**Customers submitting "short-of-award" PRs, espe-

cially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after purchase requests that are funded and PRs that are subject to the availability of funds.

The above lead times can be affected by various factors, a few of which include: competition requirements, to include fair opportunity for services task orders over \$100,000 when using Federal Supply Schedules; obtaining sole, limited source or urgency approvals - the justification and approval process; the review process accomplished by the APG Small Business Advisor to ensure all socio-economic programs will be appropriately addressed; front-end PR entry, and PD2 (PD2 is the DoD contracting automated system used at Aberdeen.

New requirements affecting leadtimes this fiscal year:

When placing sole source orders over \$2,500 under Federal Supply Schedules, a

Justification and Approval must be prepared and approved by a Contracting Officer.

When purchasing supplies or services over the simplified acquisition threshold (currently \$100,000) using non-DoD contract vehicles (which includes placing orders with GSA), proposed actions must be reviewed and approved considering:

• If the action is in the Best Interest of the Government - satisfying customer requirements, schedule, cost effectiveness (taking into account, discounts and fees), and, contract administration including oversight.

• Other factors which must be addressed - determining that tasks or supplies ordered are within the scope of the contract; ensuring funding is used in accordance with appropriation limitations; providing unique terms, conditions and requirements for incorporation into an order or contract to comply with all applicable DoD-unique statutes, regulations, directives

and other requirements (e.g., all clothing, shoes and other items specified under the Berry Amendment, procured with DoD funding, is of domestic origin); and collecting data on the use of assisted acquisitions for analysis.

Submission of requests after the scheduled dates will be considered on a case-by-case basis and will require approval by the Chief of the Contracting Division. The APG DOC will do as much as possible to assist customers in satisfying their requirements after the cut-off dates. However, the Directorate has a limited capability to process late requirements. Budgetary constraints may mean that customer-funded overtime may be the only method to provide the Directorate with additional flexibility to accept require-

See **SUBMISSIONS**, page 11

Contacts

Joyce Roberts, Contracting Division

joyce.roberts@us.army.mil, 410-278-0869

Facilities Branch: Repair, alteration, construction, sale and removal of excess real property, services for base operations functions (including, but not limited to, utilities privatization, custodial, refuse, underground utilities locating, etc.), equipment-in-place, and facilities.

Martha Mitchem - martha.mitchem@us.army.mil, 410-278-2362

Services Branch: General and specialized services for mission support; range testing of vehicles, equipment, ammunition; lease, rental, and maintenance of equipment; full food services; environmental services; equipment-in-place, and other base operations services.

Shirley Kelly - shirley.a.kelly@us.army.mil, 410-278-0854

Technology Branch: ADP equipment; word processing equipment; software; general, specialized, and test equipment; instrumentation; supplies; and, ADP maintenance and services.

Ginny Corona - ginny.corona@us.army.mil, 410-278-0883

Preparing purchase requests in PRWEB

(formerly known as Aquiline)

• DO NOT use any dashes or spaces in the purchase request number.

• When preparing attachments for any electronic document to be used by contracting, preparer MUST use the following format: Normal, Times New Roman, 10.

• DO NOT use page breaks, section breaks, column breaks or special characters such as trademark signs, tm, (r), <, etc, in any document that will be used in a purchase order or contract.

• The contracting writing system used by contracting cannot format correctly if a font other than Normal, Times New Roman, 10 is used or if any special characters are used in the document.

POST SHORTS

clinics.

Flu vaccine for military eligible beneficiaries

Kirk U.S. Army Health Clinic is encouraging all military eligible beneficiaries to get protected by getting a flu shot.

Eligible health care beneficiaries include those who are active duty or retirees and their eligible family members.

The Kirk Immunization Clinic at Aberdeen is open Monday through Friday, 7:30 a.m. to noon, closed each day for lunch noon to 1 p.m. and reopens Monday, Tuesday, Wednesday, and Friday, 1 to 4 p.m.

On Thursday afternoon, the hours are 2 p.m. to 4 p.m.

For more information or updates, call the Flu Vaccine Hotline at 410-305-FLUV (4-3588).

Pet supplies needed

Because of the large number of cats in need of adoption at the APG Veterinary Treatment Facility, cat food and cat litter are in short supply.

Donations of these items can be brought to the clinic located at 2479 Oakington Street. The facility is open 7:30 a.m. to 3:30 p.m., Monday through Friday. For more information, call 410-278-3911/4575.

Experience the Civil Air Patrol at APG

The Civil Air Patrol is an auxiliary division of the U.S. Air Force open for enrollment to both male and female youths between the ages of 12 and 18.

The CAP offers three missions as a cadet, aerospace education and emergency services student. Meetings are held 7 p.m. every Monday in building 5443.

For more information, con-

tact Lt. Phillip Szezepanski, 410-803-9737 or e-mail: info@harfordcap.org.

Scheduling TRICARE information briefings, forums

Units or groups that would like to schedule TRICARE briefings should contact Nannetta Hicks, TRICARE community representative, via e-mail at nanetta.l.hicks@us.army.mil, or visit Kirk U.S. Army Health Clinic, Room A08.

New medical records policy at KUSAHC

The Medical Records Room at Kirk U. S. Army Health Clinic will no longer sign out medical records for Soldiers undergoing PCS, ETS, and retirements.

If a service member is undergoing a PCS, the service member must bring a copy of the orders to the Medical Records Room and sign a release of information.

The medical record will then be forwarded to the next duty station by certified mail.

If the service member is going overseas, they will be allowed to take their medical record with them.

If the family is not going with the service member to the next duty station or is not living near a military treatment facility, the family can sign a release form and put in a request for a copy of the medical records.

This should be done four to six weeks in advance.

The original medical record will be maintained at KUSAHC.

The copies of the medical records will be mailed to the family members.

