

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for Dec. 13, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Office Products Expo today

The Directorate of Contracting, U.S. Army Contracting Agency will host the fourth annual Office Products Expo 10 a.m. to 2 p.m., Dec. 7, in the Recreation Center, building 3326, Erie Street. Refreshments will be served.

For more information, contact Dennis Bolen, U.S. Army Contracting Agency, 410-278-0849, DSN 298-0849 or dennis.bolen@us.army.mil.

Blue Cross/Shield visits APG

The APG Advisory Center has made arrangements for a claim representative of the Service Benefit Plan Blue Cross/Blue Shield to visit Dec. 12.

The representative will be available 9 to 11:30 a.m. in building 305, room 236, and 12:30 to 1:30 p.m. in building E-4811 (Seminar Area of Conference Center) to discuss claim problems and plan coverage. No appointment is necessary.

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

Immediate opening for 3 and 4 year olds

There are immediate full day openings for 3- and 4-year olds at the Aberdeen Area Child Development Center.

All active duty military and activated reservists, Department of Defense civilians and contractors assigned to APG are eligible for services.

The center is open daily, 6:15 a.m. to 5:30 p.m.

For more information, contact Central Registration, 410-278-7571.

Garrison unit holds coat drive

Winter is fast approaching and there are many in need of a winter coat or jacket. Help someone in need by donating a new or gently used coat to Headquarters and Headquarters Company, U.S. Army Garrison APG winter coat drive through Dec. 15.

Coats, winter clothing and food items can be

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Holiday greetings from APG



Photo by HEATHER TASSMER

Staff Sgt. Paul Bradshaw, 16th Ordnance Battalion, prepares the Stryker for the Aberdeen Christmas parade Dec. 2. Bradshaw was one of several members of the U.S. Army Ordnance Center and Schools to take part in the parade. Lina Shelton and Diane Billings with the U.S. Army Research, Development and Engineering Command's Data Imaging Office decorated the Stryker. Other members from RDECOM, the U.S. Army Developmental Test Command and the U.S. Army Aberdeen Test Command also participated in the parade.

Army Suggestion Program pays off for three ATC employees

Story by
SUSAN HAGAN
ATC

During the last several months, three U.S. Army Aberdeen Test Center employees have used the Army Suggestion Program to submit suggestions that not only saved the government time and money, but also earned them cash awards.

"The Army Suggestion Program's mission is to encourage Soldiers and civilians to submit ideas that increase the efficiency and productivity of the Army," said Marge Sexton, the Installation Army Suggestion Program coordinator for Aberdeen Proving Ground.

Eligible submissions must benefit the Army or the other U.S. government activity, present a problem or situation and propose a solution with sufficient rationale to support the requested new procedure, and if the suggestion has been put into effect prior to submission, it cannot have been in effect over 90 days.

"The Army Suggestion Program provides cash award incentives of up to \$25,000 for suggestions that are adopted," Sexton said.

Stephen Hanyok, a member of ATC's Vehicles Division, noticed that the calibrated outdoor vehicle scale located at building 436 is frequently used, often to the point where there is a line of vehicles waiting; while another calibrated outdoor vehicle scale located at building 402 is underutilized.

Hanyok's suggestion was to move the control panel for the building 402 calibrated outdoor vehicle scale to the outside wall adjacent to the scale and enclose it in a weatherproof box. This made the scale more accessible.

Previously, the control panel was located inside the building, requiring the scale user to be granted access to the tool room, and potentially requiring them to enter and exit the building several times. With the control panel located on the outside wall, the scale is now easily accessible 24 hours a day and time is not being wasted by waiting in line for the scale at building 436.

Douglas Gessleman, a member of ATC's Vulnerability/Lethality Division, came up with a suggestion for testing armor plate that reduced the amount of time that individuals spend preparing ammunition for testing and utilizing materials pulled down from the current process for testing.

Originally, a 20-mm API-T M601 cartridge with a M187 20-mm case was used. The projectile was removed from the cartridge case for use in testing. The cases were then de-milled by loading the empty case into a test barrel and firing the primer.

Gessleman's suggestion involved purchasing a barrel that will chamber the M187 20-mm case, allowing ATC to make use of the cases pulled down

See ASP, page 3

Two plead guilty in bribery and procurement fraud scheme Merchandise worth more than \$288,000 diverted for personal use

U.S. Attorney's Office

Douglas Atwell, age 51, of Port Deposit, Md., pleaded guilty Nov. 29 to bribery in relation to a scheme to defraud the government, announced U.S. Attorney for the District of Maryland Rod J. Rosenstein. Co-defendant Wayne Silbersack, age 65, of Forest Hill, Maryland pleaded guilty to the same charge on Monday.

"It is disgraceful that a company salesman conspired with a government employee to engage in this scheme to defraud the taxpayers and line their own pockets," Rosenstein said. According to the statements of facts

presented at the defendants' guilty pleas, from 2003 to 2004 Atwell, a civilian employee of the U.S. Army Aberdeen Test Center, Aberdeen Proving Ground, placed orders from Silbersack, a commissioned salesman for Lawson Products, for equipment totaling over \$429,500 which were paid by the Army.

Silbersack issued Lawson invoices to the Army which inflated the prices of, and falsely described, the items ordered by Atwell in order to conceal the use of government funds to obtain items for the personal use of Atwell and other government employees.

Atwell, who managed a "tool crib" at one of the ATC buildings, charged the purchases to his government purchase card.

In exchange for processing invoices with inflated prices, Atwell received a Dell computer falsely described in an invoice as "electrical assortment parts LP 5002" which included a mark up from \$1,973 to \$2,485; a shed disguised on invoices as a "large hardware assortment" which was marked up from \$2,840 to \$6,521; and golf balls falsely described as a "ball bearing assortment" which were marked up from \$682.50 to \$1,409.

Silbersack received over \$78,000 in commissions for sales to Atwell's government credit card.

More than \$288,000 worth of merchandise was delivered to Wayne Silbersack's house or picked up outside the base that cannot now be located at the Aberdeen site or otherwise accounted for.

The defendants face a maximum penalty of 15 years in prison and a fine of \$250,000 for bribery. U.S. District Judge William D. Quarles Jr. has scheduled sentencing for 9:30 a.m., Feb. 5, 2007, for Silbersack and 1 p.m., Feb. 6, 2007, for Atwell.

CFC campaign exceeds \$275,000

APG CFC Office

The Aberdeen Proving Ground Combined Federal Campaign exceeded the \$275,000 mark with 1,730 donors contacted out of the goal of 3,000.

The CFC Office congratulates the Defense Commissary Agency and the 22nd Chemical Battalion for exceeding their organization goals. Congratulations also go to the 143rd Ordnance Battalion for being named the top performance organization on APG.

In addition to the complimentary gifts given out for donating to the 2006 CFC campaign, donors are also eligible to participate in raffle drawings for additional prizes.

The first, second, third and fourth place prizes for each drawing includes a Chris White print of Fort McHenry, a bag of CFC incentive gifts from the 2003 thru 2005 campaigns, a CFC water bottle and a prize bag, respectively. To participate in the drawings, donors should place their name, organization and phone number on the back of the tear-off portion of the contribution form and submit it to a CFC key worker. The final drawing will be held Dec. 11.

For more information, or to make a contribution, contact a CFC key worker, visit the APG CFC Office in building 4302, or call 410-278-0197/0199 or TTY: 800-201-7165 ext. 410278-0198.

Famous ancestors link three APG Soldiers

Story and photo by
YVONNE JOHNSON
APG News

While the names of the famous Army Gen. George S. Patton Jr., the legendary Sgt. Alvin C. York and deposed Haitian leader Jean-Bertrand Aristide are not usually linked together, an unusual coincidence has placed three of their descendants at Aberdeen Proving Ground.

Currently undergoing Advanced Individual Training in the U.S. Army Ordnance Mechanical Maintenance School's 143rd Ordnance Battalion are Pvts. Matthew W. Patton and Pharel R. Aristide, Company C 143rd, and Jonathan E. York, Company B 143rd. Patton and York are in the school's 63-Bravo wheeled vehicle mechanics course while Aristide is studying to become a 63-Hotel track-wheeled vehicle mechanic.

Although they don't advertise their links to their famous ancestors, they are happy to talk about them if asked.

Pvt. Matthew W. Patton

Patton is an 18-year-old Army Reservist from Fort Worth, Texas. The famous general is his great-great uncle on his father's side. He said he learned about his ancestry at a young age.

"My family's real proud of it," he said. "It seems like I've always known about it. They kind of drilled it in my head."

With a father and three uncles who served during the Vietnam and post-Vietnam eras, the military remains strong within the family, Patton said.

"I was pretty much told that if I didn't join [the Army] they'd kick me out of the will," he said.

Patton joined the Army in July and he graduates from AIT today. He said he plans to return home and lead "a simple life," resuming his job at a local rock quarry and using his education benefits for college while continuing his training commitment in



Descendants of famous ancestors, Pvts. Pharel R. Aristide, Jonathan E. York and Matthew W. Patton share training time at Aberdeen Proving Ground.

the reserves.

"What I've learned here will definitely help me with that," he said.

Being a descendent of a war hero like the late general will always remain an inspiration for him, he added, noting that the family has visited Patton's memorial in San Gabriel, Calif.

"I'm most impressed by the fact that he didn't take anything from anybody," he said. "I think by doing this I'm keeping up the tradition and making not just him but all of them

proud."

Pvt. Jonathan E. York

York is a 26-year-old former police officer from Southgate, Ky. In the Army about a year and a half, York is with the Kentucky Army National Guard, serving with the 940th Military Police Company in Walton, Ky. He also graduates from AIT today.

Married with one child, York is "the third or fourth cousin" of the famous Medal of Honor winner.

