

## POST SHORTS

### Recycling schedule



The residential and recycling pickup schedule for Dec. 20, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### Midnight Madness at the PX Dec. 15

Shop till you drop around the clock at the Aberdeen Proving Ground Main Post Exchange, from midnight Dec. 15 through 9 p.m., Dec. 16.

The first 100 customers in the door will receive a free \$20 gift card (limit one per family). From 3 to 7 a.m. there will be a \$25 gift card giveaway every half hour. The Mainstreet USA Food Court will offer a coffee and pastry special, midnight to 5 a.m.

The event also includes hourly manager specials and drawings; coupons for 20 percent off any one item from midnight to 6 a.m. (maximum discount not to exceed \$100) and more; and from midnight to 9 a.m., no interest or payments for three months when customers use their Military Star card on any purchase.

### MLK observance planned for Jan. 11

The APG Garrison Equal Employment Opportunity Office and the U.S. Army Center for Health Promotion and Preventive Medicine will sponsor a Martin Luther King Day observance, 8:30 a.m., Jan. 11, in the Starke Recreation Center, building E-4140. Guest speaker will be Turhan E. Robinson, civilian aide to the Secretary of the Army for Maryland. Breakfast will be served 7:25 to 8 a.m.; cost is \$1.95 per person.

For more information, call Linda Patrick, CHPPM, 410-436-1023.

### Thrift Shop closes until Jan. 18

The Thrift Shop will close its doors for the holiday at 2 p.m. today and will reopen Jan. 18.

The entire staff thanks everyone for their patronage throughout the year so that the community can be better served through donations from the shop.

### Trial Defense Service relocates

The Aberdeen Proving Ground Trial Defense Service has relocated from

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## ACS brings Christmas cheer to APG with Holiday Extravaganza



Col. John T. Wright, APG Garrison commander, places an APG 90th Anniversary ribbon on the Christmas tree at the APG Recreation Center during the Army Community Service Holiday Extravaganza Dec. 5.

Story and photo by  
**HEATHER TASSMER**  
APG News

Army Community Service brought Christmas cheer to service members, civilians, contractors and their families during the ACS Holiday Extravaganza at the Recreation Center Dec. 5.

The celebration began with Celestine Beckett, ACS director, welcoming everyone to the annual party and sharing some other comments with the attendees.

Beckett said that six years ago the staff decided to hold the celebration "for the military and those who are away from their family members."

"At this time of year, we get really excited and look forward to seeing old friends at Aberdeen Proving Ground," she said. "We also are happy to see that newcomers are getting the word too and joining the fun."

Chaplain (Col.) James Jagielski gave the invocation before the tree lighting.

Col. John T. Wright, APG Garrison commander, offered some remarks as well.

He said this is a special time for families of the different branches of the armed forces.

"The APG community should remember those who are on the front lines and serving at other locations away from their families," Wright said.

He said "this is a great time to kick off the holiday season" and a time when the members of the installation "come together as a big family."

Wright also thanked those who helped put the celebration together such as ACS, the Directorate of Information Management, the 389th Army Band (AMC's Own) and volunteers helping out with children's activities.

Wright, his wife, Tammy, two of his three daughters, Allison and Abby, and garrison Command Sgt. Maj. Elvis Irby gathered on the stage for the lighting of the tree.

See ACS, page 3

## CFC campaign ends tomorrow

APG CFC Office

The Aberdeen Proving Ground Combined Federal Campaign concludes tomorrow, Dec. 15. The total contribution will be announced Dec. 18.

The CFC Office thanks all key workers and contributors who helped APG hold another successful campaign.

For more information, or to make a contribution, contact a CFC key worker or visit the APG CFC Office

in building 4302, call 410-278-0197/0199 or TTY: 800-201-7165 ext. 410278-0198 or visit the CFC Central Maryland Web site, [www.cfcmd.org](http://www.cfcmd.org).



## Thrift Shop gives back to APG

APG News

The Aberdeen Proving Ground Thrift Shop completed its annual donations to charitable organizations.

"This is the time of year when all of our volunteers' and consigners' efforts pay off," said Fran D'Antonio, financial manager. "We were able to spread the wealth to everyone that requested assistance and for some very good causes."