Registering newborns in TRICARE

Newborns over 60 days old must be enrolled in TRICARE Prime or they are considered TRICARE Standard and will only have space available care after 11 a.m. at Kirk U.S. Army Health Clinic.

There is no automatic enrollment in TRICARE Prime. Parents or Guardians must fill out the TRICARE Prime enrollment forms as family members change. Family members must be enrolled in DEERS through their personnel office before

they can enroll in TRICARE.

Members should stop by the TRICARE Service Center located at KUSAHC, Room A06, to update their family's TRICARE enrollment status. After updating the TRICARE enrollment, go to Patient Administration, Room C22 to register or update member's registration in the electronic medical records system. It is essential that correct information be entered in this system so that KUSAHC may contact the member or process any specialty referral for civilian network care. A local address and phone number is required.

New program seeks volunteers

The Aberdeen Proving Ground Minority College Relations Program is seeking volunteers from the Garrison and tenant activities to build a Minority College Relations Team.

The MCRT will identify and develop collaborative programs that will strengthen minority colleges, APG's viability to participate in and benefit from federal programs, and enhance APG's future readiness by partnering with these colleges and institutions.

For more information, call Neslie Etheridge, 410-278-1131.

Reserving Capa Field

Personal reservations for CAPA Field can be made beginning 9:30 a.m., 3 March, building 2727, room 101, in the Aberdeen Area.

CWF sponsors trip to Sight and Sound Theatre

The Civilian Welfare Fund will sponsor a trip to see "Behold the Lamb" March 25, at the Sight and Sound Millennium Theatre, Ronks, Penn. New scenes, new staging, new miracles and new life have been added to one of Sight and Sound's greatest productions.

Cost is \$74 per person for adults, \$52 for teens ages 13 to 18, and \$44 for ages 3 to 12, and includes charter bus transportation, meal and show. Age should be specified when making reservations.

For more information or for reservations, call Angela Keithley or Jacqueline McKeever, 410-278-4603/4771.

Special compensation to Purple Heart recipients

The Combat Military Medically Retired Veteran's Fairness Act of 2004 (HR 4637) authorizes the payment of special compensation to members of the armed forces retired due to disability with less than 20 years of active service who were awarded the Purple Heart.

The act states that such payments shall be made without regard to special rules applicable to other disability retirees, which require offsetting reductions.

To learn more about HR 4637, visit <http://vote.military.com/military/issues/bills/?bill=6778421>.

Land of the midnight sun

The Civilian Welfare Fund will sponsor a trip to Alaska. The Alaskan Wilderness/Explorer Cruisetour (Cruise and Land Tour, to include the Arctic Circle) will take place Aug. 8 through 22. Passengers will travel aboard the Dawn Princess of the Princess Cruise Line.

Inside cabins cost \$3,699 based on double occupancy; third and fourth persons in an inside cabin cost \$2,649 each; outside cabins cost \$4,240 based on double-occupancy; third and fourth persons in an outside cabin cost \$2,849 each. Balcony cabins cost \$4,499 each based on double-occupancy; singles cost \$5,249 for an inside cabin and \$6,099 for an outside cabin.

A \$350 per person deposit is due upon booking.

A flight will depart BWI for Vancouver, British Columbia. The Dawn Princess will sail the Inside Passage – destinations include Glacier Bay National Park, Ketchikan, Juneau and Skagway.

The remainder of trip will take place on land with sight-seeing in Whittier and Anchorage; a flight to Prudhoe Bay; a tour of the famed Haul Road via motorcoach; Brooks Range and Coldfoot; an overnight stay at the Fairbanks Princess Riverside Lodge; travel the Chena River on a Stern-wheeler Riverboat Cruise; a stay at the Denali Princess Wilderness Lodge for two nights; a Tundra Wilderness Tour of Denali National Park; travel to Anchorage and much more.

For more information or to make reservations, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

MCSC offers half-year membership

The Military and Civilian Spouses' Club is offering half-year membership for \$7.50.

For more information, call Sarah Novak, 410-297-8158.

Community Notes

THURSDAY MARCH 3 NORTH BAY RUGBY FOOTBALL CLUB

Indoor practice for the North Bay Rugby Football Club meets 7:30 p.m., Tuesday and Thursday at John Carroll High School. The club is open to anyone who wishes to join the team.

For more information, call 1-877-97RUGBY or visit www.northbayrugby.com.

SUNDAY MARCH 6 WOMEN'S HISTORY MONTH LUNCHEON

The 21st Annual Women's History Month Luncheon, sponsored by Harford County government, will be held 12:15 to 2:30 p.m. at the Richlin Ballroom on Van Bibber Road, Edgewood. This year's luncheon theme is "Plant a Seed. . . Grow a Future."

Guest speakers are Connie Beims and Christine Tolbert, authors of "Journey Through Berkley, Maryland: A Tapestry of Black and White Lives Woven Together Over 200 Years at a Rural Crossroads." Beims is a member of the Maryland Women's Hall of Fame, while Tolbert is an Educator's Hall of Fame inductee.

Tickets cost \$25 per person.

A Silent Auction will be held. Proceeds will provide scholarships for female students pursuing post-secondary education.

Scholarship application forms are available on line at www.co.ha.md.us, in the Office of Community Services, First Floor, at the Harford County Government Administration Building, 220 South Main St., Bel Air, or call the office at 410-638-3389.

Completed forms must be

postmarked by April 1.

For more information or to check on availability of tickets, call Tina McCarthy Potts, 410-638-3389.

MONDAY MARCH 7 TOASTMASTERS MEET

Gunpowder Toastmasters Club 2562 will hold its regular meeting Monday, 11:40 a.m., at the Gunpowder Toastmasters Club in APG's Edgewood Area. The meeting is open to anyone on or off post who wants to improve their communication, leadership and listening skills and overcome the fear of public speaking. Lunch will be available.

