

## POST SHORTS

### Recycling schedule



The residential and recycling pickup schedule for April 12, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### CAC PIN reset operations at APG

The APG Directorate of Information Management is conducting CAC resets for personnel serviced by the garrison DOIM at building 316, Johnson Street, 8 to 11:30 a.m. every Tuesday and Thursday and by appointment only.

For more information and to have the CAC reset on non-scheduled days, contact Irving Sherrod, 410-278-3193 or Edna Lobodzinski, 410-278-4012.

### Blood drive scheduled for April 12

Headquarters and Headquarters Company, U.S. Army Garrison, is holding an installation blood drive 9 a.m. to 1 p.m., April 12, at the APG Chapel Social Hall.

The Blood Drive is open to everyone. Appointments are encouraged in order to decrease wait times; but walk-ins are welcome.

The drive is sponsored by the Armed Services Blood Program and all blood collected will only be distributed within the military community.

To make an appointment or for more information, call Candace Hollingsworth, 410-278-3000.

### Win \$300 for Mother's Day essay contest

Enlisted members who enter the USO of Metropolitan Washington's annual Mother's Day Essay Contest may win a trip for their mother to Washington, D.C. and \$300 cash. To enter, write an essay of 500 words or less entitled "Why My Mother Should be Honored on Mother's Day." (Poems will not be accepted.)

The contest is open to active duty enlisted personnel assigned to the greater Washington/Baltimore area. Essays will be judged on originality, thoughtfulness and content. All entries must be submitted by April 21 to USO of Metropolitan Washington (or USO-Metro), ATTN: Mother's

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Commander's Cup standings

## 20th Support Command selects top NCO, Soldier for 2006

Story by  
**JONI PLATT**  
20th Support Command

Fans of the popular musical talent reality show, *American Idol*, know that the viewers of the show are the ones who ultimately decide the winner.

At a ceremony held at the 20th Support Command (CBRNE) headquarters March 10, Command Sgt. Maj. Marvin W. Womack Sr. addressed the Soldier competition participants in a style reminiscent of that popular show when the moment came to reveal the name of the top noncommissioned officer and Soldier of the Year.

"Who do you think should be our NCO of the Year?" he asked the nervous crowd of Soldiers.

He ended the suspense naming Staff Sgt. Joey Ybarra, 242nd Ordnance Battalion (EOD), Fort Carson, Colo., as the NCO of the Year and Sgt. Bradley Enget, 705th Ordnance Company (EOD), Fort Polk, La., as the 2006 Soldier of the Year for the 20th Support Command.

Both of the 71st Ordnance Group (EOD) Soldiers were awarded a trophy as well as the Army Achievement Medal for meritorious achievement.

The 20th Support Command (CBRNE) is the higher headquarters to the 71st Ordnance Group (EOD) and is located at Aberdeen Proving Ground. The 71st Ordnance Group (EOD) is headquartered at Fort Carson along with the 242nd Ordnance Battalion (EOD). Fort Polk, La., is home to the 705th Ordnance Company (EOD), a tenant unit, but their battalion headquarters, the 79th Ordnance Battalion (EOD), is located at Fort Sam Houston, Texas.

"This is our first competition as a major subordinate command," Womack said. "I am proud of all of my Soldiers, especially these Soldiers and NCOs that worked so hard to prepare."

"Months and months of preparation and study went into this competition. I could declare one NCO and Soldier of the Year, but to me, each one of them



Photos courtesy of 20TH SUPPORT COMMAND  
Staff Sgt. Joey Ybarra, left, 242nd Ordnance Battalion (EOD), and Sgt. Bradley Enget, 705th Ordnance Company (EOD), pose with their trophies after being selected as the 20th Support Command NCO and Soldier of the year, respectively.

is a winner," he said.

Ybarra and Enget both agree that success didn't come overnight.

"I recommend to all who aspire to compete to work around your normal schedule to study," Enget

said. "This competition helps make you a better Soldier."

During the three-day competition, all of the candidates had to compete in the Army Physical Fitness

See BEST, page 11

## ATC, PEO Soldier hold ribbon cutting for Soldiers System Test Facility

Story by  
**SUSAN HAGAN**  
ATC

The Aberdeen Test Center and Program Executive Office Soldier held a ribbon cutting ceremony Feb. 15 to officially open the Soldier Systems Test Facility.

Designed as a complex of independently-operating, state-of-the-art developmental test facilities, SSTF will address current and evolving test requirements for the Soldier-as-a-System and integration with other platforms.

"This ceremony officially opens an area that we've already been using to conduct vital testing in support of the Warfighter," said Col. John Rooney, ATC commander.

"We will use the Soldier Systems Test Facility to ensure that we provide our troops at war with the best possible equipment in order to be successful in their mission."

Construction of the SSTF began in 2003, and is scheduled to be completed this calendar year. SSTF operations began in August 2005 with a large scale Distributed Test Event that demonstrated the capability of SSTF to link and conduct concurrent and integrated testing and share real-time data with other U.S. military test centers and bases.

"It's been a great team effort here and I can't tell you how much I appreciate it," said Brig. Gen. James Moran, PEO Soldier. "I can't wait to see it

[the Soldier Systems Test Facility] when it's finished."

SSTF consists of a Data Acquisition and Control Center, indoor and outdoor firing ranges, mission preparation buildings, a Human Factors Engineering complex, a multiplexed Urban Operations area and Test and Range Operations building.

The air, land and water access surrounding the Urban Operations is a unique range controlled area which permits and supports diverse mission capabilities employing a wide variety of platforms.

"The testing that we perform here will always ensure that America's products are the best in the world for our Soldiers," Moran said.

## Spring Fest celebration blooms on Capa Field this Saturday

Story by  
**YVONNE JOHNSON**  
APG News

Capa Field will take on the look of small-town America offering clowns, balloons and something for everyone, during the Aberdeen Proving Ground Spring Fest to be held 10 a.m. to 4 p.m. this Saturday, April 8.

An Easter egg hunt, kite flying, a birthday celebration for Sparky the Fire Dog and appearances by Spiderman, Ferrous the IronBirds mascot and other 'celebrities' will be just some of the events available as the community welcomes the start of spring.

Hosted by Child and Youth Services, the day will include scheduled activities as well as activities occurring throughout the day.

Scheduled events include special appearances by LaLa the Teletubbie, 11 to 11:30 a.m.; Dora the Explorer, 11:30 to noon; and Spiderman, 10 a.m. to noon.

Special events include photos with the Easter Bunny, 11 a.m. to noon, followed by the Army Community Service Easter egg hunt at 12:30 p.m.; Sparky the Fire Dog's birthday celebration, noon to 12:30 p.m., and a "Drug Free" kite fly, during which participants will decorate kites with a drug-free message then fly them as a group, hosted by the Army Substance Abuse Program at 2 p.m.

For the athletic minded a basketball free-throw competition will be held 10 to 11 a.m.

**Come see:**  
**SPIDERMAN**  
**LaLa the Teletubbie**  
**Dora the Explorer**  
**and the Easter Bunny**  
At the APG  
Community Spring Fest  
Saturday, April 8  
CAPA Field,  
10 a.m. until 4 p.m.  
Come enjoy a free day of activities.

followed by the 'North/South' Basketball Shootout championship, 11:30 to noon; a kick-ball competition 2 to 4 p.m.; the Parent-Child Raw Egg Toss at 2 p.m. and the 50-Yard Dash race at 2:45 p.m.

Special guests include Ron Warren, Native American flute player, and Linda Harrison, Native American storyteller.

In addition, Osborne Books will hold a book fair to benefit APG Child Development centers, and Grand Master Irving Soto will give a Jujitsu demonstration.

Throughout the day, visitors can view displays and information set up by APG organizations including ACS,

Kirk U.S. Army Health Clinic, the APG Veterinary Treatment Facility, Morale, Welfare and Recreation, Outdoor Recreation and more.

APG Fire and Emergency Services and the Directorate of Law Enforcement and Security also will have static displays and give-aways, and Community Police Officer Mike "Big Mike" Farlow will host the D.A.R.E. display, offering child fingerprinting and more.

Food and refreshments will be on hand. This is a rain or shine event.