Knowledgeable of the accom-

plishments of his ancestor, York said he joined the Army to "try something different."

"When I told my family I planned to join they said 'go for it,'" he said, adding that he grew up listening to stories about Sgt. York from his grandfather who grew up in Tennessee, near York's hometown of Pall Mall.

"When people find out I'm related to him, they say, 'Wow, you have a lot to live up to,'" York said.

With that in mind, he said his

goals include obtaining a degree in criminal justice, applying for Officers Candidate School and eventually becoming a U.S. Marshall.

"So far I like the Army. It's about what I expected," York said.

He said he remains inspired, and in part motivated, by his cousins' legendary military exploits.

"I'm impressed by his bravery," he said. "And I want to become a leader like he was one day."

Pvt. Pharel R. Aristide

Aristide is a 20-year-old former New Yorker who now calls Colorado home. He is the nephew of the former Haitian leader on his father's side and said he met him for the first time three years ago during a family vacation to Jamaica where Jean-Bertrand Aristide still resides.

"He seemed like a regular guy," he said. "He was very humble and soft-spoken and he offered me advice and guidance about living right and life in general."

He said that his uncle, "didn't talk much about politics," but that he, "still stands by the story" that he was forced out of power by the United States and France.

"My family doesn't make a big deal out of it," he said about their feelings about their relationship to Aristide, adding that he thinks he shares the same drive to "excel at whatever it is you do."

"My goal as a Soldier is to go far," he said, adding that he plans to apply for West Point or Officers Candidate School, obtain a degree in medicine and become an Army doctor.

"My family is really big on education," he said.

Commenting on his impressions upon meeting Aristide, he said that he recognized something of the man in himself.

"He was like my father, who's also very quiet and keeps to himself," he said. "I'm the same way. Maybe that runs in the family."

AFAP delegates review issues while Setting Standards of Living for a Transforming Army



Story by
MARGARET MCKENZIE
USAFMWRC

Delegates at the 24th Army Family Action Plan conference reviewed 68 issues from Army installations throughout the world Nov. 14 through 17.

The issues were distributed into eight workgroup categories: Army Wounded Warrior, entitlements, family support (of which there were two groups), force-support, medical (of which there were two groups) and outside-of-the-continental-United States.

The top five conference issues of 2006, as voted by the delegates, were:

- Traumatic brain injury rehabilita-

tion program at Military Medical Centers of Excellence

- Traumatic service member's group life insurance annual supplement
- Co-pay for replacement parts of durable medical equipment and prosthetics
- Convicted sex offender registry outside the continental United States
- Retroactive traumatic service members group life insurance compensation.

The top five critical active issues previously introduced into the AFAP process include:

- Award contracts for household goods shipments to moving companies based on performance and

claims history as well as cost. Provide full replacement value for lost/damage household goods.

- Allow Soldiers with at least 10 years of service to transfer their Montgomery GI Bill benefits to their dependents.
- Authorize the use of permissive temporary duty for fathers upon birth of a child.
- Eliminate the expiration date for Montgomery GI Bill educational benefits.
- Allow service members to accumulate 90 days of leave until termination of service.

The delegates identified four services as this year's most valuable:

- Army Community Service
- Morale, Welfare and Recreation Services
- Army Wounded Warrior Program
- Medical Care

Additionally, the delegates voted on the top five mobilization/deployment and family support strengths. Included on the list were Military OneSource and Army Community Service programs. Morale Welfare and Recreation, family readiness groups and rest and relaxation all tied for third place, and the rapid fielding initiative rounded out the list.

The top three mobilization/deployment and family challenges as determined by the delegates were length and extension of deployments; deployment PERSTEMPO; and the stop loss program. The need for more standard National Guard, Active Guard and Reserve, Army Reserve, and active duty remote family readiness groups, and incomplete family reintegration training for children and teens were tied for fourth place.

A meeting of the General Officer Steering Committee, chaired by the Lt. Gen. James Lovelace, was held in conjunction with the AFAP conference. Senior Department of Defense

and Army leaders reviewed 24 issues in the AFAP process. Two were completed:

- Dental and Vision Insurance Coverage for Federal Employees: Public Law U.S.108-496 authorizes a stand-alone dental and vision benefit program for federal employees. Employees will pay 100 percent of the premium costs for dental and vision coverage. The Office of Personnel Management has implemented seven supplemental dental plans and three vision benefit plans for federal employees, retirees, and their dependents. Open season began Nov. 13 and will run through Dec. 11.
- Basic allowance for housing for activated Reserve Component: The fiscal year 2006 National Defense Authorization Act authorized full BAH for Reserve Component Soldiers on active duty after 30 days of service regardless of the type of orders or reason used to bring the Soldiers to active duty.

Of the issues that were presented, 22 were listed as active and will be worked until resolution. The GOSC approved the entry of two new issues into the AFAP – Army Career and Alumni Program funding and permanent family readiness support assistants.

AFAP was created in 1983 with the initial AFAP planning conference, and developed fully in 1984, the Year of the Army Family, as a program to help the Army address the needs and concerns of family members. The program highlighted the importance of Army families to overall Army success.

The concept of identifying issues to be resolved through world-wide representation of Army family members grew into the AFAP process. It provides a way for policy to become a tangible end product for Soldiers and their families.

The Family and Morale Welfare and Recreation Command oversees the AFAP process to ensure that issues are referred to the appropriate agencies for resolution. Semi-annual GOSC meetings monitor the progress of each issue until it is resolved or deemed unattainable.

"The issues that we will review this morning, we are going to delve into in great detail because we owe that to you," said Lt. Gen. James Campbell, in his opening remarks.

"You have taken a step out of your lives and come from distant stations to be here this week and to make your contributions felt," he continued.

For the past 24 years there have been 618 issues in the AFAP process that have driven 101 legislative changes, 145 DoD Army policy and regulatory changes and improved programs and services.

"It is very important that those who have never experienced this understand what happens here today," Campbell said, "and see how our United States Army stands up and listen to the concerns of those we serve."

"I have been an advocate for this process for 34 years, and I have watched it evolve," said Lt. Gen. Robert Wilson, assistant chief of staff for Installation Management. "I think it is absolutely essentially to an Army at war; critical to retaining the all volunteer force and doing what we say we want to do, which is taking care of families and Soldiers."

"This process is about Soldier and family readiness," he said, "and I am really happy with it."

The GOSC will meet again in May, 2007, to work on issues identified during this conference, and to continue their efforts to resolve issues identified in previous years.

APG News

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

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WO Association gives donation to the Chapel Tithes, Offering Fund

Story by
HEATHER TASSMER
APG News

The Aberdeen Edgewood Chapter of the Warrant Officer's Association gave a \$2,000 donation to the Aberdeen Proving Ground Chapel Tithes and Offering Fund Nov. 22 at the Main Post Chapel.

The chapter received the donation Nov. 14 from a retired warrant officer and his wife who wished to remain anonymous. The couple who contributed the money asked that the chapter forward a chapter check to the CTOF.

The contributors wanted the donation to support "local efforts to provide food and other supplies to the most needy Soldiers and their families stationed on the proving ground," said retired Chief

Warrant Officer 4 Greg Gouty, president of the Aberdeen Edgewood Chapter.

In addition, the contributors wanted the families to benefit from the donation during the upcoming holiday season, Gouty said.

Chaplain (Col.) James Jagielski shared his thoughts about the donation.

"What generosity," Jagielski said. "We deeply appreciate the donation."

He said the chaplain's fund is used to support all religious activities on the installation.

One of the accounts in the fund is the Soldier ministry account, used specifically for the Soldiers, Marines and Airmen stationed at APG.

The contribution from the Warrant Officer's Association will be used to support religious activities, Jagielski said.

About the chapter

The Warrant Officer's Association is a national group but the Aberdeen Edgewood chapter is comprised of 56 members, according to retired Chief Warrant Officer 4 Kenneth "Pete" Hill, the regional director and secretary of the chapter.

The association raises funds throughout the year to give to other "needy organizations on post" and visits veterans at the Veterans Affairs Hospital in Perryville, Md., Hill said.

The Warrant Officer Association has also participated in the Gift Wrap 2006 program for the past six years.

For more information about the chapter, call Hill, 410-278-4195.

ASP

From front page

from the current process and utilize them directly in testing. This suggestion provides a first year net dollar benefit of \$15,000, as well as intangible environmental savings.

Mark Hassler, a member of ATC's Maritime Division, suggested using large wall sections of a model ship magazine compartment (a previous test item) in place of manufacturing steel protective walls for an upcoming test. Rather than having to design the walls, purchase the materials, manufacture the walls and then transport them down range, Hassler's suggestion elimi-



nates the cost of the steel to manufacture the new walls as well as the cost to fabricate them and transport them down range. His suggestion also greatly reduced the costs of

salvaging the ship, since the cost to cut the model into wall sections was \$40,000 less than having it cut into the 4' x 4' pieces required by the salvage yard.

Hassler also had an additional suggestion to utilize old Navy targets as 'catch packs' to stop shaped charge jets after they are fired. The old targets were being stored for clean-up and by re-using the steel plates, many of which are in excellent condition, ATC saved \$285,000 in materials.

By taking the time to put their suggestions on paper, these employees saved ATC a total of \$430,000. Their suggestions also resulted in time savings and environmental benefits.

Suggestions can be submitted through <https://armysuggestions.army.mil/>, but since it is an Army Knowledge Online site, suggestor will need their AKO username and password.

Visit APG News
online at

www.apgnews.apg.army.mil

Brushing up on driver safety: Take the National Driver's Test

DSHE

With the focus on accident avoidance in mind, here is a test to gauge a driver's knowledge.

Answer the following 20 questions taken from written state driver's tests.