For more information, call Leonard Kolodny, 410-734-6573 or 410-322-7748

THURSDAY MARCH 10 FREE HOME SELLING SEMINAR

A Home Selling Seminar will be offered by Aberdeen Proving Ground Federal Credit Union 6 to 8 p.m. at the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

Guest speakers, Cathy Werner of RE/MAX American Dream, and Robert Brendel of Stonegate Title, will cover topics such as market analysis, costs of selling, for sale by owner, negotiating and home inspections.

To reserve a space, call 410-272-4000 or 1-800-225-2555, ext. 5451. The seminar is open to the public.

FRIDAY MARCH 11 SPAGHETTI DINNER

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, will

host a spaghetti dinner at 6 p.m. Guest speakers are scheduled to render service. The cost of the dinner is \$5. The program will benefit the church's Annual Woman's Day program scheduled for March 13. For more information, call 410-939-2267.

SUNDAY MARCH 13 WOMEN'S DAY CELEBRATION

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, are celebrating their 97th Annual Woman's Day. Rev. Laverne Steele, Grace A.M.E., Catonsville, will be the guest speaker at the 11 a.m. service. A musical program is planned for the 4 p.m. service.

For more information, call 410-939-2267.

TUESDAY MARCH 15 IRISH SPECIALTY MEAL

The Irish Specialty Meal will be held in the Aberdeen Area dining facilities, building 4219 and 4503 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.50 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retirees and their guests. The discount meal rate of \$3 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The Irish Meal includes peas and ham soup, New England boiled dinner, Shepherd's pie, Dublin coddle (bacon

and pork sausage), fish and chips, Irish stew, grilled reuben sandwiches, macaroni and cheese, shamrock green beans, seasoned carrots, pickled beet and onion salad, Waldorf salad, hot rolls, assorted breads, assorted desserts, soft serve yogurt with assorted toppings, assorted hot and cold beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green at 410-306-1393/1398.

FREE RETIREMENT PLANNING SEMINAR

A Retirement Planning Seminar will be hosted by Aberdeen Proving Ground Federal Credit Union 6 to 7 p.m. at the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

The Goles Investment Group/FBW will present information on confronting the longevity gap, tapping the power of diversification, building a 30-plus year retirement plan and strategies for every age.

To reserve a space, call 410-893-7359 or e-mail edteam@apgfcu.com. The seminar is open to the public.

WEDNESDAY MARCH 16 FREE RETIREMENT PLANNING SEMINAR

A Retirement Planning Seminar will be hosted by Aberdeen Proving Ground Federal Credit Union 4 to 5 p.m. at the APG Branch, Chesapeake Avenue and Oakington Street.

The Goles Investment Group/FBW will present information on confronting the longevity gap, tapping the power of diversification, building a 30-plus year

retirement plan, and strategies for every age.

To reserve a space, call 410-893-7359 or e-mail edteam@apgfcu.com. The seminar is open to the public.

SATURDAY MARCH 19 BULL, OYSTER ROAST

The Jarrettsville Young Marines is sponsoring its 3rd annual Bull/Oyster Roast 6 p.m. at the Jarrettsville VFW Post 8672, 1714 Morse Road.

This taste-tempting event is a fund raiser that supports the "Young Marines," a local youth group that embodies the same values of the U.S. Marine Corps, while serving the local community.

Tickets are available from Linda Minton, 410-557-6571 or Marie Reich, 410-256-0280. Semper Fidelis.

THURSDAY MARCH 24 FREE HOME BUYING SEMINAR

A Home Buying Seminar will be offered by Aberdeen Proving Ground Federal Credit Union 6 to 7:30 p.m. at the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

Guest speaker Cathy Werner, of RE/MAX American Dream, will cover topics such as market analysis, qualifying for a mortgage, selecting the right loan program, 'what you want vs. what you can afford,' negotiating and home inspections.

To reserve a space, call 410-272-4000 or 1-800-225-2555, ext. 5451. The seminar is open to the public.

FRIDAY MARCH 25 BASKET BINGO

American Legion Post 194, 336 E. Main St., Rising Sun, is sponsoring a basket bingo to benefit Boy Scout Troop 28. Games begin at 7 p.m. Cost is \$10 for 20 games. For more information, call 410-658-3915, or e-mail basketbingo@zoominternet.net.

SATURDAY MARCH 26 VIETNAM VETS PARTY

VFW Post 6027, 815 Turkey Point Road, North East, will present the 15th Annual Vietnam Vets Party, 7 p.m. Live entertainment will be provided by Mothers Headache. Cost is \$35 per couple or \$20 per person. Dinner, door prizes, snacks, beer, soda and more will be available.

For more information or to purchase tickets, call 410-287-3132 or 410-287-9788.

SATURDAY APRIL 16 EARTH DAY CELEBRATION

Celebrate Earth Day 11 a.m. to 4 p.m. (rain date April 17), at Aberdeen Festival Park, located at Howard and Franklin Streets across from the library. Enjoy a fun, activity-packed day for all ages with live music, a rock climbing wall, an "Earth Bounce", recycle games, face painting, environmental exhibits and lots more. Children can bring a 100 percent cotton T-shirt to Tie-Dye. Bring a blue recycling bag of packaged people food, pet food, or clothing to benefit those in need and get three free game tokens.

For more information call 410-297-4215.



Morale, Welfare & Recreation

Activities

Operating hours

The MWR Registration, Tickets and Leisure Travel Center is open from 9 a.m. to 5 p.m., Monday thru Friday, and 11 a.m. to 7 p.m., the first and third Friday of every month.

If that is a training holiday, the office will be open 11 a.m. to 7 p.m. on the Thursday prior.

For more information, call 410-278-4011/4907 or e-mail mwr_registration@usag.apg.army.mil.