See pages 6 and 7 for Capa Field pull out map of activities, events and times.

## Tax Center offers assistance

OSJA

The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax preparation and electronic filing for qualifying active duty military members, retirees, and family members. The Tax Center is located on the second floor in building 310, wing 9.

Hours of operation are 7 a.m. to 3 p.m., Monday through Wednesday, and 1 to 3 p.m. on Thursdays. Walk-in hours for simple tax returns are 7 to 11 a.m., Monday through Wednesday. More

complex returns may require an appointment.

Prior to arriving at the Tax Center, patrons should access the agreement and questionnaire located at the bottom of the Aberdeen Proving Ground Web site, [www.apg.army.mil](http://www.apg.army.mil). Click on the document for questionnaire and agreement.

Questions about the Tax Center services should be directed to 410-278-2127.

The Tax Center will not prepare tax returns after April 12. The Tax Center will officially close on April 13. The deadline to file tax returns to the Internal Revenue Service is April 17.

## Post Offices extend hours for tax night

Anticipating the yearly last minute rush of tax payers to their local post office, extended hours are in force for April 17.

|                            |       |
|----------------------------|-------|
| <b>Open until 6 p.m.</b>   |       |
| Abingdon                   | 21009 |
| Clarksville                | 20129 |
| Linthicum Heights          | 21090 |
| Reisterstown               | 21136 |
| <b>Open until 7 p.m.</b>   |       |
| Bel Air                    | 21014 |
| Columbia Main              | 21045 |
| Crofton                    | 21114 |
| Eastport Station           | 21403 |
| Ellicott City              | 21043 |
| Glen Burnie                | 21061 |
| Severna Park               | 21146 |
| Westminster                | 21157 |
| <b>Open until 8 p.m.</b>   |       |
| Annapolis Main             | 21502 |
| Hagerstown Main            | 21740 |
| <b>Open until 10 p.m.</b>  |       |
| Frederick Main             | 21701 |
| <b>Open until midnight</b> |       |
| Baltimore Main             | 21233 |

# ATEC employee rewarded for efforts to protect Soldiers



Photo courtesy of YUMA PROVING GROUND PUBLIC AFFAIRS  
The add-on armor kit for the Palletized Loading System, shown here undergoing testing at Yuma Proving Ground, Ariz., was designed to protect Soldiers from ballistic threats.

Story by  
**MIKE CAST**  
DTC

A senior test manager for the U.S. Army Test and Evaluation Command received recognition in March for his efforts to ensure that armor on Army wheeled vehicles protects Soldiers from improvised explosive devices and other ballistic threats. The National Defense Industrial Association, a leading alliance of defense organizations and contractors, honored Mark Simon, a mechanical engineer who works for ATEC's Developmental Test Command by presenting him with NDIA's 2005 Army Civilian Tester of the Year Award.

DTC nominated Simon for the Department of the Army's Superior Civilian Service Award. Simon has overseen the testing of armor kits designed to fit on the High Mobility Multipurpose Wheeled Vehicle, the Family of Medium Tactical Vehicles, the Heavy Expanded Mobility Tactical Truck, the Palletized Load System and the U.S. Marine Corps' Medium Tactical Vehicle Replacement.

According to the citation for the Superior Civilian Service Award, Simon was recognized for his "exemplary performance of duty" in support of testing that ensures Soldiers in Iraq have armor kits that can save their lives.

The Defense Department had established a joint task force to address the challenge of IEDs, and the task force intended to do this by fielding a system that included both "hunter" and "killer" vehicles manufactured abroad.

To enhance their ballistic protection, Simon designed additional armor that could be added to them as the vehicles were at Aberdeen Proving Ground for safety and performance testing. The systems were shipped to the field, and the added armor saved Soldiers' lives.

Simon also took the lead on designing an armor kit to protect crews in the Fox Nuclear, Biological and Chemical Vehicle from IEDs. The Army was considering using this vehicle for convoy protection.

Based on his expertise and experience with testing other armor kits, Simon told the program manager he could design an enhanced armor kit for the Fox. The result was a vehicle armor that afforded much greater protection for Soldiers, according to the award citation.

Vendors have submitted nearly 400 new armor designs to DTC for evaluation, and Simon ensured that these systems were properly tested and that test data was provided to Army decision makers through a spreadsheet he developed and updates.

The "phenomenal success" of armor test programs managed by Simon has garnered him recognition as a "premier armor expert" at DTC.

In addition to receiving various awards, Simon served as a technical assistant to the ATC commander for six months, a position assigned to "high-potential" professionals. Because of his expertise in armor testing, he has briefed senior Army and DoD staff as well as members of Congress.

## Army Deployment Excellence Award nominations open

Story by  
**HENRY JOHNSON**  
Deployment Process Modernization Office

The Army's 2007 Deployment Excellence Award competition is now open for active, reserve or National Guard units and installations.

To participate in the DEA program a unit is required to have executed or supported a training or contingency deployment during the competition year which began Dec. 1, 2005 and ends Nov. 30, 2006.

All units and installations are encouraged to plan now to complete in this elite competition.

What's the prize? Two representatives in each winning and runner up unit in each category will receive an all expense paid four-day trip to Washington D.C. to accept the unit's award. Trip includes travel, per diem, lodging, ground transportation, time for shopping, tours of the Washington area and a photo with the Army's Chief of Staff.

### Significant dates

Competition year – Dec. 1 thru Nov. 30 - Submit packets through command channels

- Jan. 31, 2007 – Major commands' nomination packets are due to the DEA evaluation board.

- Feb. 5 to 16, 2007 - DEA board screens major commands' unit packets to select semifinalists.

- March 1 to 25, 2007 - DEA teams visits selected semifinalists and conducts on-site observation of deployment practices.

- April 9, 2007 - Army G-4 selects and announces winners via HQDA message

- May 17, 2007 – DEA awards presented at the Chief of Staff Army Combined Logistics Excellence Award Ceremony/Banquet.

DEA guidance and evaluation criteria can be found on the Deployment Process Modernization Office Web site <http://www.deploy.eustis.army.mil>.

# Veterans' voices

## Some military records now available online

[www.vetjobs.com](http://www.vetjobs.com)

The National Personnel Records Center has provided a new Web site for veterans to gain access to their DD Form 214 online.

Military veterans and the next of kin of deceased former military members can visit

<http://www.vetrecs.archives.gov> to request military service records and other information normally maintained by the NPRC.

This will be particularly helpful to veterans needing copies of their records for proof of benefit eligibility or

employment purposes.

Other individuals with a need for documents must still complete the Standard Form 180, which can be downloaded from the Web site.

Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized.

All requesters may be asked to print a signature form that must be signed and faxed to the NPRC before the request can be filled.

The new Web-based application was designed to provide better service on requests by eliminating the records center's mailroom processing time.

The NPRC hopes to continue to find ways to make it easier for veterans to obtain copies of documents from their military files via computers and the Internet.

## Program aids families

"Unmet Needs," is a Veterans of Foreign Wars program that gives financial aid to military families.

Military members or their spouses may apply for financial aid through the Unmet Needs Web site <http://www.unmetneeds.com/>.

The VFW reviews the applications and makes contact with applicants, as well as their military commands or family support representatives, to talk about their specific financial needs.

When approved, the money goes directly to the company or utility to whom the family owes money.

Unmet Needs has raised over \$900,000 to help 1,000 military families since its inception in June 2004.

# 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: IMNE-APG-PA, 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.

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, 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](mailto:editor@apg.army.mil).

Deadline for copy is Thursday at noon for the following Thursday's paper.

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Web site ..... [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil)

# Alcohol and driving—a dangerous mix

ASAP

The three most critical skills necessary for a safe driving are judgment, vision and reaction. Alcohol is a depressant, which impairs a driver's judgment, vision and reaction.

An individual's critical driving skills can become impaired at blood alcohol levels well below the legal limit because alcohol may have a different effect each time a driver drinks depending on what (if anything) the individual has eaten, their mood, metabolism, level of fatigue and other factors. For example, a 12-ounce can of beer, a 5-ounce glass of wine and a half-ounce shot of liquor all have about the same amount of alcohol. The body eliminates alcohol at a rate of about one drink per hour.