This year's funds went to the Family Child Care's Lending Closet program; Perry Point Veterans holiday gift fund; the Joint Personal Effects Depot for

morale support; 5/80th for care packages; the Community Policing Office to enhance programs on APG; calling cards for service members in Iraq; the Army Community Service Christmas baskets; Army Emergency Relief; the U.S. Army Center for Health Promotion and Preventive Medicine for family morale support and the Military and Civilian Spouse's Club (Garden Club) for APG beautification.

"Our primary role is to support the APG community and our Soldiers," said Thrift Shop manager Barbara Layton. "That is what we are all about."

## CFC: Women reclaiming their lives through the Women's Housing Coalition

CFC Program Office

The Women's Housing Coalition is dedicated to breaking the cycle of homelessness by increasing the quantity and quality of affordable housing and by fostering the economic and social independence of homeless and low income women and their families.

Founded in 1979 the Women's Housing Coalition is a grassroots, non-profit organization that has been at the forefront in the development of housing opportunities and services to low-income and homeless women with disabilities. The WHC was instrumental in founding the first emergency shelter for women in Baltimore, the first Transitional Housing Program for women in Baltimore City, and the first Single Room Occupancy for women in

Maryland, which has become a national model for low-income, special needs housing.

The WHC serves on average 65 women at one time through its Traditional and Permanent Housing Program, Scattered Site and Family Program.

### Testimonial on WHC

#### Denise

Her mother's death in 1996 was a wake-up call for Denise McDonald.

"I had been living with my mother, unemployed and a practicing addict for four years," McDonald said. "When my mother died, I realized I was on my way to homelessness."

The road to homelessness had been preceded by a very different lifestyle. Denise had married her high school sweetheart and was living a middle-

class lifestyle. She was a good mother to two children, a homeowner and a car owner.

When Denise began missing time from her job, she realized a recreational drug habit was slowly destroying her life. Her separation from her husband, who took custody of her son and daughter, further signaled her decline.

After her mother's death, Denise began her recovery, spending six months at the Safe House in Baltimore, prior to finding the Women's Housing Coalition, where she began the steps to put her life back together again.

At the WHC, Denise worked on setting goals, and after much hard work she received her first job placement at the Omni Hotel in downtown Baltimore as a full-time administrative

assistant.

Denise is celebrating over four years of sobriety. Sadly, her son, who suffered from multiple sclerosis, became gravely ill and died before having the opportunity to reunite with his mother.

She currently lives in an apartment that WHC helped her furnish, and she is saving money, and has reunited with her daughter.

"Every time I walk in the door I thank God," she said. "The WHC has changed my life and I will always be grateful."

For more testimonials stories like Denise's visit the WJC Web site, [www.womenshousing.org](http://www.womenshousing.org).

To donate to the foundation, designate the organization as Charity Code #4999 on the CFC pledge card.

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Toughest sport on dirt

## DIO employees spruce up APG



Photos courtesy of DIO  
From left, Directorate of Installation Operations employees Mike Teti, Phillip Burlin and Joseph Dugan decorate the Aberdeen Proving Ground Christmas tree.



Ronald Goad hangs installation Christmas banners. These DIO high voltage linemen have been hard at work installing all of the official post decorations, from the wreaths on the front gate to the stars on top of the trees, spreading holiday cheer to all APG employees.

# Veterans' voices

## Disabled military veterans to get memorial of their own

Story by  
**GERRY J. GILMORE**  
American Forces Press Service

The nation's capital is awash with military-themed statues and memorials, yet, there isn't a memorial honoring the sacrifices of America's disabled military veterans.

That's going to change, Lois B. Pope, a noted Florida-based philanthropist, said Nov. 2 at the Ronald Reagan Building and Trade Center.

At a breakfast event, Pope kicked off the start of the "Faces of Freedom" photography exhibit featuring the work of 'lenseman' Rick Steele, who in 2005 spent four months in western Iraq embedded with U.S. Marines. Pope is also co-founder and chairman of the American Veterans Disabled for Life Memorial Foundation.

The foundation, she noted, has raised half the money needed to build the \$65 million marble and glass memorial. It will be located on two acres of land adjacent to the National Mall within view of the U.S. Capitol. Pope said groundbreaking is set for 2008, with completion planned in 2010.