Adult Chess Championship

An Adult Chess Championship will be held 9 a.m., March 5 at the AA Recreation Center, building 3326. This competition will consist of round robin play with 30-minute games

based on the point system. Winners will be selected based on win/loss percentage. Awards will be presented to the top three players. Players must be 18 years of age.

Cost is \$10. Register by March 3.

Ballroom Dancing

Become proficient in Ballroom Dancing with instructional classes held 7 to 8:30 p.m., Mondays, March 7 to 28, at the AA Recreation Center.

Course will consist of hands-on instruction with emphasis on current and popular dances. Course will help both beginner and intermediate students learn and master the basic steps and sequences required for performing the dance routines involved in the

program. Register by March 4. Cost is \$60 per person or \$100 per couple.

Tickets available for "The Biggest Show on Earth"

Don't run away to join the circus – purchase tickets from MWR to see Ringling Brothers and Barnum and Bailey Circus at the 1st Mariner Arena in Baltimore, March 9 through 20.

All tickets cost \$16.50. Pre-order tickets now. The last day to purchase tickets is March 4.

Fencing

Learn the basic maneuvers employed on offense and defense, and how to initiate or avoid an attack by an opponent. Also, learn how to prac-

tice in order to improve skills and timing.

Beginner classes will be held 7 to 8 p.m., Tuesdays, March 8 through 29 and advanced classes will be held April 5 through 26, at the AA Recreation Center. Cost is \$35. Register by March 4 for beginners and April 1 for advanced.

Spring Racquetball Tournament

A round robin singles spring racquetball tournament will be held 6 to 11 p.m., March 10, at the APG Athletic Center, building 3300. Cost to enter is \$10.

The tournament is a round robin singles format; winners will be selected on win/loss record percentage. Trophies will be awarded to the top

three players in each division. Players may enter only one event. Divisions will consist of male and female advanced, intermediate, beginner and novice. Register by March 8.

Cherry Blossom cruise lunch

MWR will sponsor a Cherry Blossom cruise lunch in Washington, D.C. April 3.

Cost is \$85 and includes round trip transportation, a two and one half hour cruise on the Potomac River with Dandy Cruises and a meal. The bus will depart 9 a.m. and return 5 p.m. Register by March 21.

New York City and a tour

This New York City down-

town tour includes lunch and a guided tour, 7:30 a.m. to 10 p.m., March 19. A professional tour guide will guide visitors through Ground Zero, Battery Park, Chinatown, the Financial District, the Village area, United Nations, the Empire State building, Times Square, 5th Avenue, Radio City Rockefeller Plaza, and more. Cost is \$75. Register by March 4.

STEP Class Systemic Training, Effective Parenting

This workshop for parents to educate them about improving their parenting skills will be held 6 to 8 p.m., Monday and Wednesday, March 14 to 30 at Army Community Services. Register by March 11. For more information or to register, contact ACS at 410-278-7478.

Spring Fling parade

APG will host a community-wide Spring Fling April 16, featuring a parade at 9:30 a.m. followed at 11:00 a.m. by a variety of games, social leisure and sports activities, refreshments, and entertainment for the entire family. The event is open to all members of the APG community and their guests.

The parade will begin in the vicinity of the post library, circle Fanshaw Field, pass the reviewing stand at the APG Athletic Center and end at the entrance to Shine Sports Field.

Several youth sports teams, scout troops, police and fire departments and the 389th Army Band (AMC's Own) will participate in the parade.

Following the parade, various give-aways and activities will be provided such as balloons, face-painting, caricature drawings, magic show, meet McGruff, demonstrations by the police SWAT Team, Army Substance Abuse Prevention activities and information, Army Community Service, Child Youth Services, and Community Recreation activities. In addition, Outdoor Recreation will host an expo featuring items of equipment that are available for rental at the equipment issue center.

Passport to Manhood

Passport to Manhood, a program designed for young men, ages 11 to 14, will be held 7 to 8:30 p.m., March 17, 2005 through March 16, 2006 at Aberdeen Youth Services, building 2522.

The program addresses issues such as ethics, decision making, wellness, fatherhood, employment and careers, cooperation and conflict, diversity, relationships and self-esteem.

The 14-session small-group program will use role playing, peer discussions, games and art projects to explore values, attitudes and behaviors necessary for a healthy transition from adolescence to adulthood. Register by March 15.

Lights, camera, action in New York City

MWR will sponsor a trip to visit New York City landmarks used in Hollywood filmmaking, 7:35 a.m. to 10 p.m., April 2. See famous movie sites like the restaurant used in Spiderman, the diner used in "Men in Black," the firehouse from "Ghostbusters" and more.

Cost of the trip is \$85 and includes round trip bus transportation, lunch at Ellen's Star Dust Diner and tour. Register by March 18.

Table Tennis Championship

A one-day double elimination table tennis championship will be held 9 a.m., March 19, at Russell Gymnasium, building 3330. Cost to enter is \$10. Adults 18 years and older are

See **ACTIVITIES** on page 9

CareerLaunch for youths

The Gap Foundation will sponsor CareerLaunch for youths ages 13 to 18 years of age, 4 to 5 p.m., March 14 through May 2, at Aberdeen Youth Services, building 2522. CareerLaunch encourages members to assess their skills and interests, explore careers, make sound educational decisions and prepare to join our nation's ever-changing work force. Mentoring and job shadowing opportunities for teens and training staff round out the program.

Attendance is free. Youths must have an active CYS membership.

Register by March 7 at Aberdeen Youth Services, building 2522, 410-278-4995.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. The Edgewood Area Library is open 11:30 a.m. to 6:30 p.m., Tuesday. For more information, call 410-278-3417.