Alcohol and driving can be a deadly mix. A driver might kill or injure someone in a crash; a driver might be arrested for and convicted of drunk driving, which can result in court costs, legal fees, higher automobile insurance rates, fines, loss of license and even imprisonment.

The APG Army Substance Abuse Program staff reminds everyone to make responsible choices.

For more information, call the APG ASAP office, 410-278-DRUG or visit Web site <http://www.apg.army.mil/apghome/sites/services/asap/>.

**Drinking. What can you lose?**

friends judgment money motor skills  
grades emotional control dignity  
good health self respect  
life

Cut your losses.  
Learn more at  
**National Alcohol Screening Day.®**

**NASD** *6th Annual*  
*National Alcohol Screening Day*

Alcohol and Your Health: Where Do You Draw the Line?

A program of Screening for Mental Health Inc. and funded by the National Institute on Alcohol Abuse and Alcoholism and the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services.

Screening site information:  
The APG Army Substance Abuse Program will hold alcohol screening today at the Aberdeen Area PX, 11 a.m. to 1 p.m., and the Edgewood Area Shoppette, 4 to 5 p.m.

For more information, call 410-278-3137/3784.

Or call toll-free 1-877-381-NASD(6273) for a screening site near you.

## POST SHORTS

Day Essay Contest, 228 McNair Road, Building 405, Fort Myer, VA 22211.

On Sunday, May 14, the winner and his or her mother will be recognized at the annual USO-Metro Mother's Day celebration. Round trip limousine transportation from the airport, and two nights hotel accommodations will be provided.

The winner will be notified

on April 24. For more information, call 703-696-2552.

### Scholarships for military spouses

The National Military Family Association is accepting applications for the NMFA's Joanne Holbrook Patton Military Spouse Scholarships.

Eligible applicants include any uniformed service spouse – active duty, retired, National Guard, or survivor – studying toward professional certification or attending post-secondary or graduate school.

Applications will only be accepted online and must be submitted by midnight, April 15. Online applications are available at [www.nmfa.org/scholarships2006](http://www.nmfa.org/scholarships2006).

For more information, visit <http://www.nmfa.org/>.

### Boat club holds Safety Expo

The Spesutie Island Boat Club will hold a Safety Expo 9 a.m. to noon, May 20, featuring boat inspections, a safety video, a flare display, Coast Guard and APG Fire Department representation and more. All are welcome. Coffee and donuts will be served. For more information, call Tim Sprucebank, 410-278-5618.

### Catholic priests needed

The U.S. Army is in critical need of devout and spiritually motivated Catholic priests to lead this nation's Soldiers and families in their walk with God. To explore a life of service to God, church and country, visit [www.goarmy.com/chap-](http://www.goarmy.com/chap-)

[chaplainrecruiting@usarec.army.mil](mailto:chaplainrecruiting@usarec.army.mil) or call 1-800-223-3735x61899/ 61082.

### Warrant officers needed

The U.S. Army is seeking highly motivated Soldiers, Marines, Sailors, and Airmen to fill its Warrant Officer ranks. Positions are open in all 41 specialties if the applicant qualifies. Current application shortages include Military Intelligence, Special Operations, Ammunition Technician and many more. For more information on how to apply, visit Web site [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call 502-626-0328/0466/0484/0458/0271/1860, fax extension 0938. The DSN prefix is 639. The toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

### NMFA summer camp program announces sites

The National Military Family Association announces its 2006 Operation Purple Summer Camp sites.

NMFA developed this free summer camp program in response to the need for increased support for military children, especially those whose parents are or will be deployed.

Registration ends May 1. Applications are available on the NMFA Web site, <http://www.nmfa.org/site/PageServer> along with a list of campsites.

### KWVA chapter seeks members

Chapter 271 of the Korean Wars Veterans Association, KWVA, is looking for a few good members.

Korean War veterans or any service member who has served in Korea is encouraged to attend the monthly meetings to learn about the latest goings on in the state and federal legislatures regarding veterans' benefits, to participate in community service projects, and to enjoy the camaraderie of fellow veterans.

Group members meet at VFW Post 10028, the fourth Tuesday of each month at 7 p.m. For a membership application or more information, contact Nick Guerra, chapter president, 410-272-0458

### Eligible officers encouraged to join PSYOPS

The Special Operations Recruiting Battalion (Provisional), Fort Bragg, N.C., is accepting applications for Civil Affairs and Psychological Operations officers candidates.

The PSYOPS Recruiting Battalion is searching for commissioned officers in year groups 1997 through 2003 to apply for Detachment Commands in Civil Affairs (38A) or Psychological Operations (37A). Both male and female officers from any career branch are encouraged to apply.

An Army Special Operations Forces Board (ARSOF) will convene in April 2006 to select the best candidates.

For more information, visit the Civil Affairs and Psychological Operations Recruiting Web site, [www.bragg.army.mil/CAPSYOP/](http://www.bragg.army.mil/CAPSYOP/).

### New hours for Edgewood Health Clinic

The clinic is closed every Thursday after 1 p.m. for training. For more information, call Sgt. Erin Massey, 410-436-7466.

### Re-Nu-It centers hours of operation

The Aberdeen Re-Nu-It Center hours are 9:30 a.m. to 6 p.m., Tuesday through Thursday, 9:30 a.m. to 7 p.m., Friday and 8:30 a.m. to 3 p.m., Saturday.

The Edgewood Re-Nu-It Center hours are, 8 a.m. to 4 p.m., Thursday.

*(Editors Note: More post shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under 'Shorts.')*

# Community Notes

**SATURDAY**

**APRIL 8**

**DABBLING IN DECOUPAGE**

Bring along a favorite spring paper napkin and learn how to create a personal spring masterpiece 3:30 to 4:30 p.m. at the Anita C. Leight Estuary Center. The fee is \$6 for ages 8 through adult. Reservations are required.

For information, directions or to make a reservation, call 410-612-1688 or 410-879-2000, ext. 1688.

**VIETNAM VETERANS ANNUAL SPRING DANCE**

Vietnam Veterans of America, Chapter 722 will hold their annual Spring Dance/Beef and Beer, 8 p.m. to midnight, at American Legion Post 135, located on 300 Cherry Street, Perryville. Entertainment will be provided by the "Last Chance" Oldies and Country Band and karaoke by DJ Sammy K. Tickets cost \$15 in advance, \$17 at the door. Proceeds will benefit all veterans. For more information or to purchase tickets, call 410-392-3645.

**SUNDAY**

**APRIL 9**

**EASTER MUSICAL DRAMA**

Edgewood Assembly of God located at 803 Edgewood Road invites the community to attend the Easter musical drama "Amazing Love." With period costuming and pageantry, step back in time to witness, first hand, God's great love. For more information, call 410-676-4455, 9

a.m. to 3 p.m., Monday through Friday.

**UNHUGGABLES**

Can a toad really give warts? Find out the truth behind wildlife myths and make a fun craft about one of these creepy critters 12:30 to 1:30 p.m. at the Anita C. Leight Estuary Center. The fee is \$3 for ages 5 through 8. Reservations are required.

For information, directions or to make a reservation, call 410-612-1688 or 410-879-2000, ext. 1688.

**MEET A CRITTER**

Check out one of the live critters up close while discovering what makes that animal special, 3 p.m. at the Anita C. Leight Estuary Center. No registration or fee.

For information or directions, call 410-612-1688 or 410-879-2000, ext. 1688.

**WEDNESDAY**

**April 12**

**'PASSION OF THE CHRIST' SHOWING**

Edgewood Assembly of God located at 803 Edgewood Road invites the community to a special, big-screen showing of Mel Gibson's blockbuster adaptation of "The Passion of the Christ" at 7 p.m. Admission is free and all are welcome.

For more information, call 410-676-4455, 9 a.m. to 3 p.m., Monday through Friday.