1. Where should you park when you need help after your tire suddenly deflates while driving on a highway? (Select one)

- a. In the right hand lane
- b. Off the pavement
- c. Where your car will be visible for 200 feet from the front

2. This sign means: (Select one)



- a. As little as possible
- b. Only on unlit streets
- c. Obstructed roadway ahead

3. Use your high beam headlights at night: (Select one)

- a. As little as possible
- b. Only on unlit streets
- c. Whenever it is legal and safe

4. When you are driving in the left lane of a four-lane freeway and wish to exit on the right, you should: (Select one)

- a. Carefully cross all lanes at one time
- b. Change lanes one at a time until you are in the proper lane
- c. Slow before beginning each lane change

5. This sign means: (Select one)



- a. The road ahead has many curves
- b. There is a sharp curve in the road ahead
- c. The road ahead may be slippery

6. Highways are most slippery: (Select one)

- a. During a heavy rainstorm
- b. During a light rain
- c. Just when it starts to rain after a dry spell

7. When waiting to make a left turn, you should give the right of way to vehicles coming from the opposite direc-

tion: (Select one)

- a. Until at least two vehicles have passed
- b. Until dangerously close cars have passed
- c. Until all of the cars have passed

8. Turn your front wheels toward the curb when you are parked _____. (Select one)

- a. Facing uphill
- b. On a level road
- c. Facing downhill

9. On a sharp curve, you should use your brakes to slow your vehicle: (Select one)

- a. During the entire time you drive through a curve
- b. Before you enter the curve
- c. Just after you enter the curve

10. If you have trouble seeing other vehicles because of dust, precipitation, or smoke blowing across the roadway, you should drive slower and turn on your _____. (Select one)

- a. Parking lights
- b. Interior lights
- c. Headlights

11. If your vehicle starts to hydroplane, you should: (Select one)

- a. Drive at a constant speed to gain better traction
- b. Apply the brakes firmly to prevent your vehicle from sliding
- c. Slow down gradually by easing off the gas, and not applying the brakes

12. When a car with bright headlights comes toward you at night, you should: (Select one)

- a. Move toward the right edge of your lane
- b. Look above the oncoming headlights
- c. Look below the oncoming headlights
- d. Look toward the right edge of your lane

13. A pedestrian crossing at the corner has the right-of-way: (Select one)

- a. At marked crosswalks only

- b. At marked or unmarked crosswalks
- c. Only at intersections controlled by signals, lights, or stop signs

14. An orange and red sign of this shape means: (Select one)



- a. Roadwork ahead
- b. Vehicle has the right of way
- c. Slow moving vehicle

15. The following sign indicates: (Select one)



- a. right lane will end ahead
- b. highway will be divided ahead
- c. less space between lanes ahead

16. This sign means that you should not pass: (Select one)



- a. Other vehicles for any reason
- b. Unless it seems safe to do so
- c. until after you've past the sign

17. Which of the following must you obey over the other three? (Select one)

- a. A steady red light
- b. A police officer
- c. A stop sign
- d. A flashing light

See TEST, page 5

Emphasizing safety in the office, housing over holidays

USAGAPG

It's that time of year when the hustle and bustle of the holiday season can overshadow the necessity of safety concerns. Here are some reminders to help keep holidays accident-free and safe.

Guidelines for offices Trees, decorations for use inside of buildings

No live Christmas trees are permitted in barracks, offices, warehouses, shops, laboratories, aircraft hangars or instructional buildings.

Artificial trees are permitted; however, trees or displays will not be positioned in a way that would obstruct or block any aisle way, corridor, hallway or exit.

Decorations or trees must not be placed near any heat-producing device. Under no circumstances will candles be used, other than a place of worship.

Live decorations such as holly and other greens are prohibited in office buildings, warehouses, instructional buildings, industrial buildings,

aircraft hangars and barracks. Live decorations may be permitted in places of assembly, provided that they do not dry out, and must be removed from buildings by the close of business Jan. 4. All other decorations must be labeled "flame retardant."

Lights

Electric lights will be permitted on trees as long as they are 'UL' [Underwriter's Laboratory] listed. If wiring has a short or has bare wires, the set will not be used. All electrical decorations must be unplugged every night.

Extension cords can be used with the electric lights, provided that the cord is not installed in the path of travel. The extension cord must be rated to carry the electrical load of the appliances.

Guidelines for housing Christmas trees

Live trees are permitted provided they are kept well watered. If they appear to be drying out, remove them immediately. Trees must be removed from quarters no later

than Jan. 7. Trees should be placed by the curb for pick up on Jan. 8.

Support the tree well. Keep it away from stoves, radiators, fireplaces and other sources of heat. Do not place the tree so as to block exits, corridors, or stairways.

Candles or other flame-producing devices will not be used on or adjacent to the tree.

Electrical

Electric lights will be permitted on trees, around windows or doors as long as they are UL listed and not stapled or nailed through the wiring. Use caution to prevent damage to the quarters by using tiny nails, screws, etc. If wiring is bad or bare on electric lights - throw them away, do not use.

Interior decorative lighting, including lights on Christmas trees, will not be left burning when the occupants are not home or when the occupants have retired for the night.

Exterior lights shall be installed in a way, not to create a trip hazard from entering or

See SAFETY, page 10

Test

From page 4

18. Which of the following is used on some highways to direct traffic into the proper lane? (Select one)

- Flashing red lights
- Flashing yellow lights
- White lines on the side of the road
- White arrows in the middle of the lane

19. What vehicle must stop at all railroad crossings? (Select one)

- Pickup trucks
- School busses and passenger busses with passengers
- Motorcycles
- Vehicles towing a trailer

20. What are the colors of the warning signs that indicate hazards ahead, such as

curves in the road or narrow bridges: (Select one)

- Black letters or symbols on a white background
- Black letters or symbols on a yellow background
- White letters or symbols on a blue background
- White letters or symbols on a green background

1. b 6. c 11. c 16. a
2. b 7. c 12. d 17. b
3. c 8. c 13. b 18. d
4. b 9. b 14. c 19. b
5. c 10. c 15. a 20. b

ANSWERS

POST SHORTS

dropped off at Army Community Service building 2754, the Post Chapel, the Commissary, Top of the Bay, and in buildings 4305 and 305.

Coats and clothing should be clean and food items non-perishable. Items will be donated to Harford County Social Services.

For more information, call Sgt. Anthony Cirillo, 410-278-3000 or Staff Sgt. Michael Sauer, 410-278-2634.

Statistical Association hosts luncheon speaker

The Chesapeake Chapter of the American Statistical Association will host a lunch presentation by Fred Brundick of the Army Research Laboratory, who will speak on "A Statistical Approach to the Generation of Documents for Evaluating OCR Software" at the ORSA Corporation, 11:30 a.m., Dec. 14. Brundick will discuss using bootstrap techniques to generate groundtruth documents as a means to assess the optical character recogni-

tion module for FALCon, a portable, field-operated, translation system designed to assist in intelligence collection.

The meeting is open to the public and starts with pay-as-you-go lunch. For more information or to register, call Eric Snyder, 410-278-0260, by Dec. 11.

NCOA holds Dining Out

The Noncommissioned Officer Academy will hold its 7th Annual Anniversary Dining Out Feb. 9 at the Comfort Inn Richlin Ballroom in Edgewood.

The anniversary will honor past NCOA commandants from 1987 to present.

Ticket cost is \$30 per person, and an RSVP must be received by Feb. 5.

Tickets will be on sale until Feb. 7.

For information and RSVP, contact June Conley, 410-278-8904, DSN 298-8904 or e-mail june.conley@ocs.apg.army.mil or Spc. Calandra Guidry, 410-278-9127, or e-mail

calandra.r.stovall@us.army.mil.

Mandatory Sexual Harassment training

The biennial Prevention of Sexual Harassment training for appropriated and non-appropriated fund supervisors and all other civilian employees serviced by the U.S. Army Garrison, Equal Employment Opportunity Office will be held at the Post Theater, building 3245, March 7, and Sept. 12, 2007 and at the Edgewood Area Conference Center, building E-4810, June 6, 2007.

Supervisor training is scheduled 8 to 10 a.m. Employee training is scheduled 11 a.m., 1 p.m. and 3 p.m.

Request for sign language interpreter must be coordinated through Roxanne Conley, 410-278-1100.

The training schedule is also available on the APG Garrison Intranet Homepage and the EEO Office Web site.

For more information, call Neslie Etheridge or Roxanne Conley, EEO Office, 410-278-1131/1100.

ACS announces 'Holiday Sponsor Program'

With the holiday season fast approaching and the nation still fighting the War on Terrorism, the APG community is constantly reminded of the sacrifices of the men and women in the U.S. armed forces.

During these stressful times, some military families are experiencing financial difficulties and require additional assistance.

Army Community Service works closely with these families providing supportive services throughout the year.

To help make this holiday season brighter for some of these families, ACS will collect donations from individuals or groups desiring to sponsor a military family.

For more information, call Arcelio V. Alleyne, ACS Financial Readiness program manager, 410-278-2450/7572, fax, 410-278-9685 or e-mail,

arcelio.alleyne@us.army.mil.

MCSC memberships available

The Military and Civilian Spouses' Club is offering memberships for the 2006-2007 year at a cost of \$20.

Those interested, can download a form from the MCSC Web site, www.apgmcsc.org or contact Dawn, 410-297-6727.

Subjects needed for research study on hearing

The U.S. Army Research Laboratory is seeking volunteers to participate in a study of human ability to understand speech in noise. Each volunteer will be paid \$20 per hour.

Participants need to be 18 to 40 years old with normal hearing.

The experiment is one session long and will take approximately 1 and 1/2 hours.

All testing will occur in the ARL's auditory facilities in building 520 at Aberdeen Proving Ground.