The following is a list of some new books available at the APG MWR libraries:

The Forgotten Man by Robert Crais

Private investigator Elvis Cole learns that a man found shot in an alley claimed to be his father. Cole has never known his father, and as he attempts to learn the dead man's true identity, Cole is unaware that he has become a target.

The Narcissist's Daughter by Craig Holden

Death at Blenheim Palace by Robin Paige

Blood Memory by Greg Iles

The Real Mother by Judith Michael

The library's Web site, www.apgmwr.com/recreation/libraries.html provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

Registering for the School Age/Middle School Services Summer Program

The Aberdeen and Edgewood Summer Program will run for nine weeks, 6:30 a.m. through 5:30 p.m., Monday through Friday, June 20 through Aug. 19.

The program is open to all qualifying children who have completed 1st through 8th grades. Sign up for the weeks needed. Tuition fees are based on total family income.

Waiting list forms may be picked up and dropped off 7:30 a.m., at the Edgewood Youth Services, building E-1902 or the Outreach Services building 2752 or faxed to 410-278-2582. Waiting list forms will not be distributed or accepted at the Aberdeen Youth Services.

Registration will be held April 2 at the Edgewood Youth Services and April 9 at the Aberdeen Youth Services for all sponsors who have been offered openings by the Central Registration office.

Registration packets, an up-to-date physical and family income information must be completed prior to the registration appointment.

A \$20 non-refundable deposit is required per child at the time of registration for each week selected.

For more information, call the Outreach Services Office at 410-278-7571 or 7479.

SCHOOL LIAISON/YOUTH EDUCATION

Driver's Education classes scheduled

Youth Services will present winter and spring State-certified Driver's Education classes at Child and Youth Services, building 2752, room 210. Classes are 30 hours of instruction each and will begin on Wednesday and end on Tuesday of the second week.

There will be no classes on holidays. Parents and students must attend the first hour of class together (Feb. 2, Feb. 16, etc.) to review rules and procedures.

The following classes are scheduled:

March 16 through March 29, 5:30 to 8:45 p.m.

March 30 through April 12, 5:30 to 8:45 p.m.

April 13 through April 26, 5:30 to 8:45 p.m.

April 27 through May 10, 5:30 to 8:45 p.m.

May 11 through May 24, 5:30 to 8:45 p.m.

The cost is \$295 plus \$18 registration/membership fee for teens or family members 15 years of age or older, of military, retired, DoD (and DA) personnel and contractors who work at APG per student. Adults may also register on a case-by-case basis.

Registration will be held 8 a.m. to 5 p.m., Monday through Friday, at the Outreach Services-Central Registration Office, room 110, building 2752. A minimum class size of three students is required, 21 students maximum.

To make an appointment to register and pay the fee, call Christina Keithley at 410-278-7571 or Pat Palazzi at 410-278-7479.

For more information about the Teen

Driver Education program, call Greg Williams, Rules Driving School, Inc., 410-939-7008 or 937-2184, or Ivan Mehosky 410-278-2857.

Learn to play chess

Youth Services offers free chess classes for APG students 3rd grade and up at the Aberdeen Youth Center, building 2522, and Edgewood Youth Center, building E-1902.

Aberdeen Area classes will be held at the Aberdeen Youth Center 3:45 to 4:30 p.m., Mondays, for students 6th grade and up at and for 3rd through 5th graders. Edgewood Area classes will be held at the Edgewood Youth Center 4:30 to 5:15 p.m., Wednesdays for students 3rd grade and up.

Instructional booklets and chess sets are available to all participating students. Round robin tournaments will also be conducted. Sign-up with Charles Heinsohn at the times stated above, or call him at 410-278-3868

NASA Space Camp applications being accepted

Applications are being accepted for the 2005 Bernard Curtis Brown II Memorial Space Camp scholarship. Children of an active duty military parent enrolled in grades six through 9 are eligible to apply. The scholarship is funded by the Military Child Education Coalition.

Full tuition includes meals, lodging, program materials and transportation from the student's home base to nearest Space Camp.

The deadline for completed applications is April 1.

For more information or to apply for the scholarship, call Ivan Mehoskey at 410-278-2857, or visit Web site www.spacecamp.com.

Sports Intramural basketball

The following results were received for intramural basketball for the week ending Feb. 25. For information regarding statistics, contact Donna Coyne, 410-278-3929.

American Division

Results Feb. 23

HHC 61st, 75; NCOA, 51
DLES, 65; 203rd MI, 48

Standings

•HHC 61st	11-2
•DLES	10-4
•HHC 16th	7-5
•NCOA	7-6
203rd MI	2-11

Edgewood Division

Results Feb. 23

Company C 143rd, 66; MRICD, 49

Standings

•Company C 143rd	11-1
•HHC 143rd	10-1

•Natl Guard	8-3
•Company A 143rd	7-6
•22nd Chem.	5-5
MRICD	3-10
Company B 143rd	2-11

National Division

•Company E 16th	10-4
•B 16th	10-4
•Company C 16th	9-6
USMC	5-9
Company A 16th	5-9

•Team likely to advance to postseason tournament.

The postseason tournament begins next week in the Aberdeen Area Athletic Center and in the Edgewood Area's Hoyle Gym. Games will be played 6:30 and 7:30 p.m., March 7, 8, and 9.

On March 10 and 11, play will be only in the AA at the same times and an 8:30 p.m. game will be added to the first two games on March 14.

The post championship will be played March 15, 6:30 p.m. in the AA Athletic Center.

MOVIES

**ADMISSION: ADULTS \$3.50, CHILDREN \$1.75 Building 3245 Aberdeen Boulevard
To verify listing, call 410-272-7520.**

ALONE IN THE DARK

Friday, March 4, 7 p.m.

Saturday, March 5, 9 p.m.