**FRIDAY**

**April 14**

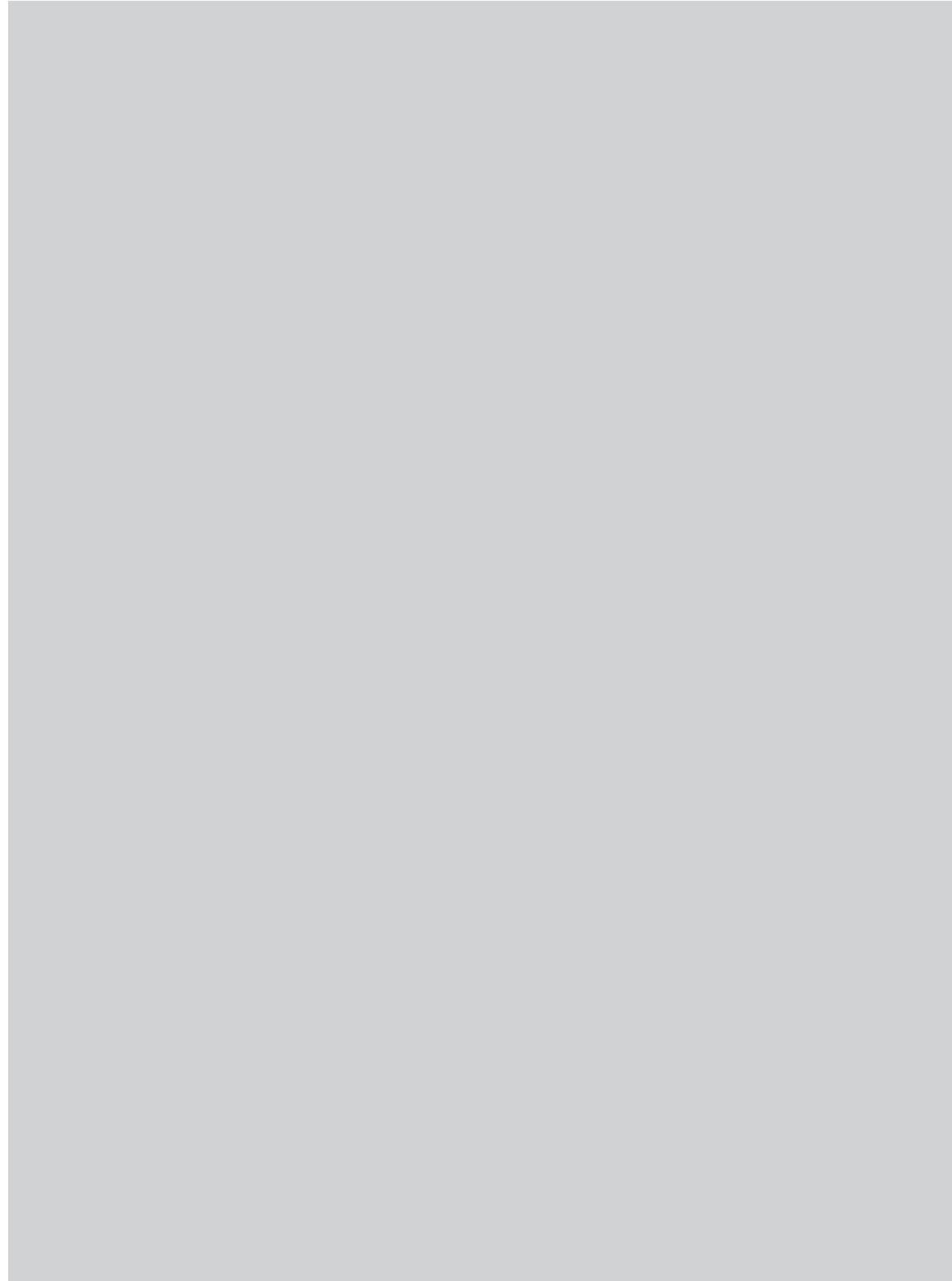
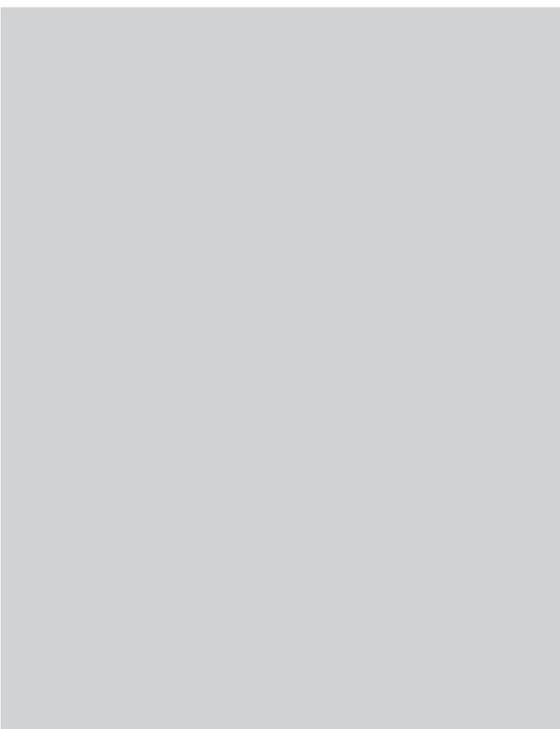
**GOOD FRIDAY SERVICE**

Edgewood Assembly of God

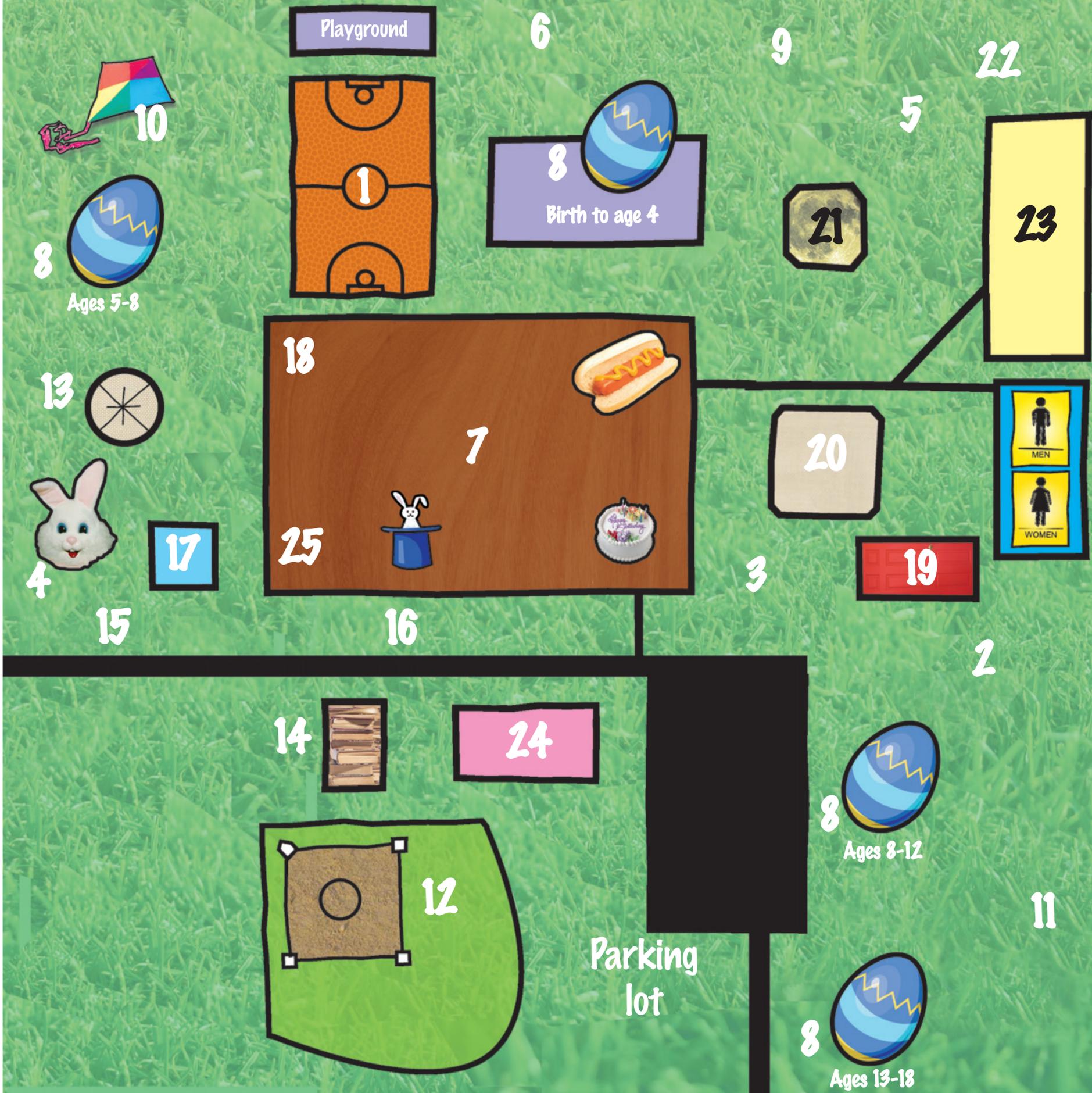
located at 803 Edgewood Road invites the community to attend Good Friday service 7 p.m. with music and remembering Jesus' loving sacrifice through communion. Admission is free and all are welcome.