To set up an appointment, interested volunteers should contact Paula Henry, 410-278-5848, e-mail: pshenry@arl.army.mil, or Martha Dennison, 410-278-5918, e-mail: mjdennis@arl.army.mil.

Convoy trainer available

A Virtual Combat Convoy Trainer has become available for use by military units from APG and other installations. Units with the U.S. Army Ordnance Center and Schools have priority use of the trainer for Advanced Individual and Officer Basic training.

Available schedules include 1 to 9 p.m. on Wednesdays. Hours can be negotiated for daytime training from 8 a.m. to 5 p.m.

To schedule training, contact the 61st Ordnance Brigade S3 Office, 410-278-4920/5770.

(Editors Note: More shorts can be seen at www.apgnews.apg.army.mil under Shorts.)

Community Notes

THURSDAY

SATURDAY

DECEMBER 9

PARADE OF PINE

Create holiday treats for wildlife at the Anita C. Leight Estuary Center and at home using cones and seed pods. This program is from 2 to 3 p.m. and costs \$3 for all ages. Reservations are required. For more information, to make reservations or for directions to the center, call 410-612-1688 or 410-879-2000, extension 1688.

SUNDAY

DECEMBER 10

**AUXILIARY OFFERS
SUNDAY BREAKFAST**

The Ladies Auxiliary of VFW Post 5337, 3705 Pulaski Highway in Abingdon offers breakfast the second Sunday of each month, 8 to 11 a.m. The cost is \$6. The menu includes choice of eggs, omelets, sausage, bacon, pancakes, French toast, potatoes, grits, cold cereal, fresh fruit, coffee, juice or milk. Proceeds benefit VFW programs.

For more information, call

Linda MacArthur, 410-676-4456.

**NATURAL ORNAMENT
WORKSHOP**

Use nature's bounty to create unique decorations for the tree while enjoying hot cocoa, cookies and seasonal music. This program is from 2 to 4 p.m., costs \$5 per person or \$12 per family and is for all ages, 10 and under with an adult. Registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

300 Cherry Street, Perryville, will hold a Children's Christmas Party, 1 to 3 p.m. The event will include photos with Santa, presents and refreshments.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.)

MOVIES

ADMISSION: ADULTS \$3.50, CHILDREN \$1.75

Building 3245 Aberdeen Boulevard To verify listing, call 410-272-9008, or visit www.aafes.com and click on "Movie Listing."

SAW III

Friday, Dec. 8, 7 p.m.

Starring: Tobin Bell, Shawnee Smith, Angus Macfadyen, Bahar Soomekh

Jigsaw (Bell) has disappeared; and with his new apprentice Amanda (Smith) - the puppet-master behind the cruel, intricate games that have terrified a community and baffled police - he has once again eluded capture and vanished. While city detectives scramble to locate him, Dr. Lynn Denlon (Soomekh) is unaware that she is about to become the latest pawn on his vicious chessboard. (Rated R)

**THE SANTA CLAUS 3:
THE ESCAPE CLAUS
(FREE ADMISSION)**

Saturday, Dec. 9, 7 p.m.

Starring: Tim Allen, Elizabeth Mitchell, Eric Lloyd, Judge Reinhold

It's Christmas time once again and Scott Calvin (Allen) juggles a full house of family and the mischievous Jack Frost, who is trying to take over the "big guy's" holiday. At the risk of giving away the secret location of the North Pole, Scott invites his in-laws to share in the holiday festivities and upcoming birth of

baby Claus with expectant wife, Carol (Mitchell). Along for the adventure are Scott's extended family, son Charlie (Lloyd), ex-wife Laura Miller, her husband, Neil Miller and their daughter, Lucy who, together with head elf Curtis, foil Jack Frost's crafty scheme to control the North Pole. (Rated G)

FLAGS OF OUR FATHER

Saturday, Dec. 9, 9 p.m.

Starring: Ryan Phillippe, Jesse Bradford, Adam Beach

February 1945: Even as victory in Europe was finally within reach, the war in the Pacific raged on. One of the most crucial and bloodiest battles of the war was the struggle for the island of Iwo Jima, which culminated with what would become one of the most iconic images in history: five Marines and a Navy corpsman raising the American flag on Mount Suribachi. The inspiring photo capturing that moment became a symbol of victory to a nation that had grown weary of war and made instant heroes of the six American Soldiers at the base of the flag, some of whom would die soon after, never knowing that they had been immortalized. (Rated R)

SATURDAY

DECEMBER 16

HIGHTIDE MOBILE

Search the shoreline for material and make an estuary mobile. This program is from noon to 1:30 p.m. and costs \$4 per person, for ages 8 to adult. Ages 8 to 10 must be accompanied by an adult. Registration is required. For information, registration or directions to the Anita C. Leight Center, call 410-612-1688 or 410-879-2000, extension 1688.

**MAKING HOLIDAY
SCENTERPIECES**

Arrange a greens centerpiece for the home highlighted with a seasonally scented and studded candle. This program is from 2 to 4 p.m. and costs \$10 per person for ages 8 to adult. For more information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

SUNDAY

DECEMBER 17

**CHILDREN'S
CHRISTMAS PARTY**

American Legion Susquehanna Post 135, located on

Understanding government employee liability when renting a vehicle

Story by
MARIE ANTOINETTE JOINER
OSJA

Federal employees renting a vehicle for official business should generally use their government credit card, rent through an approved car rental company and not buy any extra car rental insurance.

This article highlights the guidelines of renting a vehicle to sensitize government users to this area of concern. Anyone with questions should speak with their government credit card representative or the Office of the Staff Judge Advocate.

If a federal employee traveling on official business rents a vehicle, using their government credit card, through a car rental company participating in the U.S. Government Car Rental Agreement and abides by the terms of that agreement, and the employee has waived the car rental company's collision damage waiver and liability damage waiver (CDW/LDW) coverage - then, under the agreement, the car rental company is responsible for any damages to the rental vehicle regardless of whether there was negligence on the part of the government employee.

Intentional damage is not covered, including misconduct, DUI, drag racing, off road driving, as well as other examples that are covered at [http://www.sddc.army.mil/sddc/Content/Pub/660/RC%20Agreement%20POC%20List%20\(updated%208-16-06\).pdf](http://www.sddc.army.mil/sddc/Content/Pub/660/RC%20Agreement%20POC%20List%20(updated%208-16-06).pdf). See also http://www.usatoday.com/travel/columnist/mcgee/2004-03-09-mcgee_x.htm.

How to know if a car rental agency is okay

The best course of action is to use the command's designated official travel agency to make travel arrangements. In

the alternative, to determine whether a rental company is a participant in the U.S. Government Car Rental Agreement, visit the Web site for the command that manages the program, the Surface Deployment & Distribution Command, formerly known as the Military Traffic Management Command, [http://www.sddc.army.mil/sddc/Content/Pub/660/RC%20Agreement%20POC%20List%20\(updated%208-16-06\).pdf](http://www.sddc.army.mil/sddc/Content/Pub/660/RC%20Agreement%20POC%20List%20(updated%208-16-06).pdf).

Also available at this Web site is information on available vehicle types and the government rates. Each command's designated official travel agency should be able to assist. In any event, it's a very good indicator that a car rental agency is not "okay" if they do not offer a government rental rate.

If an employee is going to a location where there are no participating rental car companies, he/she consider using a government vehicle. If a government vehicle is not an option, then the user will be depending on the government travel card insurance coverage. Users should be familiar with the limitations of that coverage prior to traveling. To get information on what coverage the credit card offers visit www.gsa.gov. For a government Visa credit card, refer to http://usa.visa.com/business/cards/visa_government.html.

Using the government credit card

Government travelers should always use their government credit card when renting a vehicle for official travel. If the U.S. government rental car agreement is insufficient or the vehicle is not rented from a participating SDDC contract agency, the government travel charge card may provide some liability coverage. The government credit card provides the rental car company notice that the driver is on official government travel, thereby providing the driver the SDDC coverage. A SDDC participating rental agency may not refuse to accept the government credit card.

Finally, in case the rental car agency balks at paying the damage, the government credit card provides some liability coverage. Under the agreement between the government and the travel credit card company, there is some coverage for collision, theft or damage to the vehicle when the accident is determined by the

agency to be within the scope of employment. Be aware that liability coverage under the travel charge card does not provide coverage for third party liability. Employees should be aware of their individual insurance coverage. Visit http://www.usa.visa.com/government/payment/card_benefits/bft_auto_rental.html?it=cl%2Fgovernment%2Fpayment%2Ftravel_card%2Findex%2EhtmlAuto%20Rental%20Collision%20Damage%20Waiver%20-%20Business.

Follow the terms of the agreement

It is important to remember that government employees are required to follow the terms and conditions of the agreement.

These include only renting a "covered" vehicle, only allowing authorized drivers to drive the vehicle, only operating the vehicle on paved, graded, state or professionally maintained roads, or drive-ways (unless the car rental company has agreed to allow off-road use in writing beforehand), as well as other terms under agreement. If the terms and conditions are violated, the agreement is null and void, and the terms and conditions of the actual individual car rental agreement, signed by the employee (renter of the vehicle), apply.

Most individual car rental agreements have strict liability clauses which mean the renter will be personally liable for all damage to the vehicle, regardless of the cause. Note: Many participating car rental companies exempt certain vehicle types, such as four-wheel drives, SUVs, vans, etc., from the agreement. For more information about what is covered under the agreement, visit <http://www.sddc.army.mil/sddc/Content/Pub/656/rental-caragreement.pdf>.