Starring: Christian Slater, Tara Reid

Edward Carnby (Slater), detective of the paranormal, unexplained and supernatural, investigates the recent, mysterious death of a friend. Clues lead him to "Shadow Island," bringing him face to face with bizarre horrors that prove both psychologically disturbing and lethal. Detective Carnby soon discovers that evil demons worshiped by the ancient

Abskani culture are planning on coming back to life in the 21st century to once again take over the world. (Rated R)

HIDE AND SEEK (FREE ADMISSION)

Saturday, March 5, 7 p.m.

Starring: Robert De Niro, Dakota Fanning

After moving to a small town, a widower (De Niro) discovers that his young daughter (Fanning) is coping with the death of her mother by hanging out with an imaginary friend named Charlie, who turns out to be a murderous psycho. (Rated R)



Channel 21 features Pentagon channel programming

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

Monday

Army Health Watch, 2 a.m. and 3 p.m.
Air Force TV News, 8 a.m. and 8 p.m.
Studio Five, 9 a.m., 3:30 and 9 p.m.
Army Newswatch, 11 a.m. and 3 p.m.

Tuesday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.
Air Force TV News, 10:30 a.m.
Studio Five, 11 a.m. and 4 p.m.
Army Newswatch, 12:30 and 7 p.m.

Wednesday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.
Studio Five, 9 a.m., 3 and 9 p.m.
Army Newswatch, 9:30 a.m., 4 p.m.
Your Corps, 5 p.m.

Thursday

Around the Services, 5:30 and 8 a.m., noon, 5:30 p.m.
Studio Five, 7 a.m., 2 and 7 p.m.
Air Force TV News, 9 a.m. and 9 p.m.
Navy/Marine Corps News, 11 a.m. and 3 p.m.

Friday

Around the Services, 5:30 and 8 a.m., noon, 5:30 and 8 p.m.
Studio Five, 7 and 11 a.m. and 7 p.m.
Army Newswatch, 3 p.m.

Army Football, 4 p.m.

Saturday

Army Football, 4 a.m.
Around the Services, 5:30 p.m.
Army Newswatch, 7:30 a.m. and 5:30 p.m.
Air Force TV News, 3 p.m.
Your Corps, 1:30 p.m.
Studio Five, 8 p.m.

Sunday

Army Newswatch, 5:30 a.m. and 4:30 p.m.
Navy/Marine Corps News, 10:30 a.m. and 3 p.m.
Your Corps, 11 a.m.
Air Force TV News, noon
Army Healthwatch, 2 p.m.

Air Force TV News - Bi-weekly TV magazine on the men and women of the Air Force.

Army Health Watch - Health issues concerning military personnel.

Army Newswatch - Bi-weekly report on the men and women of the Army

Around the Services - From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world

Studio Five - A conversation with the military: Weekly interviews of Defense Department about today's top issues

Your Corps - Monthly view of the men and women of the Marine Corps

Activities

From page 6

eligible to enter. The tournament will feature singles and doubles competition in two divisions, military and open. All matches will be best of three games to 21 except for the finals, which will be the best of five. Awards will be presented to the top three players in each category for male and female.

Register by March 17.

Introduction to Waterfowl Carving

APG's location on the Chesapeake Bay makes Introduction to Waterfowl Carving a perfect choice.

The class will be held 6 to 9:30 p.m., March 10, at the AA Recreation Center, building 3326. Cost is \$25. The class will enable students to become proficient in the art of decorative waterfowl carving and produce an ornamental work of beauty they can take

home and enjoy for a lifetime.

Cost includes supplies. Hands-on instruction will be provided. Register by March 8.

Stress Management 101

Army Community Services Family Advocacy Program presents this free workshop to educate people on methods to use in order to reduce the common causes of stress and how to manage stress. Class will be held 6 to 8 p.m., March 22 at ACS. Register by March 21. For more information or to register, contact ACS at 410-278-7478.

Storytelling Workshop

This free workshop, presented by Susan Allen of Harford County Open Doors, is for caregivers and parents 8:30 to 11:30 a.m., April 2, at Aberdeen Youth Services, building 2522. The presentation will be followed by a book making class.

Cherry Blossom Cruise

and Lunch

Step aboard the Dandy and enjoy a 2 and a half hour escape to the signature elegance and entertainment experience that is Dandy Cruises 9 a.m. to 5 p.m., April 3, in Washington, D.C. Enjoy unmatched views of the nation's greatest monuments drifting by.

Cost is \$85 and includes transportation, cruise and meal. Register by March 21.

Lights, Camera, Action in NYC

A three-hour tour begins after having lunch at Ellen's Star Dust Diner. Visit famous movie scenes like the restaurant use in Spiderman, make a landing at the diner used in Men in Black, the firehouse from Ghostbusters and more. Cost is \$85 and includes transportation, lunch and a tour. Trip is scheduled for 7:30 a.m. to 10 p.m., April 2, in New York. Register by March 18.

Celtic Feast Celtic

Prayer

From front page

said. "You are an Army that's trusted and respected, not an Army of invaders, but liberators."

He stated that Time Magazine had named the American Soldier the 'Person of the Year' but to him the [American Soldier] "has always been the Person of the Year."

"You are what makes our country great because of what you stand for in your heart, soul and being," Haberek said. "What makes us great is inside of you."

Wright presented Haberek with a garrison coin and Col. William D. Willett, installation and garrison chaplain, presented him with a framed quote and picture of George Washington praying during 'a dark period of the Revolutionary War.'

Staff Sgt. John McGill, attended the luncheon and reflected on Haberek's speech.

"The part of his speech that I found most inspirational was [today's Soldier] being compared to the original continental Soldiers," McGill said. "It was these Soldiers, not Adams or Jefferson, that suffered the hardships in order to win our nation's independence. Just as it is the Soldiers, not the policy makers who are suffering (gladly I might add) for Iraqi independence and stability in that volatile region."