For more information, call 410-676-4455, 9 a.m. to 3 p.m., Monday through Friday.

*(Editors Note: More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Cmty. Notes.)*



# APG COMMUNITY SPRING FEST AT CAPA FIELD



## APG COMMUNITY SPRING FEST AT CAPA FIELD

### Schedule of events

|                    |  |  |    |
|--------------------|--|--|----|
| 10 to 11 a.m.      | Basketball free-throw                        |  | 1  |
| 10 a.m. to 2 p.m.  | Spiderman                                    |  | 2* |
| 11 to 11:30 a.m.   | LaLa the Teletubby                           |  | 3* |
| 11 a.m. to noon    | Photos with the Easter Bunny                 |  | 4  |
| 11 a.m. to 1 p.m.  | Army Band (AMC's Own)                        |  | 5  |
| 11:30 a.m. to noon | Dora the Explorer                            |  | 6* |
|                    | North/South Basketball Shootout Championship |  | 1  |
| Noon to 12:30 p.m. | Sparky's birthday celebration                |  | 7  |
| 12:30 p.m.         | ACS Easter egg hunt (age groups)             |  | 8  |
| 1 p.m.             | Grand Master Soto Jujitsu demonstration      |  | 1  |
| 1:30 p.m.          | Magic show                                   |  | 7  |
| 2 p.m.             | "Drug Free" kite fly                         |  | 10 |
| 2 p.m.             | Parent-child 'raw' egg toss                  |  | 11 |
| 2 to 4 p.m.        | Ironbirds mascot                             |  | 9* |
|                    | Kickball competition                         |  | 12 |
| 2:45 p.m.          | 50-yard dash                                 |  | 11 |

### Special guests

|                |                              |    |
|----------------|------------------------------|----|
| Ron Warren     | Native American Flute Player | 13 |
| Linda Harrison | Native American Story Teller | 13 |
| Usborne Books  | Book Fair                    | 14 |

### Additional activities

|                                     |   |    |
|-------------------------------------|---|----|
| <b>APG Fire Department</b>          | Static displays and give aways                  | 15 |
| <b>APG Police</b>                   | Static display                                  | 15 |
|                                     | Click It or Ticket kickoff                      | 16 |
|                                     | D.A.R.E. display                                | 16 |
|                                     | Motorcycle safety demonstration                 | 16 |
|                                     | Child fingerprinting                            | 16 |
|                                     | McGruff   | 16 |
|                                     | Special Olympic display                         | 16 |
| <b>Vet Clinic</b>                   | Display and possible pet adoption opportunities | 17 |
| <b>Army Substance Abuse Program</b> | Drug awareness display                          | 18 |
|                                     | Make a drug-free kite                           | 18 |
|                                     | Drunk driving goggles                           | 18 |

### Tables and activities

|   |  |    |
|---|--|----|
| Free food   |  | 7  |
| Teepee decorating                                   |  | 13 |
| Seedling pine tree give away                        |  | 19 |
| Door prizes (must be present to win)                |  | 19 |
| Variety of sponsors with information and give aways |  | 20 |
| Moon bounce   |  | 21 |
| Face painting                                       |  | 22 |
| Balloon animals                                     |  | 22 |
| Clown   |  | 22 |
| Grow-a-vegetable activity                           |  | 23 |
| Grow-a-flower activity                              |  | 23 |
| Variety of arts and crafts                          |  | 23 |
| Kirk U.S. Army Health Clinic                        |  | 23 |
| Make a sun catcher                                  |  | 23 |
| Outdoor Recreation displays                         |  | 24 |
| Sports and Fitness displays                         |  | 24 |
| MWR program displays                                |  | 24 |
| Auto Crafts displays                                |  | 24 |
| ACS display   |  | 25 |

\* 2, 3, 6 and 9: Animated characters will be roaming the picnic ground during times stated.



Your health is KUSAHC's goal



## Recognizing Public Health Week

Story by  
**LT. COL. KATHLEEN J. WILTSIE**  
KUSAHC

In 1995, former President William Jefferson Clinton proclaimed the first full week of April as National Public Health Week. Each year since then the public health community has focused on issues that are important to improving the public's health.

Each year, the American Public Health Association serves as the organizer of NPHW and develops a national campaign to educate the public, policymakers and practitioners during the week about issues related to the theme.

This year, the focus of NPHW is children and the built environment with the tagline "Designing Healthy Communities: Raising Healthy Kids."

APHA and its partners will highlight the week by inspiring Americans to build healthier communities and healthier children.

As part of the weeklong observance, communities across the country will consider how buildings, roads, sidewalks and neighborhood design are affecting the health of children. For example, children who live close enough to school to walk often do not because they have no sidewalks to walk on. Air pollution has contributed to higher rates of childhood asthma, and the lack of access to fresh foods and avenues for activity in some neighborhoods has contributed to rising rates of childhood obesity.

Think about taking a different look at the community and asking – how could this be safer for children?

# Get moving

Story by  
**2nd Lt. Joetta Khan**  
William Beaumont Army Medical Center

Looking for an easy, fast way to drop a few extra pounds? Waiting for the magic formula? Why wait?

One of the fastest and most successful ways to lose the extra weight is get rid of the excuses and get moving.

Weight loss helps increase energy, reduce risks of health problems and can result in a longer, happier life. Carrying around an extra five pounds might not seem like a lot but the constant pull of gravity and strain on muscles and other organs can leave a person feeling out of breath and just plain tired. Being overweight can increase the risk of health problems in many ways.

Obesity is a strong risk factor for type 2 diabetes, according to the American Diabetic Association. Obesity has become one of the leading causes of health problems for the American population.

The possibility of having a stroke and high blood pressure also become more likely with an increase in weight.

Some people are under the impression that being overweight is inherited, that every member of their family who is overweight is either "big boned" or they just have "fat genes." Others think that because of the inheritance "factor," no matter what they do, the pounds just will not come off.

A study by Foreyt and Poston, 1997, found that genes play a role in the chance of becoming obese, but other factors must be present as well. Heredity only plays a partial role for a person being overweight; the real culprit is lifestyle and environmental factors.

Weight gain is directly related to the type of food eaten and the amount of exercise done.

In most cases of excess weight, the more food eaten the more weight gained, and the less eaten, the more lost.

Food is made up of carbohydrates, fat and protein and each of these contribute to the calorie content of the food. Carbohydrates tend to provide the largest percentage of calories consumed, but fats and proteins provide calories as well.

Calories provide the body with energy and are necessary



for life, but eating too many calories will cause weight gain. When more calories are consumed than needed, those extra calories are stored for energy reserves which can equal extra pounds of weight gain. Consuming 3,500 excess calories can equal one pound of weight gain. It doesn't matter whether the calories come from consuming three tablespoons of sugar or pieces of bread, both are sources of calories. When it comes to weight loss, all calories count.

Limiting the amount of food eaten is a place to start. This doesn't mean giving up favorite snack foods. It means eating one less piece of cake, one fewer cookie or switching from two sodas a day to one. Even small changes can have a huge effect. Consuming a 24-ounce soda every day for a week means consuming approximately 5,180 calories which equals 1.5 pounds. If calories are not expended through exercise it will result in weight gain. The goal should be to decrease the calories being eaten and increase the amount of calories being used.