Reimbursement of insurance coverage

Many people ask whether they should purchase the Damage Insurance Coverage that the rental car company offers to make sure they are covered in case of an accident. In the Continental United States, the cost of the insurance is not reimbursed so it is usually not a good idea. Under the Joint Federal Travel Regulations, the rental car Damage Insurance Coverage cannot be reimbursed in

See **LIABILITY**, page 9

Patriot's Day 2007 gives some taxpayers extra tax filing time

IRS

Individuals in Maryland, five other eastern states and the District of Columbia will have an extra day, until April 17, 2007, to file their 2006 returns and pay any taxes due, according to the Internal Revenue Service.

In formal guidance (Notice 2006-103) released Nov. 8, the IRS said that these taxpayers served by the Andover, Mass., IRS processing center will receive an additional day to file and pay because April 16, 2007, is Patriot's Day, a state holiday in Massachusetts. Thus, the April 17, 2007, deadline will apply to individuals in Maine, Maryland, Massachusetts, New Hampshire, New York, Vermont and the District of Columbia.

To avoid confusion, all individuals in these states will get the extra day, even though in some cases, they are instructed to send payments or returns to locations outside

2007 installation tax program approved

OSJA

The 2007 Installation Tax Program directed by the Office of the Staff Judge Advocate, Client Services Division, has been approved.

The Aberdeen Proving Ground Tax Center will open its doors to the public in late January of 2007 at its new location in building 4117 located just off Boothby Hill Avenue.

As in the past, the special duty soldiers assigned to the Tax Center from tenant organizations on the installation will provide a variety of tax assis-

Massachusetts. Accordingly, the April 17 deadline will apply to any of the following:

- 2006 federal individual income tax returns, whether filed electronically or on paper;

- Requests for an automatic six-month tax-filing extension, whether submitted electronically or on Form 4868;

- Tax year 2006 balance due payments, whether made electronically (direct debit or credit card) or by check;

- Individual estimated tax payments for the first quarter of 2007, whether made electronically or by check; and

- Individual refund claims for tax year 2003, where the regular three-year statute of limitations is expiring.

By law, filing and payment deadlines that fall on a Saturday, Sunday or legal holiday are timely satisfied if met on the next business day.

Thus, since April 15 is a

Sunday in 2007, taxpayers in most of the country will have until Monday, April 16, 2007, to file and pay. But Maine and Massachusetts observe the third Monday of April as Patriot's Day, which in 2007, falls on April 16.

As in past years, the Aberdeen Proving Ground Office of the Staff Judge Advocate will provide tax assistance to the Soldiers, retirees, and family members

of the APG community.

The 2007 APG Tax Center will be changing services, operating hours, and location.

The Tax Center will still provide tax assistance to eligible clients starting in mid-to late January 2007 and will close on approximately April 12, 2007.

More information on the 2007 APG Tax Program will be provided in future publications and via the APG Web site.

tance services to the service members, retirees, and family members of the APG community. These services will include personal income tax preparation and electronic filing.

The Tax Center will be open Monday through Thursday 11 a.m. to 8 p.m. throughout the tax season.

The Tax Center will close on April 12.

More information on the 2007 APG Tax Center will be available in late December 2006 and early January 2007 in the APG News and on the Post Web site.

OSJA moves to new location

OSJA

The Office of the Staff Judge Advocate has moved to a newer facility to better serve the legal needs of the Aberdeen Proving Ground community.

OSJA is now located in the Janet M. Barr Soldier Service Center, building 4305, 3rd floor "West Wing," on Susquehanna Avenue.

Executive Office, room 327, 410-278-1107

Military Justice Office, room 322, 410-278-2055

Client Services Division, room 339, 410-278-1583

Administrative and Civil Law Division, room 337, 410-278-1553

The hours of operation for the Client Services Division are Monday through Thursday, 8 a.m. to 4 p.m., and closed on Friday. Most notary services and powers of attorney are available during regular office hours. Walk-in services are Thursday, 8 to 11 a.m.; other services are by appointment only.

Trial Defense Service has not moved and is still located in building 310. If TDS services are needed, call 410-278-2156/5389.

responsibly.

For more information, call the Claims Office, Client Services Division, OSJA, 410-278-1459 or visit building 4305, Monday through Thursday, 8 a.m. to 4 p.m.

Liability

From page 8

CONUS (including Alaska, Hawaii, Puerto Rico, and U.S. territories or possessions). If outside CONUS, the answer depends upon location. Check with the agencies' official travel agency or the JFTR before leaving for official travel, <https://secureapp2.hqda.pentagon.mil/perdiem/trvlregs.html>

If an accident occurs

Notify local law enforcement, the command, and the rental agency immediately. (Under some state laws, failure to report accidents may result in being charged with repair-costs.) Get a copy of the police report if possible.

Contact the government travel card immediately. For VISA, the rental insurance program can be reached at 1-800-VISA 911 1-800-847-2911. OCONUS, call VISA collect at 1-410-902-8011.

Notify the local claims office for further instructions. Driver may also contact the SDDC claims representative at 70-428-3008 or DSN at 328-3008 or a government representative at <http://www.sddc.army.mil/Public/Passenger/Carriers%20and%20Programs/Car%20Rental%20Carriers?summary=full-content>, by selecting "carrier point of contact list."

Failure to follow these procedures may result in payment from unit TDY funds and may result in adverse action by the chain of command.

The bottom line is to drive

Visit APG News online at
www.apgnews.apg.army.mil



MORALE, WELFARE & RECREATION

Activities

All services, classes and events are available to DoD cardholders, military, civilian, contractors, retirees, family members and guests. For information on these or any other events, visit www.apgmwr.com.

MWR Registration, Tick-ets 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 or on the Web site, www.apgmwr.com.

Radio City Christmas Spectacular

Travel to New York City to see the Radio City Music Hall Christmas Spectacular featuring the Rockettes.

Tickets for Dec. 9, 10 and 16 cost \$135 each; The bus will depart 8:05 a.m., building 3320, and depart New York at 11 p.m.

Sports, fitness facilities announce new hours

Effective Jan. 2, 2007, the new hours of operation for Aberdeen Proving Ground sports and fitness facilities are as follows:

ABERDEEN ATHLETIC CENTER, BUILDING 3300

Monday thru Friday, 5 a.m. to 8 p.m.
Saturday, Sunday and holidays, 10 a.m. to 6 p.m.

ABERDEEN FITNESS CENTER, BUILDING 320

Monday thru Thursday, 5:30 a.m. to 7 p.m.
Friday, 5:30 a.m. to 6 p.m.
Closed Saturday, Sunday and holidays
Closed Friday preceding Monday holiday

HOYLE GYM, BUILDING E4210

Monday thru Friday, 5 a.m. to 8 p.m.
Saturday, Sunday and holidays, 10 a.m. to 6 p.m.

For more information, call 410-278-3812.

Seats are limited, register early. Cost includes charter bus transportation and a ticket for the show. There will be time before the show for shopping and lunch. Open to all Department of Defense ID card holders.

For more information or to make reservations, call MWR Registration, 410-278-4011/4907, e-mail mwr_registration@apg.army.mil, or visit www.apgmwr.com.

Military Family Appreciation Month

In honor of the month of the Military family, MWR offers discount tickets to Medieval Times Dinner Theater and Show located in Hanover, Md. The cost of tickets for adults is \$40 per person and \$34 for children.

Discount tickets also are available to the Martina McBride: The Joy of Christmas Tour, Dec. 21. The concert starts 7:30 p.m. at the Verizon Center in Washington, D.C. Tickets cost \$74 per person on the 100 level and \$62.50 per person on the 200 level.

For more information or to purchase tickets, call MWR Tickets and Leisure Travel, 410-278-4011.

Social Hour Friday at Ruggles Club House

The evening Social at Ruggles Golf Course will be held 4:30 to 7 p.m., Friday. Light snacks will be provided; beer and sodas and additional food will be available for purchase.

The event is held monthly, the last Friday of each month and is open to all members of the APG community.

For more information, call 410-278-4794.

Army Community Services is located in building 2754,

Three Little Bakers Dinner Theater

The Civilian Welfare Fund will sponsor a trip to the Three Little Bakers Dinner Theater in Wilmington, Del., Dec. 15. Tickets cost \$63 per person and include charter bus transportation, dinner and the show, "Three Little Baker's Christmas Celebration 2006."

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

Rodman Road. For information about these or any other services that ACS offers, call 410-278-7474/2453.

For all SKIESUnlimited programs contact Central Registration for details and registration. An additional \$18 Central Registration Fee will apply if not already enrolled in the Child and Youth Services Program. Call 410-278-7479/7571 for an appointment to register.

Volunteers needed

Anyone interested in teaching classes such as kindermusik, history, grammar, reading, and mommy and me tumbling, should call Sarah Behl, 410-278-4589.

For more information call 410-278-4589.

Babysitting classes

Training to become a Red Cross Certified Babysitter will be held 9:30 a.m. to 3:30 p.m. Dec. 28, Jan. 22 at Army Community Services, building 2754. Bring a bag lunch.

Participants must be between the ages of 13 and 15.

Piano lessons for youths

Sessions are 30 minutes per week on Fridays, 3:30 to 7:30 p.m., at the Aberdeen Youth Center. Every six weeks a new session starts. Cost is \$102 for six sessions for youths 4 to 18 years of age.

Parents choose which session they want to sign-up for. Students will be responsible for purchasing the required books for the course as recommended by the instructor.

For information on these or any other division of sports and fitness, call Earlene Allen, 410-278-3854.

To sign up for a youth sport, contact Central Registration, building 2752, 41-278-7571/7479. All sports participants must have a current sports physical, due at registration and be a member of Youth Services.

Coaches needed

Anyone interested in volunteering to coach, or would like more information should call Bill Kegley, 410-306-2297.

SCHOOL LIAISON

Commissary scholarship applications now being accepted

Attention college-bound students: Commissaries are now accepting applications from military children for a scholarship program that offers \$1,500 scholarships for children of active duty, retired and Guard and reserve members.