The American Veterans Disabled for Life Memorial will honor America's 3 million disabled military veterans living today, Pope said.

"It's a salute to them, to honor their valor, their courage and their sacrifice," she said. "And, it's a way of educating the American people that war isn't just about bombs and bullets and death and destruction. It's about human beings, like these young men and women here today, who stand up for the highest values inherent in all of us."

Without the efforts of America's military members, "we wouldn't have any of the freedoms that we enjoy today."

Also present at the breakfast were retired Army Capt. Leslie Smith, 37, and retired Army Staff Sgt. Christian Bagge, 24, both disabled

veterans and spokespeople for the foundation.

Smith was serving on active duty in Bosnia-Herzegovina when she was medically evacuated stateside in March 2002 due to a blood disorder. The condition almost killed the public affairs officer, and part of her left leg had to be amputated. She also permanently lost sight in her left eye. Smith, who's originally from Gettysburg, Pa., is thankful that a memorial is being built to recognize the sacrifices of America's disabled veterans.

"We are going to see this memorial being built from the ground up," Smith said. "And each step that is taken is going to represent more recovery that all of us are going to go through."

Today, Smith runs, skis and kayaks. She has an active role with the U.S. Olympic Committee's Paralympic Military Program, assisting in the development of future programs and with sporting events for wounded warriors.

Bagge, then an infantry sergeant in the Oregon National Guard, was traveling in a convoy south of Kirkuk, Iraq, when an enemy-emplaced roadside bomb detonated near his vehicle on June 3, 2005. He lost both legs due to the explosion and sustained nerve damage in his left arm.

The injured noncommissioned officer was promoted to staff sergeant during a stint on active duty at Fort Sam Houston, Texas, after leaving the Guard. Bagge was medically retired from the Army at the end of July.

The memorial will become an important symbol of healing for disabled veterans, Bagge predicted.

"It's about hundreds of thousands of people just like me that left a part of themselves on the other side of the world, or were (otherwise) wounded," he said. "It's important to honor their sacrifice."



Watercolor illustration by MICHAEL MCCANN. ©DVLMEF, all rights reserved  
<http://www.avdlm.com/press.php?page=resourcescaption>

Steve D. Tough, president of Health Net Federal Services, LLC, said his company is a co-sponsor of the disabled veterans memorial project. Health Net does work for the military's TRICARE health care program, he noted.

"When we had an opportunity to support the development of this memorial, and certainly the photographs by Mr. Steele, we felt a good connection to this because we can relate to the (military) beneficiary community," Tough said. "It brings us back home to those we serve."

Photographer Steele's camera's lens captured the comradeship among young U.S. Marines pulling dangerous duty in Iraq. His 100-photo "Faces of Freedom: Scenes of Courage, Sacrifice and Daily Life in Iraq" exhibit depicts his experiences in Iraq from

June to September in 2005. The exhibit will run at the Reagan Building until April 2007.

"You have a 19-year-old [Marine] talking about how he doesn't have to worry about turning his back, because he knows somebody is there to watch out for him," Steele, 32, recalled.

Steele also related his "moments of clarity" after surviving enemy attacks. "You start thinking of everything that could have happened," he noted.

The photographer said he was very impressed with the professionalism displayed by the Marines he saw in Iraq. "Marines are really proud to be Marines. They certainly believe in the mission they have out there.

"They have a job to do, and they do it," Steele said.

### Commentary--Book Review-- The Story of a Soldier, by Ivan Paul Mehosky

By  
**JOHN BRAND**  
Special contributor

This is an excellent story of a member of a remarkable generation. It is a biography of the author's father, Edward S. Mehosky, done from contemporary sources and reminiscences.

The story takes Edward from a brief treatment of childhood to enlistment as a private in 1940, then through a career ending in 1971 as an army colonel.

Like many of his generation, Mehosky's career was a true calling. The passage of time, eventual success, and the spirit of the age lend a glow to the story that may be a bit deceptive, but is most welcome in such a time as this.

The story is stitched together from letters, diaries, and contemporary news reports and even extracts from unit after action reports, interleaved by reminiscences of the past by both the colonel and his friends and comrades. It is thus autobiographical as well as biographical, and most of the excerpts are first person, very engaging.