Every year the newest diet fad emerges and Americans everywhere start to make changes. From the Atkins diet to the hottest new diet pill there is a tendency to try all the products based on the idea of losing weight the easy way. Many of these changes are short-lived and virtually impossible to maintain.

By making changes that can be sustained for a lifetime, there is a greater chance of successfully weight loss. Successful weight loss is defined as keeping off lost weight for more than one year. Changing food intake cannot work alone; there needs to be

some kind of exercise.

The more exercise the more successful the weight loss will be. Exercise plays a huge role in weight loss because exercise uses calories. The more calories used, the less calories remain stored as extra weight. Burning 3,500 calories in one week through exercise could equal one pound of weight loss.

Exercise also has many other benefits such as lowering blood pressure, increasing insulin sensitivity and increasing "good" high-density-lipoprotein cholesterol.

This doesn't mean running a marathon or joining a gym. Exercise comes in many different forms. Running and lifting weights are forms of exercise but walking, taking the stairs and moving around are exercise as well.

The current recommendation by the American Dietetic Association and the Institute of Medicine is "30 minutes of exercise per day most days of the week." Thirty minutes may seem like a large amount of exercise but it doesn't have to be done all at once.

Exercise can be broken down into any combination that fits a personal schedule. Briskly walking for 10 minutes three times per day or taking the stairs for five minutes six times a day are both forms of exercise. An excuse such as "sometimes it is too cold to walk outside," can be resolved by walking in the living room. Why not walk to the beat of a favorite TV show or during a commercial? No time because of work? Having an office job doesn't have to mean sitting at a desk all day. Get up and walk around; go to the copy machine or take the stairs to the break room.

Weight loss can definitely be a challenge but it can be accomplished. In many cases it is as simple as changing eating habits and increasing the amount of exercise slightly.

Stop dreaming about the simple, secret way of losing weight and get moving.

(Editor's note: 2nd Lt. Joetta Khan works in the Nutrition Care Division at William Beaumont Army Medical Center, Texas.)

## Glaucoma--the silent threat to vision

Story by  
**LISA J. YOUNG**  
U.S. Army Center for Health Promotion and Preventive Medicine

Glaucoma is the second most common cause of permanent vision loss in the United States and affects approximately 3 million Americans.

The most common form of glaucoma develops gradually with no warning signs. Many people are unaware they have an eye problem until their vision is compromised.

Glaucoma is caused by a number of changes in the eye tissues that generally produce increased pressure within the eye. This elevated pressure is caused by a backup of fluid in the eye which, over time, causes damage to the optic nerve fibers and results in areas of vision loss.

As glaucoma progresses, the optic disk, the area where all of the nerve fibers come together at the back of the eye, appears indented. The normal contour and color of the disk may also be affected by the loss of nerve fibers and increased pressure. Normal average eye pressures range from 10 to 22 millimeters of mercury (mm Hg), though most pressures are within 14 to 16 mm Hg.

If the eye pressure is greater than 23 mm Hg, a person is considered to be at risk of developing glaucoma and in need of careful monitoring for early signs of glaucoma. However, it should be understood that some individuals may have "normal" pressures in the eye and still develop glaucoma.

Several factors which increase the risk for glaucoma are:

- Age over 45
- Family history of glaucoma
- Abnormally high intraocular pressure (IOP)
- African descent
- Diabetes, nearsightedness, previous eye injury, or hypertension
- History of regular, long-term use of steroids

Unfortunately, there is no cure for glaucoma, but with early detection, diagnosis, and treatment the chances of preserving a person's vision are greater.

Glaucoma can be treated with eye drops and pills, laser surgery, standard eye-surgery techniques or a combination of these methods.

The purpose of treatment is to prevent further loss of vision by reducing the pressure in the eye.

Since loss of vision due to glaucoma is irreversible, keeping internal eye pressure under control is the key to preventing loss of vision.

It is a relatively easy procedure to check eye pressure, and regular checkups with an ophthalmologist or optometrist can help detect the disease in its early stages before lasting damage has occurred. As a general rule, schedule eye exams every two years between the ages of 40 and 65, and every year after age 65. If one has multiple risk factors for developing glaucoma, more frequent monitoring, beginning as early as the mid-teens, is recommended.

There is no proven way to prevent glaucoma; however, early detection, new medications, and surgical techniques have increased the success of treatment.

A 2004 study supported by the National Eye Institute showed that daily glaucoma eye drops, given to individuals with elevated eye pressure, reduced eye pressure by an average of 22 percent. It was also found that daily use of eye drops can reduce the risk of developing glaucoma by nearly half in people of African descent who have elevated eye pressure.

The best way to prevent vision loss from glaucoma is early detection and care. If any of the risk factors noted above are present or if a glaucoma exam has never been performed, an individual should make an appointment with an ophthalmologist or optometrist.

Additional resources to learn more about glaucoma are the American Optometric Association, <http://www.aoa.org/x1801.xml>; The Glaucoma Foundation, <http://www.glaucomafoundation.org>; or the National Eye Institute, [http://www.nei.nih.gov/health/glaucoma/glaucoma\\_risk.asp](http://www.nei.nih.gov/health/glaucoma/glaucoma_risk.asp).

(Editor's note: Lisa J. Young is assigned to the Directorate of Health Promotion and Wellness at the U.S. Army Center for Health Promotion and Preventive Medicine.)

# Best

From front page

Test, land navigation, weapons qualification, a 50-question, multiple choice exam on basic Soldier skills, a written essay on Army Force Generation, board appearance and a hands-on, Warrior Tasks event. Warrior Tasks included evaluating a casualty, providing immediate first aid, and responding to a chemical or biological hazard/attack.

Both Ybarra and Enget excelled in all aspects of the competition, according to the final board results.

Ybarra, originally from Barstow, Calif., is a CBRN NCO. He's been in the Army for eight years, is married and has one child. His previous assignments include tours in Korea, Virginia and Germany.

Enget, originally from Crookston, Minn., is an EOD technician. He has been in the Army for two years.

"I really didn't expect to win even though I knew I did well," he said.

Other competitors were Staff Sgt. Timothy P. Inman, Company A, 22d Chemical Battalion (TE); Spc. Joseph D. Hillygus, Company A, 110th Chemical Battalion (TE); Pfc. Richard W. Strupp, 52d Ordnance Group (EOD); Sgt. John T. Love, 52d Ordnance Group (EOD).

"These are top Soldiers within their unit and now top Soldiers within our command," Womack said. "They're now willing to take it to the next level and compete for the Forces Command title."

The NCO/Soldier of the Year competition is an event that starts at the company level. The program promotes self-study and self-development throughout the command and culminates in this final event.

"The program is an excellent tool for junior and senior leaders to promote excellence and proficiency in subject areas that are important to all Soldiers and NCOs Army-wide," Womack said.



Sgt. Bradley Enget, left, 705th Ordnance Company (EOD), performs pushups as part of the Army Physical Fitness Test for the NCO/Soldier of the Year competition. Staff Sgt. Kristopher Shocks, 20th Support Command (CBRNE), counts the repetitions.

## MOVIES

**ADMISSION: ADULTS \$3.50, CHILDREN \$1.75**

**Building 3245 Aberdeen Boulevard**

**To verify listing, call 410-272-9008, or visit [www.aafes.com](http://www.aafes.com) and click on "Movie Listing"**

### EIGHT BELOW

Friday, April 7, 7 p.m.

Starring: Paul Walker, Bruce Greenwood, Moon Bloodgood, Jason Biggs

A trio of scientist explorers, Jerry Shepard (Walker), his best friend Cooper (Biggs); and an American geologist (Greenwood), must leave behind their beloved team of sled dogs after a sudden accident strands them in extreme Antarctic weather. But Shepard can't let his dog team face certain death, so he turns back to rescue them. The film is inspired by the events of a 1957 Japanese expedition to the Antarctic. (Rated PG)

### DATE MOVIE (FREE ADMISSION)

Saturday, April 8, 7 p.m.