Deadline for the Scholarships for Military Children program applications is Feb. 21, 2007.

The applications must include an essay on "how and why" the applicant would change a historic event.

Applications can be downloaded at Web sites <http://www.commissaries.com/>, Scholarships for Military Children or <http://www.militaryscholar.org/>, or they can be picked up at any of the 264 commis-

saries worldwide.

The program is open to unmarried children under the age of 21 (23 if enrolled in school) of military active-duty, Reserve, Guard and retired personnel.

Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2007, or enrolled in a program of studies designed to transfer directly into a four-year program.

Fall fitness classes

Aberdeen and Hoyle Gym and Fitness Centers will hold fall fitness classes through Dec. 21.

Aberdeen Fitness Center, building 320

LUNCHTIME CLASSES, 11:30 A.M. TO 12:30 P.M.

Monday, Step and Kick
Tuesday, Fitness Yoga
Wednesday, Body Sculpt
Thursday, Chinese Aerobics

Evening Classes, 5 TO 6 P.M.
Monday and Wednesday, Step

Fitness classes cost \$5 per class or \$32 for unlimited classes through Dec. 21. Classes are open to all ID card holders, including DoD and contractors and their family members. Family members without ID cards must be registered by the ID card holding sponsor upon first visit. For more information, call 410-278-9725 or 410-436-7134.

Hoyle Gym and Fitness Center, building E4210

LUNCHTIME CLASSES, 11:30 A.M. TO 12:30 P.M.

Monday, Step Aerobics
Tuesday, Weight Aerobics
Wednesday, Cardio Class

Evening Classes, 5 TO 6 P.M.
Thursday, Yoga



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

ATS Reloaded, 5:30 a.m.
American Veteran, 9:30 a.m.
Army Newswatch, 11 a.m.
Freedom Journal Iraq, 1 p.m.
Around the Services, 5:30 p.m.
Focus on the Force, 10 p.m.

Tuesday

Around the Services, 8 a.m. and 8 p.m.
RECON, 11 a.m.
Focus on the Force, 1 p.m.
Army Newswatch, 3 p.m.
Freedom Journal Iraq, 4 p.m.
Army Newswatch, 7 p.m.

Wednesday

Around the Services, 8 a.m., 8 p.m.
Army Newswatch, 9:30 a.m.

and 9:30 p.m.
American Veteran, 1 p.m.
Freedom Journal Iraq, 2 p.m.
Around the Services, 3:30 p.m.
Focus on the Force, 6:30 p.m.

Thursday

Around the Services, 8 a.m. and 8 p.m.
Army Newswatch, 9 a.m. and 9 p.m.
Freedom Journal Iraq, Noon
Focus on the Force, 1 p.m.
Around the Services, 3:30 p.m.
American Veteran, 5 p.m.

Friday

Around the Services, 8 a.m. and 8 p.m.
Army Newswatch, 10:30 a.m.
RECON, Noon
American Veteran, 2:30 p.m.
Freedom Journal Iraq, 4 p.m.
Focus on the Force, 6:30 p.m.
ATS Reloaded, 7 p.m.

Saturday

Around the Services, 5:30 a.m.
News Reel Anaconda, 7:30 a.m.
American Veteran, 1:30 p.m.
ATS Reloaded, 5:30 p.m.
Battleground, 7 p.m.
RECON, 8 p.m.

Sunday

ATS Reloaded, 5:30 a.m., 9:30 p.m.
Freedom Journal Iraq, 10:30 a.m. & 4:30 p.m.
Today's Military, 1 p.m.
Around the Service, 7:30 p.m.

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

Around the Services – From the Pentagon Channel News Center, daily half-hour program featuring military news from top defense officials and the military services from around the world
RECON – A monthly infor-

mation television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. Military men and women.

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

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq

Navy Marine Corp News – A weekly look at the men and women of today's sea service.

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the United States Air Force

The American Veteran - A

half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

Battleground - Every weekend, this series features historic films from WWII, Korean War, and the Vietnam War. A Pentagon Channel Original Series

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

Inside Afghanistan – Presents the latest from Operation Enduring Freedom, showing the activities of American Troops in country.

ATS Reloaded – ATS-Reloaded revisits the best of the week and keeps you updated on information that's important to you.

Safety

From page 5

exiting the exterior doors. Do not attach decorations to the roof with nails, screws or any other fastener that will damage the roof. Only one extension cord may be used to connect lights to an outlet. Christmas lights must be UL listed and turned off when the occupants are away or have retired for the evening.

For energy conservation purposes, restrict the amount of exterior lighting. Lights must be turned off by 11 p.m. with the exception of Christmas Eve and New Year's Eve. On these evenings, lights may be left on until midnight.

Guidelines for everyone

Fireplaces
Do not try to burn evergreens or wreaths in the fireplace or in a wood stove to dispose of them. They are likely to flare out of control and send flames and smoke into the room.

Also, do not burn wrapping paper in the fireplace because it often contains metallic materials that can be toxic if burned.

Plants

Small children may think that holiday plants look good enough to eat but many plants can cause severe stomach problems.

Plants to watch out for include mistletoe, holly berries, Jerusalem cherry and amaryllis. Keep all of these plants out of children's reach.

Toys, gifts

Be especially careful when choosing toys for infants or small children.

Be sure anything they are given is too big to get caught in the throat, nose or ears.

Avoid toys with small parts that can be pulled or broken off.

When several children in one family are given toys, consider their age differences and the chances that younger children will want to play with or will have access to the older children's toys.

Stress

The holiday season is one of the most stressful times of the year. Because stress cannot be avoided completely, allow time for some relief. Allow enough time to shop rather than hurry through stores and parking lots. Plan to do only a reasonable number of errands.

When shopping, make several trips out to the car to drop off packages rather than trying to carry too many items.

Take time out to relax, read or enjoy a favorite hobby.



Your health is KUSAHC's goal



TRICARE shares patient safety program with community civilian healthcare

TRICARE Management Activity

The Military Health System developed Team Strategies and Tools to Enhance Performance and Patient Safety, or TeamSTEPPS, to improve the culture of patient safety in hospitals and other health care settings. Now the MHS is teaming up with the Health and Human Services Agency for Healthcare Research and Quality to release the program to civilian healthcare providers.

TeamSTEPPS is a research-based system that presents tools for team training, coaching and change management to effectively improve communication,

reduce medical error, and create a culture of safety within the MHS.

"Our collaboration with AHRQ to develop and distribute TeamSTEPPS is itself a great example of teamwork," said David Tornberg, MD, MPH, deputy assistant secretary of defense for Clinical and Program Policy. "We have joined forces to bring much needed training into the public domain. Our goal is to have TeamSTEPPS used throughout the military and civilian healthcare systems."

TeamSTEPPS - uses a multimedia format to present tools to help a medical organization plan, conduct, and evaluate its own team training program. To devel-

op TeamSTEPPS, defense medical experts leveraged 20 years of research and lessons learned from military and aviation organizations, and then got input from an expert panel and more than 35 healthcare-related organizations. With AHRQ, they conducted extensive field testing in military and civilian organizations. Any medical organization can tailor the materials to their own setting.

Healthcare personnel who want to learn more about TeamSTEPPS and receive the educational training materials may get information at www.usuhs.mil/cerps/teamstepps.html and <http://www.ahrq.gov/qual/teamstepps>.

TRICARE seeks input to improve autism benefit

TRICARE Management Activity

TRICARE will create a plan under the Extended Care Health Option to provide services for military dependent children with autism.

The 2007 National Defense Authorization Act calls for this plan to include:

- Education, training and supervision requirements for individuals providing services to military dependent children with autism;
- Standards to identify and measure the availability, distribution and training of individuals (with various levels of expertise) to provide such services; and
- Procedures to make sure such children receive these services in addition to other publicly-provided services.

TRICARE seeks assistance from affected military families to participate in the plan's development. Any affected military family may e-mail comments to ChildrenWithAutism@tma.osd.mil. TRICARE will accept comments until Jan. 31, 2007.

"It is vital we learn about affected beneficiaries and their personal experiences, so TRICARE may better meet their needs," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "We look forward to expanding available treatment options and access to care for beneficiaries with autism."

Currently, there are a number of treatments available for children with autism, including Applied Behavioral Analysis (ABA). TRICARE shares the cost of ABA

for an active duty family member only if a certified provider administers services. It will not cover non-certified individuals even if a certified ABA provider indirectly supervises the individual.

In the meantime, TRICARE continues to share the cost of certified provider hands-on ABA therapy, under ECHO. The TRICARE maximum allowable charge for all ECHO services is up to \$2500 per month.

Even when an active duty family member sees a certified provider several hours each week, an ABA-trained family member may increase the therapy's success. To encourage family member involvement, TRICARE may cost share family members' ABA training, if a certified provider trains them.

TRICARE announces updated reimbursement

TRICARE Management Activity

An updated list of the TRICARE reimbursement rates is now available to beneficiaries. The changes for fiscal year 2007 include updated rates for inpatient mental health, residential treatment centers, partial hospitalization, hospice and inpatient cost-shares for civilian hospitals.

"We take very seriously the President's initiative toward transparency in health care costs," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "This is just one way we make the cost of medical services available to our beneficiaries."

TRICARE reimbursement rates are aligned with Medicare rates as set by Congress. However, TRICARE does have some dispensations that may not be available to Medicare to ensure that beneficiaries continue to have health care available.

"It is important for our service members and their families to know that we will take care of them," Granger said.

Medicare premiums also change annually and now the Medicare Part B premium is linked to income. In 2007, individual incomes will trigger premium increases at \$80,000, \$100,000, \$150,000 and \$200,000. For married couples the premium rises when the income is double those amounts. However, this change will have no effect on TRICARE costs or benefits for those who are also Medicare beneficiaries.