I was especially charmed by the story of how Lt. Mehosky met, wooed, and won his love in wartime England. The story is told from the perspectives of the suitor, the lady being wooed and even her friends. The constantly changing points of view lend credence and an aliveness sadly lacking in many biographies.

Edward left the Army in 1945 as a captain, joined the reserves in 1946, and enlisted as a noncommissioned officer in 1948 under a program allowing him to compete for a regular Army commission. He was successful.

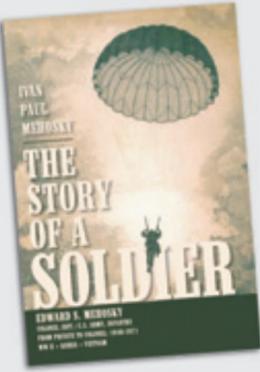
It is interesting that the time he spent as a civilian occupied about three pages.

The biography also tells of abusive command relationships, with both Edward and others in the hot seat. He and others simply had no choice but to grit their teeth and be professional, even when superiors were not, and eventually succeed (such as the story on p. 290). I have seen it work the other way.

There are some interesting cautionary tales. One involves the formation of the Pentomic Battle Groups. Edward was at that time an S-2 (intelligence staff officer), and his commanding officer had little use for his S-2 or intelligence in general. The story of how Edward turned that around is interesting and useful (pp. 300-301).

The service in Korea is treated briefly, in cold war Germany likewise. Service in Vietnam is only sketched and Edward's life for about 30 years as a civilian is sketched in one page that boiled down to: not much happened. I do not know whether this distortion is due to the prism of youth and excitement in the living, hero worship in the telling, or is objectively true. It is a caution for the reader, and a bit sad in its way in either case.

I recommend this book unreservedly. It is enjoyable, and hard to put down. It also may help us understand, a little better, the "Greatest Generation." The example of that generation may be all that saves the next generation in the century ahead. This book is available from booksellers.



### A veteran's dependents' guide to helpful Web sites

[www.seamlesstransition.va.gov/dependents.asp](http://www.seamlesstransition.va.gov/dependents.asp)

A wide range of benefits and services are available for dependents of living and deceased veterans. Listed below are links to Veteran's Administration and other agencies and organizations that offer information about benefits and services that are available to survivors and dependents. Links to the following resources are included:

#### Dependents of living veterans and active duty military service members

- Survivor Benefits - This Web site is dedicated to the surviving spouses and dependents of military personnel who died while in active military service and to the survivors of veterans who died after active service, <http://www.vba.va.gov/survivors/index.htm>

- How to request military service records or prove military service - Military personnel records can be used for proving military service, or as a valuable tool in genealogical research. Most veterans and their next-of-kin can obtain free copies of their DD Form 214 (Report of Separation) and other military and medical records several ways, <http://www.archives.gov/veterans/military-service-records/get-service-records.html>

- CHAMPVA (Civilian Health and Medical Program of the Department of Veterans Affairs) - CHAMPVA is a federal health benefits program administered by the Department of Veterans Affairs. CHAMPVA is a fee for service (indemnity plan) program. CHAMPVA provides reimbursement for most medical expenses - inpatient, outpatient, mental health, prescription medication, skilled nursing care, and durable medical equipment (DME). There is a very limited adjunct dental benefit that requires pre-authorization. CHAMPVA is available to certain veteran's family members who are not eligible for TRICARE, <http://www.va.gov/hac/forbeneficiaries/champva/champva.asp>

- Defense and Veterans Brain Injury Center - As the United States faces crises both at home and abroad, DVVIC continues to be the only organization committed to the effort to prevent, treat, and provide education on TBI for soldiers currently on active duty, national guard and reservists recently injured in the line of duty, their dependents, and retired military personnel, <http://www.dvbic.org/>

- Information For Military Families - Assistance for service members and their families in preparing for and coping with deployments. This site contains family support links for each of the services, as well as information for children, locating service members and deployment entitlements. Visit Web site, [http://deploymentlink.osd.mil/deploy/family/family\\_support.shtml](http://deploymentlink.osd.mil/deploy/family/family_support.shtml)
- Fisher House - Fisher House

Foundation, a public/ private partnership, donates "comfort homes," built on the grounds of major military and VA medical centers to offer members of the military and their families a temporary place to stay while receiving specialized medical treatment, <http://www.fisherhouse.org/>