Starring: Alyson Hannigan, Adam Campbell, Jennifer Coolidge, Tony Cox, Sophie Monk

Julia Jones (Hannigan) has found the perfect guy, the very-British

and very-unfortunately-named Grant Fockyer-doder (Campbell). But before they can have their Big Fat Greek Wedding, they must Meet the Parents, hook up with The Wedding Planner, and contend with Grant's friend Andy (Monk) who wants to put an end to her Best Friend's Wedding. (Rated PG-13)

### FREEDOMLAND

Saturday, April 8, 9 p.m.

Starring: Samuel L. Jackson, Julianne Moore, Edie Falco, Ron Eldard

A disheveled woman named Brenda Martin (Moore) staggers into a New Jersey police station and tells detective Lorenzo Council (Jackson) that an African-American man from the projects is blamed for a kidnapping, creating a racial controversy. Council and a white missing child researcher team up to investigate the case, which they discover may be more complicated than they expected. (Rated R)

## 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). For more information, call Ronda McKinney, 410-278-8988, or e-mail [rondamckinney@usag.apg.army.mil](mailto:rondamckinney@usag.apg.army.mil).

### Employees eligible for donations in the Voluntary Leave Transfer Program

|                     |                      |                    |
|---------------------|----------------------|--------------------|
| Michele Amrhein     | Gregory Fox          | Sandra Miller      |
| Sarah Blevins       | Renee Gaffney        | Patricia Milwicz   |
| Jeanie Bowman       | Susan Gorhan         | Mary Pettitway     |
| Gerald Brown        | Shirley Gross        | William Sebra      |
| Robert Brown        | Melanie A. Hoffman   | Barbara Seker      |
| Lisa Carroll        | (parasinusitis,      | Cynthia Shelton    |
| Leroy Carter        | fibromyalgia condi-  | Linda Shoaf        |
| Barbara Cascio      | tion)                | Alison Tichenor    |
| Barbara Crossley    | Lydia Langley        | Gary Tudor (heart  |
| Lola Daniels        | Robyn Lee            | valve replacement) |
| Shelia Davison      | Wayne Kaiser         | Christine Wheaton  |
| (benign paroxysmal  | Beverly King (caring | Jerry Williams     |
| positional vertigo) | for husband)         | Louis Winters      |
| Dawn Dean-Delbridge | Louis McCarter       | Billie Wooten      |
| Lawrence Eaton      | William B. McLean    |                    |
| Ashley Fisher       | (kidney failure)     |                    |



# Morale, Welfare & Recreation

## First 'Home Off Post' announced

MWR

Aberdeen Proving Ground Family Child Care announces the first certified Home Off Post, or HOPS.

"The Homes-Off-Post program is one of the Army's new initiatives to reach out beyond the gates to provide childcare to our military families where they live," said Regina Dannenfels, chief of Child/Youth Services.

Elvia Pomerat of Havre de Grace is the first to meet Aberdeen Proving Ground Family Child Care requirements. She is also licensed through the state of Maryland.

HOPS serves military families and is similar to the FCC 'Homes' program on APG. However, the homes are situated in the local community and operated in privately owned or rented homes or apartments approved by the local licensing agency.

Pomerat was a fully certified Family Child Care Provider at APG from July 2002 to 2004. "I am very excited about serving the civilian and military community," Pomerat said. "I have waited a long time for this opportunity."

HOPS has the same ratio as the state licensed homes; but they must save two slots for military or civilian children who are associated with APG.

"In this way, we hope to increase the number of spaces available for those who need childcare," said Aphrodite Corsi, Family Child Care director.

The purpose of HOPS is to expand the program to meet the increase in the child care population eligible for Army childcare services.



Photo by BEVERLY HARTGROVE, FCCTRAINER Elvia Pomerat reads to the children she cares for about the letter 'O.' The children all love Big Bird and the Sesame Street characters, according to Pomerat. From left is Nathan Bauld, APG military child, Rebecca Pomerat, daughter of Elvia, and James King, civilian child.

The number of FCC homes available at APG is limited due to Soldiers moving to other installations at this time.

Advantages to the Provider are free training through the FCC Program to include Child Development Associate Credential, National Accreditation, and eventually, a year of college credit through Harford Community College. Providers are also able to take advantage of the Lending Library for supplies and equipment. The Army subsidizes professional development for providers, and income eligible children.

For more information, contact FCC, 410-278-9832/7477.



Photo by CASSONDR LAMPKIN Pfc. Shawn Brantley plays the piano while singing a medley of songs on his way to a first-place finish in the 2005 MWR Talent Search held at the Aberdeen Recreation Center June 4, 2005.

## Call going out for APG talented

Story by  
**YVONNE JOHNSON**  
APG News

Morale, Welfare and Recreation is calling on talented singers, dancers and musicians to audition for the Aberdeen Proving Ground 2006 Talent Competition.

Auditions will be held 7 p.m., April 8, at the Edgewood Recreation Center, building E-4140 and 7 p.m., April 29 at the Aberdeen Recreation Center, building 3326.

Talent categories include vocal soloist, male/female; instrumental soloist; rap, male/female; spoken word, male/female; vocal group (maximum five persons per group), vocal instrumental (maximum 10 persons per group), dance and comic.

Participating in the APG local talent competition can lead to other opportunities at the Department of the Army Level," said MWR senior programmer Earlene Allen.

"Overall winners in the APG Finals on May 20 will win \$250, \$175 and \$100 respectively," Allen said.

Army Entertainment shows include the U.S. Army Soldier Show, Military Idol, Stars of Tomorrow and more.

Last year, Sgt. Tara Goodman, 61st Ordnance Brigade and Staff Sgt. Antonio Lewis, 143rd Ordnance Battalion advanced to the Department of the Army level Talent Search competition. Goodman won first place, earning \$5,000 for the community and an invitation to the Soldier Show.

"This is about people who have talent, not for those trying to learn," Allen said.

All authorized patrons of MWR programs are eligible to participate in the Talent Search auditions including civilian employees, contractors and their family members age 18 and older.

Singers must provide their own back-up music and musicians must provide their own instruments or they can visit the recreation centers to reserve what they have available.

To register for the April 8 auditions, call or visit the Hoyle Gym and Fitness Center, building E-4210, 410-436-3375/7134.

To register for the April 29 auditions, call or visit ITR, building 3326, 410-278-4011/4907.

This year's talent competition finals will be held May 20 at a location to be announced.

For more information, contact Allen, 410-278-3854 or e-mail earlene.allen@apg.army.mil.

## LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, building 3320, are 1 to 5 p.m., Saturday and Sunday, and 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

The following are a few of the new audiobooks available at the APG MWR Library:

|   |  |
|---|--|
| <b>The Amber Warning</b> by Robert Ludlum       | <b>Gone</b> by Lisa Gardner              |
| <b>Blindfold Game</b> by Dana Stabenow          | <b>The Hostage</b> by W.E.B. Griffin     |
| <b>Every Breath You Take</b> by Judith McNaught | <b>On the Run</b> by Iris Johansen       |
| <b>The 5th Horseman</b> by James Patterson      | <b>The Templar Legacy</b> by Steve Berry |

The library's Web site, [www.apgmwr.com/recreation/libraries.html](http://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.

## Activities

**For more information on Army Community Service activities, call 410-278-7474 or visit building 2754.**

### Parent Information Exchange

This program is for Exceptional Family Members and is held 6 to 7 p.m. the second Tuesday every month. This support group is designed to assist military families who have family members with special needs. Improving a member's ability to cope and discuss community resources is the goal. Free child care is available, but call in advance if needed.

### Play Mornings

This weekly play group for parents and children under 6-years-old meets 9:30 to 11 a.m., Monday and Wednesday. Have fun and meet other parents while children socially interact with each other. This is an ongoing program and play groups are held in the APG Chapel, room 5.

**For information on any SKIES unlimited program or if interested in teaching classes, contact Sarah Behl, 410-278-4589. To register for classes, contact Central Registration, building 2752, 410-278-7571/7479.**

### One-on-one math tutoring

A variety of math tutoring sessions will be given each Tuesday through the end of the school year--everything from 6th grade math to pre-calculus. Sessions are scheduled on a monthly basis. Sign up for a four-week session with a certified teacher who has more than 22 years of experience. Space is limited.

### Beautiful You Skin Care Class

Mothers looking to spend

quality time with their daughters can take a skin and hand care class together 6 p.m., April 7 at the Aberdeen Youth Center. There will be giveaways. Sign up now, space is limited and available for youths ages 12 through 18.