Sandy Nook, retired Army Test Command management analyst, also commented on Haberek's

speech.

"I thought his talk about the American Soldier being the rock of our country was excellent," Nook said.

Nook sang a Janet Paschal song that anchored the theme of the luncheon.

"My soul is the anchor to the rock of ages," Hook sang. "My heart is set on heaven and my feet won't turn around. The rock has stood secure through the test of time, like an old trusted friend I run to him again and again."

Lt. Col. Carol Van Schenkhoef, U.S. Army Research Development and Engineering Command chaplain, read a passage from the New Testament of the New International Bible that reinforced the Soldier as 'a strengthening rock' upon which our country rests.

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock," Van Schenkhoef read.

Wright thanked everyone who participated in the luncheon.

"I would like to thank the 389th [Army] Band [AMC's Own] for their musical accompaniment, and acknowledge the efforts of the entire ministry command who brought all of this together today," Wright said.

Gospel Night

Delivers uplifting sounds to APG

Excerpt from The Niagara Movement by Yvonne Jackson, dean of the U.S. Army School of Military Packaging Technology, who won first in the Black History Month essay and display competition:

"The Niagara Movement, under the leadership of Dr. W.E.B. Dubois, "... demanded equal enforcement of the law for all races and active political involvement at all levels of society." Equality was first on their agenda."

Story by Yvonne Johnson
APG News

More than 700 people enjoyed an uplifting evening of musical praise and worship during the 32nd Annual Wilbert Davis Gospel Night celebration at Aberdeen Proving Ground's Post Theater Feb. 20.

The U.S. Army Ordnance Center and Schools presents the annual event, which began in 1973 by former Army Maj. Wilbert Davis, and is traditionally held during Black History Month.

Brig. Gen. Vincent E. Boles, OC&S commander and chief of Ordnance, and OC&S Regimental Command Sgt. Maj. Anthony Aubain hosted the program that included gospel choirs and soloists from Harford, Cecil and Baltimore counties.

Boles welcomed all, singling out special guests Wilbert Davis and his family and retired Gen. Johnnie E. Wilson, the former chief of ordnance who gave the welcoming remarks.

"It is my honor and privilege to welcome you to the 32nd Annual Wilbert Davis Gospel Night," Boles said. He said the program has endured through many changes in the Army, America and the world.

"For 32 years we have gathered here and in those 32 years much has changed in America," he said. "We fought in Vietnam, ended the draft and formed the Volunteer Army. We saw the fall of the Berlin Wall and the end of Communism, the rise of microchips and the building of the World Wide Web; we went through Desert Shield and Desert Storm and we started a new millennium in the 21st Century.

"And for all that change, one thing has not changed, this evening and the spirit of community that brings us together," he said.

The Gospel Night choirs and performers included the APG Gospel Service choir; the Voices of Inspiration from Churchville; soloist Lisa Lyons of APG; 3M Connection from Aberdeen; the duo Sister, Farrah and Tiffany Dowell of Elkton; The Jesus House Baltimore Rose of Sharon Choir from Baltimore; Sisters Singing With Anointed Voices from Aberdeen; and the Mount Zion Male Chorus of Havre de Grace.

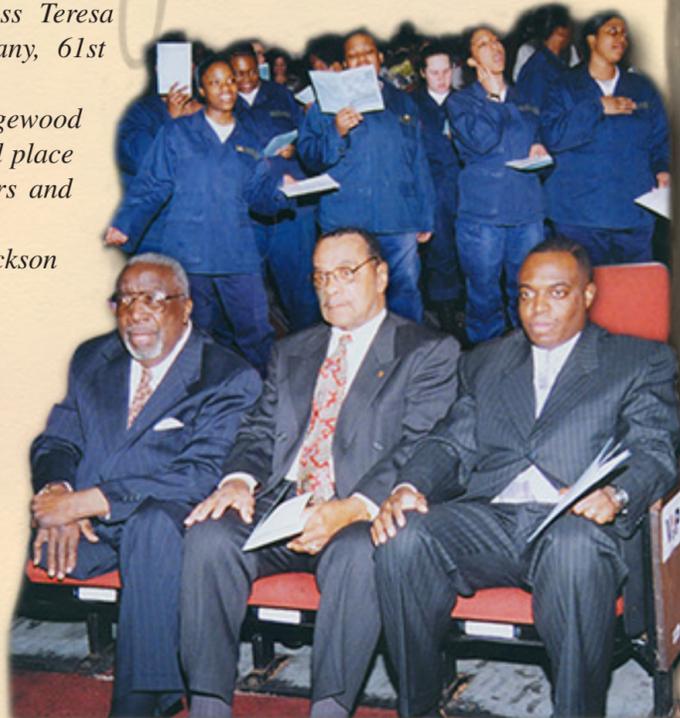
Each group received a plaque from Boles as thanks for their participation in the show.

In addition, Boles presented awards for the winners of the OC&S Black History Month essay and display competition in which participants presented works on the program's theme, The Niagara Movement.

Yvonne Jackson, dean of the U.S. Army School of Military Packaging Technology, was the first place essay winner while Sgt. 1st Class Teresa Thomas, Headquarters and Headquarters Company, 61st Ordnance Brigade, won second place.

The display winner was Thomasine Parsons, Edgewood High School Multi-Cultural Committee; and second place went to Master. Sgt. Thomas Harvey, Headquarters and Headquarters Company, 16th Ordnance Battalion.

Boles presented plaques to the winners and Jackson read her winning essay to the audience.



Photos by BOBBY PARKER, THE AEGIS
From left, front, Gospel Night founder Wilbert Davis, his friend Jim Williams, and Capt. Anthony Taylor, 143rd Ordnance Battalion chaplain, enjoying the Gospel Night show, and cadets from the Maryland Army National Guard's Freestate ChalleNGe Academy, rear; join the audience in singing James Weldon Johnson's, "Lift Every Voice and Sing," to end the program.