- Coping with Trauma and Traumatic Events - A Department of Defense Web site devoted to reliable quality of life information designed to help troops and their families, leaders and service providers, <http://www.militaryhomefront.dod.mil/>

- Navy - Marine Corps Relief Society - Sponsored by the Department of the Navy it operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world. The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs, <http://www.nmcrcs.org/index.html>

- Air Force Crossroads Spouse Network - A U.S. Air Force Web site containing a variety of topics affecting spouses and their families, <http://www.afcrossroads.com/>

- Military Assistance Program (MAP) - A DOD Web site that provides information and interactive resources for relocations, money management, and job searching, <http://www.dod.mil/mapcentral/>

- Military Spouse Resource Center (MSRC) - A U.S. Department of Labor sponsored web site designed to assist the spouse of any active duty member of the U.S. Military or the reserves. Provides easy access to information, resources, and opportunities related to education, training, and employment within the United States, <http://www.milspouse.org/>

- Marine Corps Family Team Building (MCFTB) - A Marine Corps Web site that provides educational resources, services and a road map to the Corps lifestyle for Marine Corps families, <http://www.usmc-mccs.org/mcftb/>

- Navy LIFELines - A Web-based quality of life network for Navy members and their families. This section contains information to assist spouses, <http://www.lifelines.navy.mil/portal/page/itc/LSNAPP/LSNSHOMEPAGE>

- Army Family Liaison Office - An online news letter Web site sponsored by the Army Well-Being Liaison Office, <http://www.armyfamiliesonline.org/skins/WBLO/home.aspx?AllowSSL=true>

- TRICARE Military Health System - The DOD Web site for information on the TRICARE health system, <http://www.tricare.mil/>

- Family Member ID Cards - Army Reserve and Guard component active duty extensions means family member ID cards must be updated. Find the nearest office via Realtime Automated Personnel Identification System (RAPIDS), <http://www.dmdc.osd.mil/rsl/owa/home>

- VA Kids Home Page - A new Web site for children that explains what VA is all about and what it does for veterans, [http://www.va.gov/kids/6-12/multicontent\\_dtl.asp?intPageID=2&intSideBoxID=52&currentgrp=&currentPage=1](http://www.va.gov/kids/6-12/multicontent_dtl.asp?intPageID=2&intSideBoxID=52&currentgrp=&currentPage=1)

- Dependents of deceased veterans and active duty military service members

- VA and Related Benefits - Surviving spouse, dependent children and qualified dependent parents of deceased veterans and military service members, <http://www.vba.va.gov/bln/dependents/index.htm>

- VA Bereavement Counseling Services - The Department of Veteran Affairs (VA) offers bereavement counseling to parents, spouses and children of Armed Forces personnel who died in service of their country. Also eligible are family members of reservists and National Guardsmen who die while on duty, <http://www.va.gov/rcs/>

- CHAMPVA (Civilian Health and Medical Program of the Department of Veterans Affairs) - CHAMPVA is a federal health benefits program administered by the Department of Veterans Affairs. CHAMPVA is a fee for service (indemnity plan) program. CHAMPVA provides reimbursement for most medical expenses - inpatient, outpatient, mental health, prescription medication, skilled nursing care, and durable medical equipment (DME). There is a very limited adjunct dental benefit that requires pre-authorization. CHAMPVA is available to certain veteran's family members who are not eligible for TRICARE, <http://www.va.gov/hac/forbeneficiaries/champva/champva.asp>

- Social Security Administration - Information for widows, widowers, and other survivors, <http://www.ssa.gov/wv&os2.htm>

- Civil Service Preference - Office of Personnel Management Web site containing rules for civil service preference (Look under 10 point preference), <http://www.usajobs.opm.gov/ei3.asp>

- Burial at Arlington National Cemetery - Eligibility information for burial at Arlington National Cemetery, [http://www.arlingtoncemetery.org/funeral\\_information/guide.interment.html](http://www.arlingtoncemetery.org/funeral_information/guide.interment.html)

- All types of benefits
- Benefits.Gov - This federal government Web site contains links to many federal and state benefits programs searchable by federal agency, state or category of program, [http://www.govbenefits.gov/govbenefits\\_en.portal](http://www.govbenefits.gov/govbenefits_en.portal)