Beneficiaries may view the updated reimbursement rates on the TRICARE Web site, www.tricare.osd.mil/tricare-cost.cfm.

Ask the dietitian: Salt in the diet

Story by

CAPT. JENNIFER L. RODRIGUEZ
Raymond W. Bliss Army Health Center

Most people don't get concerned about salt in their diets unless they have high blood pressure. All healthy Americans should monitor their salt intake as part of an overall healthy diet.

Salt or sodium is an important mineral utilized by the body for maintaining fluid balance, regulating blood pressure, transmitting nerve impulses and relaxing muscles. Too much sodium in the diet can contribute to high blood pressure, which can lead to heart disease or stroke.

The American Heart Association recommends 2,300 milligrams or less per day. One teaspoon of table salt contains 2,300 milligrams of sodium.

Imagine the amount of sodium from shaking the salt shaker at every meal. The average American consumes 4,000 to 6,000 milligrams of sodium daily.

Most sodium comes from processed foods. Canned vegetables, boxed meals, deli meats, and frozen dinners are a few of the

foods with added salt. Dining away from home also contributes salt to the daily intake. Fast foods especially are loaded with sodium well above recommended amounts.

Look at the food label. Foods low in sodium will have 140 milligrams or less per serving. Finding foods low in sodium is a challenge. The best bet is to choose fresh, whole foods as much as possible. Vegetables, fruits, fresh meats, chicken, fish, beans, milk and yogurt are all very nutritious and low in sodium.

If seasoning food is the cook's specialty and salt is the spice of choice, try using herbs and spices to bring out the flavor in the food.

Be sure to choose spices in powder form instead of salt form such as garlic powder or onion powder.

Fresh herbs are excellent in many recipes and the flavor is more intense than in processed seasonings.

For people with a heart condition, kidney disease or high blood pressure, recommended amounts of sodium are significantly less. Consult a doctor or dietitian for details.

(Editor's note: Reprinted with permission from the Scout, Fort Huachuca, Ariz.)

Prescription for change: KUSAHC pharmacy moves to new location

Story by
DEBORAH A. DODSWORTH
KUSAHC

Kirk U.S. Army Health Clinic is always looking for ways to improve its services to active duty personnel and their families.

During the weekend of Dec. 9 the location of the pharmacy will be temporarily moved to the end of the main corridor, room C-10 to ensure that there is no break in the pharmacy services.

The pharmacy window will be opened for business as usual on Monday Dec. 11. The hours of operation will remain the same and there will be no interruption to having prescriptions filled.

The Patient Notification Board will be located outside the pharmacy window at the temporary location. While a prescription is being prepared, there is a waiting room area (room C-12) next door and additionally, the old waiting area will be available. The wait time may be slightly longer although long delays are not anticipated.

Gaining strength through pumping iron

Story by
LISA J. YOUNG
USACHPPM

The activities we do every day, such as carrying groceries or picking up a child, require muscle strength and endurance. Although aerobic activities are effective for developing cardiorespiratory fitness, most aerobic activities have little influence on muscular strength. The American College of Sports Medicine recommends that adult fitness programs include moderate to high-intensity resistance training.

In addition to developing muscular strength, resistance training increases lean muscle mass, improves the strength of connective tissue, and increases bone mass. Other health benefits include reductions in body fat, modest reductions in blood pressure, improved lipid profiles and possible injury prevention.

The key factor to successful resistance training at any level of fitness or age is appropriate program design. Supervision by a qualified professional is essential to prevent injury and to maximize health and performance benefits. Exercise instruction should include proper technique, breathing, and use of equipment, along with goal-setting and progress-evaluation.

The primary goal of the program should be to develop total body strength, endurance and mobility in a relatively time-efficient manner. Strength can be maintained in only one session per week and gains can be made with as little as two sessions per week. Each session need not be long. In fact, programs lasting longer than one hour per session are associated with increased injury.

The ACSM recommends that resistance training be done two to three days per week. The program should include one to three sets of eight to 12 repetitions. Exercises should focus on the major muscle groups of the upper and lower body, including:

- The trunk (or core) for stabilization and maintaining good posture
- Hips and legs for lifting and climbing
- Shoulders for overhead pressing movements
- Chest for pushing activities
- Arms for lifting and carrying

The main types of resistance training are free weights and machines. Both types have advantages that should be considered in



determining the resistance-training program.

Free weights
Safety: Risks involved with using free weights include being hit by, tripping over or being trapped under a weight.

Whole-body training: Free-weight exercises are often performed in the standing position with the weight supported by the entire body. This helps promote bone mineralization. Moreover, the movement of a free weight requires muscles to work in stabilization as well as support.

Simulation of real-life activities: The lifting and acceleration of objects represent major parts of sports and other physically demanding activities encountered on a daily basis. The lifting of free weights involves the more natural coordination of several muscle groups.

Machines
Safety: The main safety risk when using machines is getting a finger caught in a chain, cable or stack of weights.

Design flexibility: Machines can be designed to provide resistance to body movements that are difficult to resist with free weights (such as, hip adduction and abduction, hip flexion).

Ease of use: People who fear they lack the coordination to lift free weights safely feel confident when using machines. It is quicker and easier to select a weight by inserting a pin in a stack than by mounting plates on a bar.

Whether training using free weights or machines, resistance training should be included as a very important part of any exercise program. Adding weights to a workout helps improve strength, endurance and overall health and provides variety to any training program.

Donating use or lose leave to those in need

CPAC

As the leave year draws to an end on Jan. 6, many employees find themselves with annual leave they are unable to use.

The Voluntary Leave Transfer Program offers employees a means to transfer, or donate their leave to a fellow employee with medical emergencies.

Donations may be made to any qualified federal employee. (A local list is printed every other week in the *APG News*.)

To be eligible for donation a federal employee must have exhausted both their annual and sick leave balances in accordance with the program.

To donate to a local employee, the donor must complete the OPM 630-A form, (Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program) indicating the intended recipient and number of hours to be donated. This form should be submitted to the Civilian Personnel Advisory Center.

To donate to a federal employee from an outside agency, the donor must complete the OPM 630-B form, (Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program) indicating the intended

recipient and number of hours to be donated. This form should be submitted to the Civilian Personnel Advisory Center.

By law, annual leave is the only leave allowable for transfer/donation (Title 5 Code of Federal Regulations, Part 630). Leave donations are not tax deductible.

In a leave year, a leave donor may donate no more than a total of one-half of the amount of annual leave he or she would be entitled to accrue during the leave year, in which the donations is made. The limitations on donating leave, as cited above, can be waived if the donor is a family member of the recipient. If the employee is in the eight-hour leave category, the maximum that can be donated is 104 hours; in the six-hour category, 78 hours; and in the four-hour category, 52 hours.

Leave must be submitted by Dec. 15, to ensure timely processing.

Completed forms may be faxed to 410-278-7652.

For more information, call Ronda McKinney, 410-278-8988 or e-mail ronda.mckinney@usag.apg.army.mil or Melda Callender, 410-278-8997 or e-mail melda.callender@us.army.mil.

LEAVE DONATIONS

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.

Employees eligible for donations in the Voluntary Leave Transfer Program

- | | | |
|----------------------------|-----------------------------------|-------------------|
| James Addas | positional vertigo) | Sandra Miller |
| Sarah Blevins | Marc Devecchio | Trudie Norman |
| William Bond | Susan Gorhan | Mary Pettitway |
| Debra Bonsall | Shirley Gross | Carol Piper |
| (daughter has brain tumor) | Hester Hayes | DeAnna Sampson |
| Janet Cannedy | Rick Jernigan | Barbara Seker |
| Leroy Carter | Carolyn Johnson | Joan Taeuber |
| Rogelio Chevannes | Beverly King (caring for husband) | Alison Tichenor |
| Brett Christy | Lydia Langley | Christine Wheaton |
| John Daigle | Joyce Mauldin | Louis Winters |
| Shelia Davison | Louis McCarter | Charles Young |
| (benign paroxysmal | (kidney failure) | |

Roye-Williams students learn about Veterans Day

Story by
EILEEN CAMPBELL
MWR

The voices of Roye-Williams Elementary School students sang out "Let us soar like eagles..." during the opening at the Veteran's Day celebration Nov. 8.

Andrea Johns, guidance counselor, planned the assembly to teach children about the importance of Veterans Day.

"We have several children whose parents are in the military and it is important that we honor them," Johns said. "We enjoy a special connection with the 16th Ordnance Battalion, our APG partners. The Soldiers have done readings, substitute taught, and spruced up our school grounds in the spring."

Chaplain (Maj.) Damon Onellion and Headquarters and Headquarters Company, 16th Ordnance Battalion were the invited military guests for the day's program.

Maj. Harvey Baker and Staff Sgt. Anthony Manske observed, as battalion members, Sgt. 1st Class Alfredo Anaya, Staff Sgts. Andrea Simpson, Steven Myers, Rodney Harris and Isaac Jenkins, executed the color guard ceremony.

After observing the sharp turns and masterful movements through moments of silence, the children cheered.

Onellion explained the history of Veterans Day and the significance of the '11th.'

"World War I ended on Nov. 11, 1919, at eleven in the morning...the 11th hour of the 11th day of the 11th month," he told the children. He evoked enthusiastic "ahs" with a power point slide show of cannons, fighter biplanes, blimps, and guns (that sat atop rail cars and would shoot 28 miles.)

The students sang out proudly as Cindy Bartlebaugh, music teacher, closed the ceremony with the school's anthem.

The military left with thank you notes of appreciation in hand.