### Driver's education

Driver's education classes are being taught on both Aberdeen and Edgewood for students 15 through 18 years of age. Class includes 30 hours of classroom instruction and six hours in-car instructions. Student must have a learners permit. Parents, guardians or mentors must attend the first class with the student.

### Piano lessons

Lessons will be held 2 to 7:30 p.m. every Saturday until June 9. Each session is 30 minutes long and will be held at the Aberdeen Youth Center. Space is limited. Students will be responsible for purchasing the required books for the course as recommended by the instructor.

**For information on these or any other classes, contact Charles Heinsohn, 410-278-3868. To sign up for the class, visit MWR Registration in building 3326, call 410-278-4011/4907, e-mail at [mwr\\_registration@apg.army.mil](mailto:mwr_registration@apg.army.mil) or visit Web site, [www.apgmwr.com](http://www.apgmwr.com).**

### Beginning dog obedience

Get hands-on training and learn methods that will teach a dog to respond to commands in a positive way. Class is 6:30 p.m., Thursdays, in the Aberdeen Recreation Center.

### Fly fishing techniques

Learn how to fly fish 5 p.m., Fridays, beginning April 7, at Aberdeen Boat Dock. Class is for both the beginner and the experienced fly fisher.

The course covers the fundamental mechanics and progression through advanced techniques. Learn about equipment selection, knots, fly selection and proper casts for any given situation.

### Powder puff class

Find out how to change the oil, rotate tires, check fluids and more at this hands-on vehicle maintenance class at the Auto Craft Shop, building 2379, 5 p.m., April 20. Participants must be 16 years old or older. For more information, call Ed Dela Cruz, 410-278-5178.

### Horseshoeing

The art of shoeing a horse will be taught 6 p.m., April 20, at the APG Riding Stables. All the fundamentals of trimming, shoeing, molding, foot care and more will be covered. Learn one of the skills required of a genuine blacksmith from a professional in the trade.

### 'Spring Blast' racquetball tournament

There will be a Round Robin Singles Racquetball Competition 6 p.m., April 27, at the Aberdeen Athletic Center. Trophies will be presented to the top three competitors in each division based on win/loss percentage. Participants may enter only one event.

### Carpentry for the novice

Receive hands-on instruction in the art of carpentry from a licensed carpenter and contractor 6 p.m., Thursdays, beginning May 4 at Woodshop Arts and Craft in Edgewood. Classes will teach the skills necessary to become proficient in wood working procedures.

### All-Army Sports

**For information on these or any other division of sports and fitness, contact Ralph Cuomo, 410-278-2812.**

Soldier-athletes can now apply to participate in All-Army Sports via the Internet. Any qualified participant with Internet access and an Army Knowledge Online account can apply for the program by visiting <https://armysports.cfsc.army.mil>. The Web site provides detailed information about the program, competition calendar, selection criteria and points of contact in the

**Business Operations Division reservations can be made by calling 410-278-3062 /2552/5195, Monday through Friday, 8 a.m. to 4:30 p.m.**

### Easter Brunch

Enjoy an Easter Brunch at Top of the Bay on April 16. There will be a breakfast and a lunch buffet including many favorites. Reserve by April 13.

### Golf

For more information on this or any other event at the Golf Course, contact Ruggles Golf Course, building 5600, 410-278-4794.

### Opening day golf

## CWF events, trips for 2006

For more information on these activities or to make reservations, call 410-278-4603/4771.

- April 22 see "The Producers" on Broadway, New York City.
- May 18 through 28 take a European trip to Munich, Germany; Prague, Czech Republic; Budapest, Hungary; Vienna, Austria; Salzburg, including a Danube River Cruise. Spend 11 days touring some of Europe's most beautiful cities.
- June 2 join the "Its 5:00 Somewhere Party" at Ruggles Golf Course, 2:30 p.m.
- June 22 to 25 spend the weekend in Cape May.
- July 13 through 16 sign up for the Ace Adventure Trip to Oakhill, W.Va., horseback riding, rock-climbing, white water rafting and more.
- July 22 spend the day in New York City. Cost is \$35 per person.

### tournament

Celebrate opening day at Ruggles Golf Course April 8 with an 8 a.m. shotgun start. Patrons may enter as a team or individually to the Captain's Choice Format. The entry fee ranges from \$20 to \$48 and includes greens fee, cart and range balls prior to event. Come out for a day of golf, food, fun and prizes.

**MWR Registration, Tickets and Leisure Travel is located in building 3326. They may be contacted at 410-278-4011/4907, by e-mail at [mwr\\_registration@apg.army.mil](mailto:mwr_registration@apg.army.mil) or on the Web site, [www.apgmwr.com](http://www.apgmwr.com).**

### Tickets to Baltimore Orioles baseball games

The Baltimore Orioles are back and are ready for a great season. There are a limited number of tickets available for a couple of games. Baltimore vs. Boston on April 8 and Baltimore vs. Seattle on April 28. The tickets cost \$48 each.

### Cape May

### Lighthouse cruise

Visit historic and picturesque Hereford Inlet Lighthouse on April 19. The lighthouse was a beacon of safety and assurance to the 19th century mariners and has become a focal point for residents and visitors of this seashore resort community. Next, step aboard the Delaware Bay Lighthouse Adventure for a three-hour cruise, lunch will be served onboard. After the cruise, enjoy a guided coach tour of Cape May Point and Lighthouses. Bus leaves at 7 a.m. Cost is \$140 and includes transportation, cruise, lunch and tour.

### African-American Heritage tour

This 85-minute walking tour highlights the African-American Heritage of Cape May through architecture, stories and photos. After the tour, enjoy lunch at Yesterday's Heroes, then take a trolley tour of Cape May's Historic District. Browse the colorful shops of the quaint outdoor Washington Street Mall searching for antiques, unique crafts, clothing and creative jewelry. The trip costs \$85 and

- August 9 through 13 tour the highlights of Nashville and Memphis.
- Sept. 16 spend the day in New York City and a ticket for a Broadway show.
- Oct. 6 Ruth, at Sight and Sound, with dinner at Hershey Farms. Price to be announced.
- Oct. 12 is the "Howl at the Moon Golf Spectacular" at Ruggles Golf Course, 5 p.m.
- Nov. 18 features Scrapbooking Crop at Top of the Bay including lunch, door prizes and goodie bag.
- Nov. 25 spend the day in New York City and the "Radio City Music Hall Christmas Spectacular."
- Nov. 24 to 26 spend the weekend in New York City and see the "Radio City Music hall Christmas Spectacular"
- Dec. 15 attend the Three Little Bakers Dinner Theater show, "Three Little Baker's Christmas Celebration 2006."

# Sports



Photo by YVONNE JOHNSON

Members of the National Guard intramural basketball team pose with their trophies after winning the post championship at Hoyle Gym March 15.

## Commander's Cup point standings

The Commander's Cup is awarded each December to the unit that scores the most points in intramural sports during the year. Units accumulate points by participating in Basketball, the Bench Press Competition, the 3-on-3 Basketball Tournament, Racquetball, Volleyball, Softball, Golf, the Deadlift

Competition, Soccer and Football. Points are awarded for unit participation and division and post championship wins. The following is the current Commander's Cup point totals.

For any inquiries concerning points, call Donna Coyne, APG Sports Office, 410-278-3929.

| Unit                | Points |
|---------------------|--------|
| Company C 143rd     | 50     |
| USMC                | 46     |
| HHC 16th            | 40     |
| 22nd Chemical Bn.   | 30     |
| Company C 16th      | 26     |
| USAF                | 21     |
| Company E 16th      | 18     |
| Company A 143rd     | 15     |
| Company B 143rd     | 15     |
| Company B 16th      | 14     |
| ATC                 | 11     |
| Company A 16th      | 10     |
| MRICD               | 8      |
| AML                 | 5      |
| CHPPM               | 5      |
| HHC 61st            | 5      |
| HHC 143rd           | 5      |
| KUSAHC              | 5      |
| National Guard      | 5      |
| 20th Support Cmd.   | 4      |
| *Five teams at zero |        |