# APG News

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

### Staff

APG Commander ..... Maj. Gen. Roger A. Nadeau  
 APG Garrison Commander ..... Col. John T. Wright  
 Public Affairs Officer ..... George P. Mercer  
 Editor ..... Debi Horne  
 Editorial Assistant ..... Marguerite Towson  
 Contract Photojournalists..... Yvonne Johnson  
 ..... Heather Tassmer  
 Graphic Designer/Web Designer ..... Nick Pentz  
 Web site ..... [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil)

# New guide on adoption services for military families released

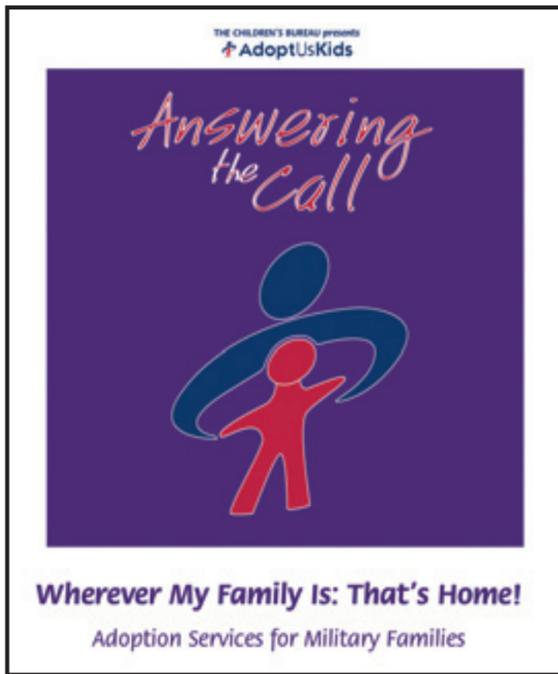
## Offers advice to military families, social work practitioners

Administration for Children and Families

The Department of Health and Human Services announced Nov. 28 the publication of "Wherever My Family Is: That's Home! Adoption Services for Military Families." The guide highlights adoption practices that can help to minimize the obstacles military families face when attempting to become foster or adoptive parents.

"Military families have many strengths, including flexibility and a strong sense of community, that make them good foster and adoptive parents," said HHS Assistant Secretary for Children and Families Wade F. Horn, Ph.D. "I am confident that this new guide will help state agencies work effectively with military personnel to assure that all families who want to give a child a loving home can do so."

The guide, which is simple to read and user-friendly, is designed not only for social work practitioners, but also for military families contemplating adoption or foster parenting. It is sprinkled with stories of real military families who



have adopted children.

"The Department of Defense greatly appreciates the efforts HHS has put into developing an adoption guide for military parents," said Barbara Thompson, director,

Office of Family Policy, Department of Defense. "This guide supports the professionals dedicated to supporting military families as they navigate the requirements to fulfill their dreams of adopting chil-

dren. The strengths of military families are recognized -- and helping others understand those strengths will overcome many of the hurdles faced by families who relocate and live across the world."

Prepared by a team including representatives of the HHS Children's Bureau, The Collaboration to AdoptUs Kids, The Adoption Exchange, Inc., McKenzie Consulting, Inc., the National Military Family Association and the American Public Human Services Association, the guide was unveiled at a ceremony commemorating National Adoption Month and honoring the winners of the HHS Adoption Excellence Awards.

Copies of the guide may be obtained by calling 1-888-200-4005. It is also available on line at [http://www.adoptuskids.org/images/resource\\_center/militaryGuide.pdf](http://www.adoptuskids.org/images/resource_center/militaryGuide.pdf).

## ACS

From front page

Wright did the honors of flipping the switch to the tree.

After the tree was lit, Beckett gave Wright a ribbon containing the APG 90th anniversary logo to put on the tree.

To continue the Christmas cheer during the celebration the Army band played Christmas carols and many of the extravaganza attendees sang along.

Volunteers from the Officer's Basic Course served everyone dinner in a buffet line. The dinner was catered by the APG Commissary with sponsorship from the Reinhart Company, according to Beckett.

The OBC students and volunteers from the Maryland Free State Challenge Academy also helped out with children and youth games. The children had a chance to visit each of the activity tables in the room that offered tattoos, face painting, candy guessing, pin the nose on Rudolph and other games. The children could win small prizes while playing the games.