Photo by SHARON KROWN ROYE-WILLIAMS ELEMENTARY SCHOOL PUBLICITY COORDINATOR
Members of the 16th Ordnance Battalion, from left, Maj. Harvey Baker, Staff Sgts. Anthony Manske and Andrea Simpson, Sgt. 1st Class Alfredo Anaya, Staff Sgts. Isaac Jenkins, Steven Myers, Rodney Harris, Chaplain (Maj.) Damon Onellion, hold up a giant thank you note assisted by selected Roye Williams Elementary kindergarten students Dayanira Walker and Tyren Walker after a Veterans Day celebration Nov. 8.

Sports

MRICD grabs intramural soccer championship from Company A 143rd. 3-2; 2-1

Story and photo by
YVONNE JOHNSON
APG News

After a disappointing loss in the 2005 championship game, the U.S. Army Medical Research Institute of Chemical Defense returned to the finals and emerged as the 2006 intramural soccer post champions.

Playing in the losers bracket after a loss in the second round of the post-season tournament, MRICD had to win back-to-back games to claim the title, which it did, winning 3-2 and 2-1 over Company A.

MRICD Coach Ardicio Galvano, who also coached last year's team, said the victory was, "a long time coming."

"It really hurt losing last year but this team came back," Galvano said. "They played hard and had a desire all their own."

Participating in his last season due to an upcoming



Players on the U.S. Army Medical Research Institute of Chemical Defense intramural soccer team pose with their trophies after sweeping two games to win the post championship Nov. 20.

change of station makes it that much sweeter, Galvano added. "Speaking for our team and all our supporters, this really feels good," he said.

William Cedillos, a Company A 143rd TAC sergeant, said that despite suffering its first loss, the team

felt good about its season. "We were undefeated until today," he said, noting that the team "lost some players due to turnovers."

"But they still played hard and got us this far," he said. "They're a great group and a strong team."

HHC 16th beats Company B 143rd 19-0 to win intramural flag football championship

Story and photo by
YVONNE JOHNSON
APG News

Headquarters and Headquarters Company, 16th Ordnance Battalion closed out a successful regular season with an impressive win over Company B 143rd Ordnance Battalion to win the 2006 intramural flag football championship on Shine Sports Field Nov. 21.

According to HHC 16th coach Rodney Washington, the team's "relentless defensive" made its 13-0 halftime lead stand up.

Washington named Lonnie Jones, Arthur Collins and Randolph Eastmond co-MVPs.

"This team was outstanding all season and defense was our cornerstone," Washington said, noting that the team went undefeated and gave up only one touchdown all season.

"This is our second championship in two years," he said. "We don't mind getting out here with these young Soldiers. We plan to do it all over again next year."

Company B 143rd coach



Members of the Headquarters and Headquarters Company 16th Ordnance Battalion flag football team celebrate on Shine Sports Field after winning the post championship Nov. 21.

Corey Blue praised his team for its "outstanding heart."

Noting that the unit commander and cadre members, including two drill sergeants played on the team, Blue said that, the team's loss was not

due to lack of trying. "It didn't work out the way we wanted but it was an outstanding effort," he said. "They've got nothing to be ashamed of because they always came out to play."

Intramural soccer results

Oct. 24
MRICD, 0; Company A 16th, 0
Company C 143rd, 2; USMC, 1
Oct. 25
Company A 143rd, 3; MRICD, 0
HHC 16th, 4; Company C 143rd, 3
Oct. 26
Company C 143rd, 1; Company A 16th, 0
MRICD, 4; USMC, 1

Nov. 1
Company A 143rd, 0; HHC 16th, 0
Company C 143rd, 0; MRICD, 0
Nov. 7
MRICD, 5; HHC 16th, 1
Nov. 20
MRICD, 3; Company A 143rd, 2
MRICD, 2; Company A 143rd, 1

Intramural flag football results

Oct. 31
HHC 61st, 34; KUSAHC, 6
USAF, 14; AML, 7
22nd Chem., 7; Company C 16th, 0
Company E 16th, 36; USMC, 6
Nov. 1
Company B 143rd, 0; HHC 61st, 0
Company A 16th, 22; USAF, 0
HHC 16th, 6; 22nd Chem., 0
Company E 16th, 25; Company C 143rd, 18
Nov. 6
AML, 7; Company C 143rd, 13
USAF, 28; USMC, 6
Nov. 7

Company B 143rd, 20; Company A 16th, 6
HHC 16th, 7; Company E 16th, 0
Company C 143rd, 7; 22nd Chem., 6
HHC 61st, 24; Company C 16th, 0
HHC 61st, 13; USAF, 0
Nov. 15
HHC 16th, 19; Company B 143rd, 0
Company A 16th, 32; Company C 143rd, 12
HHC 61st, 33; Company E 16th, 0
Nov. 16
HHC 61st, 19; Company A 16th, 12
Company B 143rd, 7; HHC 61st, 0
Nov. 20
HHC 16th, 19; Company B 143rd, 0

Flag football schedule

The following results for the Morale, Welfare and Recreation flag football league were received for the week ending Dec. 1. For more information or inquiries regarding statistics, contact Charles Heinsohn, MWR programmer, 410-278-3868.

Standings	TEAM 8 VS. TEAM 3	TEAM 2 VS. TEAM 5
TEAM 2 4-0	6:30 P.M.,	
TEAM 4 3-0	TEAM 6 VS. TEAM 1	
TEAM 6 3-1	7:30 P.M.,	TEAM 2 VS. TEAM 5
TEAM 1 3-2	TEAM 4 VS. TEAM 1	8:30 P.M.,
TEAM 3 2-2	8:30 P.M.,	TEAM 4 VS. TEAM 2
TEAM 5 0-3	TEAM 7 VS. TEAM 5	DEC. 14
TEAM 7 0-3	DEC. 12	5:30 P.M.,
TEAM 8 0-4	5:30 P.M.,	TEAM 3 VS. TEAM 4
Schedule	TEAM 6 VS. TEAM 7	6:30 P.M.,
DEC. 7	6:30 P.M.,	TEAM 5 VS. TEAM 8
5:30 P.M.,	TEAM 5 VS. TEAM 8	7:30 P.M.,
	7:30 P.M.,	TEAM 7 VS. TEAM 8

*Games are played at Shine Sports Field unless otherwise indicated.

Commander's Cup point standings

The Commander's Cup is awarded by the APG Garrison commander 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, Dodge Ball, Bowling, Tennis, Soccer and Flag Football. Points are awarded for unit participation and division and post championship wins. The following is the current Commander's Cup point totals. For questions regarding totals, call Donna Coyne, MWR, 410-278-3929.

Unit	Points	Unit	Points
Company C 143rd	214	MRICD	34
HHC 16th	204	Company B 16th	24
USMC	194	HHC 61st	21
Company A 143rd	94	AMC Band	10
Company B 143rd	90	National Guard	6
22nd Chemical Battalion	63	HHC 143rd	5
ATC	59	KUSAHC	5
USAF	52	AML	5
Company E 16th	48	CHPPM	5
Company C 16th	46	20th Support Command	4
Company A 16th	36	NCOA	0

Holy Day worship services

Main Post (AA) Catholic	Dec. 10 Advent Eucharist 10:45 a.m.	Dec. 17 Advent Eucharist 10:45 a.m.
Dec. 8 Holy Day Eucharist 11:45 a.m.	Dec. 24 Advent Eucharist 10:45 a.m.	Dec. 25 Christmas Eucharist 10:45 a.m.
Dec. 10 Advent Eucharist 8:45 a.m.	Dec. 31 No service	South Post (EA) Protestant
Dec. 17 Advent Eucharist 8:45 a.m.	South Post (EA) Protestant	Dec. 10 Advent worship 9:15 a.m.
Dec. 24 Advent Eucharist 8:45 a.m.	Dec. 17 Advent worship 9:15 a.m.	Dec. 24 Advent worship 9:15 a.m.
Dec. 25 Christmas Eucharist 8:45 a.m.	Dec. 31 No service	Dec. 31 Worship 9:15 a.m.
Dec. 31 Eucharist 8:45 a.m.	Main Post (AA) Protestant	Jewish services
Jan. 1 No service	Dec. 10 Christmas cantata 10:15 a.m.	Hanukkah, Dec. 16 thru 23
Main Post (AA) Protestant	Dec. 17 Advent worship 10:15 a.m.	Dec. 7, 14 and 21, Lunch & Learn at the Main Post Chapel (AA) in the Fellowship Hall at noon
Dec. 10 Christmas cantata 10:15 a.m.	Dec. 24 Advent worship 10:15 a.m.	Services also at Harford Jewish Center, 8 N. Earlton Road, Havre de Grace, harfordjewishcenter.org
Dec. 17 Advent worship 10:15 a.m.	Christmas Eve Candle Lighting	Miscellaneous
Dec. 24 Advent worship 10:15 a.m.	Dec. 25 No service 10:15 a.m.	Chapel community stable celebration at the south post chapel (EA), Dec. 16, supper at 5:30 p.m., service at 6:30 p.m.
Dec. 10 Worship noon	Dec. 31 Worship 10:15 a.m.	LDS Sunday worship services
Dec. 17 Worship noon	Main Post (AA) Gospel	Main Post (AA) 2 p.m.
Dec. 24 Christmas worship noon	Dec. 10 Worship noon	South Post (EA) 1 p.m.
Dec. 25 No service	Dec. 17 Worship noon	
Dec. 31 Worship 10:15 a.m.	Dec. 24 Christmas worship noon	
Dec. 31 New Year's Watch 10 p.m.	Dec. 25 No service	
Night Service	Dec. 31 Worship 10:15 a.m.	
South Post (EA) Catholic	Dec. 31 New Year's Watch 10 p.m.	
Dec. 8 Holy Day Eucharist 7 p.m.		