Members of the gospel group Sisters Singing With Anointed Voices, top; Aberdeen Proving Ground soloist Lisa Lyons, bottom left; Roger Tatum from the Voices of Inspiration, Helping Hands Ministries, center; and Phillip Hubbard of the Mount Zion Male Chorus of Havre de Grace, right, share their musical talents during the 32nd Annual Wilbert Davis Gospel Night celebration at the Post Theater Feb. 20.

Illustration by BLAKE VOSHELL

Lenten and Easter service schedule

Catholic services

Aberdeen Area

- Regular mass is Sunday, 8:45 a.m.
 Limited weekday mass at AA starts Feb. 17 (check weekly bulletin for changes)
 Weekday mass schedule
- March 12, 9 a.m. to 5 p.m., Confirmation retreat (AA)
 - March 16, 7 p.m., Lenten service (Stations of the Cross)
 - March 25, 7 p.m., Good Friday service
 - March 26, 7:30 p.m., Easter Vigil mass
 - March 27, 8:45 a.m., Easter Sunday

Edgewood Area

- Regular mass is Sunday, 10:45 a.m.
 Limited weekday masses (Check weekly bulletin for changes.)
- March 10, 7 p.m., Lenten service, Stations of the Cross,
 - March 24, 7 p.m., Holy Thursday mass
 - March 27, Easter Sunday, sunrise worship, 7 a.m., Capa Field; Easter mass, 10:45 a.m., chapel
- April 13, 7 p.m., Confirmation mass with Bishop Kaising (Archdiocese for Military Service)

• Catholic services conducted by Father John Bauer.

Protestant Services

Aberdeen Area

- Regular worship is Sunday, 10:15 a.m.
 Every Wednesday, noon at AA Chapel. Lunch is provided
 March 20, 10:15 a.m., Palm Sunday worship
 March 24, 6 p.m., Maundy Thursday Living Last Supper
 March 27, Easter Sunday worship, 10:15 a.m. at the chapel
 April 22 and 23, PWOC retreat

Gospel Services

Aberdeen Area.

- Regular worship is Sunday, 12:30 p.m.
 March 12, Financial Conference
 March 26, Easter egg hunt
 March 27, Easter Sunday worship, 12:30 p.m. at the chapel

Protestant

Edgewood Area

- Regular worship is Sunday, 9:15 a.m.
 March 27, Easter Sunday; sunrise worship, 7 a.m. at Capa Field, and 10:15 a.m. at the chapel
 For more information, call the Chapel, 410-278-4333.

LEAVE DONATION

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Employees leaving the program should call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil, to complete a termination form.

Employees eligible for donations in the Voluntary Leave Transfer Program

- | | |
|-------------------------------------------------------|------------------------------------------------|
| Audrey Alba | (parasinusitis, fibromyalgia condition) |
| Marian Bellis (fracture of left tibia) | Richard Hoffman |
| Dianna Blevins | Janice Johnson (diabetic neuropathy) |
| Sarah Blevins | Beverly King (caring for husband) |
| Jeanie Bowman | Danny Kopp (lung-cancer) |
| Iris Campbell (chemotherapy) | Joyce Mauldin |
| Steven Clarke | William B. McLean (kidney failure) |
| Barbara Crossley | Joe McMonagle |
| Dawn Crouse | Edward Myers |
| Cathryn Cruz (cancer) | Tess Ramos (total hip replacement) |
| Ruth Cunningham | Boyd Richards |
| Victoria Cwiertnie (lyme disease) | Cheryl L. Roark |
| Carl Davis | Leigh Sanders |
| Shelia Davison (benign paroxysmal positional vertigo) | Barbara Seker |
| Geraldine Eaton | Sheilah Simberg |
| Renee Gaffney | Joyce Steinger |
| Charles Gambrell | Alison Tichenor |
| Miriam Garcia | Linda Tignor |
| Susan Gorhan | Tracey Thomas |
| Cynthia Hairston (surgery) | Roger Webster |
| Beatrice Heilpern | Charles Young (kidney and pancreas transplant) |
| Cynthia Henry (bronchitis with complications) | Gary Tudor - (heart valve replacement) |
| Melanie A. Hoffman | |

APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations (listed below), WAPG-TV Channel 3 (on Aberdeen Proving Ground), or call 410-278-SNOW (7669). A recorded telephone message will contain updated information and should begin at about 5 a.m.

Announcements about federal offices in the greater Baltimore metropolitan area do not apply to APG; listen for those that name APG specifically.

For general information, call the APG Public Affairs Office, 410-278-1147.

<i>Station</i>	<i>Frequency</i>	<i>Location</i>
WAMD	AM 970	Aberdeen
WXCX	FM 103.7	Havre de Grace
WBAL	AM 1090	Baltimore
WIYY	FM 97.9	Baltimore
WPOC	FM 93.1	Baltimore
WDEL	AM 1150	Wilmington, Del.
WSTW	FM 93.7	Wilmington, Del.
WSBA	AM 910	York, Pa.
WARM	FM 103.3	York, Pa.
WROZ	FM 101.3	Lancaster, Pa.
WBAL-TV	Channel 11	Baltimore
WMAR-TV	Channel 2	Baltimore
WBFF-TV	Channel 45	Baltimore
WJZ-TV	Channel 13	Baltimore

Submissions

From page 3

ments after the established dates.

The ACA APG DOC Web site is located at: <http://www.apg.army.mil/apghome/sites/installation/aca>. The fiscal year cutoff dates for submission of purchase requests

are located at this site under "Announcements, News, and Notes."

Purchase requests awarded subject to the availability of funds MUST be funded as soon as funds become available. The work must start and the contractors must be paid - this is not accomplished until the funds are certified.