Santa Claus and Mrs. Claus made an appearance at the Holiday Extravaganza, arriving in a fire truck. Children excitedly gathered at the windows to watch them enter the building. Children were called by age groups to sit on Santa or Mrs. Claus' lap to read their Christmas lists. Then the children received a toy from them.

ACS also held a raffle for three bikes and six skateboards which added to the excitement of the evening.

The Holiday Extravaganza was of interest to all kinds of age groups. A few attendees shared what they thought about the celebration.

Shanice Lewis, a 12-year-old from APG, said she comes to the celebration every year.

"It's special because I get to see all my friends and Christmas decorations," Lewis said.

She said she also likes the prizes that the children and youths can receive during the games.

Another attendee who also looks forward to the celebra-



Eight-year-old Chase McCannon hugs Santa Claus shortly after Santa and Mrs. Claus arrive at the ACS Holiday Extravaganza.

tion each year is Larry Carter, an employee with Directorate of Installation Operations quality assurance division. He attended the event with his wife, Leigh.

"I think the celebration is wonderful," he said. "We've been coming since the first party and it's getting better every year."

Leigh said that the ACS celebration "starts their Christmas season."

"Everything falls into place after this," she said.

In addition to ACS, staff members of the Army Substance Abuse Program handed out cups of punch, keychains, brochures and alcohol free drink recipes.

More than 550 people attended the holiday event this year, according to the ACS staff.

"It seems like the crowd gets larger each year," Diana Hayes, ACS outreach coordinator said. "It makes the ACS staff happy to reach so many families and help to lift their spirits during this holiday season."

Visit APG  
News  
online at  
[www.  
apgnews.  
apg.army  
.mil](http://www.apgnews.apg.army.mil)

## POST SHORTS

building 310 to building 305, the Garrison headquarters building Dec. 12. The office is located on the first floor. Enter through the glass door, turn left past the elevator and follow the corridor behind the conference room. The Trial Defense Service office is on the left.

Telephone numbers will remain unchanged. For more information, call Nora Farrell, paralegal specialist, at 410-278-2156/5389.

### Statistical Association hosts luncheon speaker

The Chesapeake Chapter of the American Statistical

Association will host a lunch presentation by Fred Brundick of the U.S. 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 ground-truth documents as a means to assess the optical character recognition 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.

### Model Railroad Club holds open house

The model Railroad Club will be open to visitors 7:30 to 10 p.m., Dec. 14, 21 and 28 in Aberdeen South, building E-5173 on Webster Road.

### 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 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-per-

ishable. 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.

### 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](mailto:june.conley@ocs.apg.army.mil) or Spc. Calandra Guidry, 410-278-9127, or e-mail [calandra.r.stovall@us.army.mil](mailto:calandra.r.stovall@us.army.mil).

### 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.

### 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](mailto:arcelio.alleyne@us.army.mil).

### Top of Bay closed through holidays

Top of the Bay will be closed Dec. 18 through Jan. 2.

The staff wishes to thank everyone for their support throughout the year and wishes all a happy and safe holiday.

### 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: [phenry@arl.army.mil](mailto:phenry@arl.army.mil), or Martha Dennison, 410-278-5918, e-mail: [mjdennis@arl.army.mil](mailto:mjdennis@arl.army.mil).

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

# Community Notes

## 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, ext. 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, ext. 1688.

## WHITE-TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth – and not just with humans. Help to determine if the deer population of Leight Park is a healthy size. Join park personnel to get the scoop on poop and conduct pellet (deer scat) counts on the trails to determine how many deer call the park home. This program is from 2:30 to 5 p.m. for ages 16 to adult and is free. Registration is required.

For more information or

directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

## BASKET BINGO

Basket Bingo to benefit the Water Witch Fire Company will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., Bingo starts at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338.

## SUNDAY DECEMBER 17 CATCH A DREAM

Listen to a Native American legend and build a dream catcher. This program will be held 1 to 2 p.m., and costs \$5 per person for ages 8 to adult. Registration is required.

For more information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

## CHILDREN'S CHRISTMAS PARTY

American Legion Susquehanna Post 135, located on 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.

## CHRISTMASTEAS

The Chesapeake Heritage Conservancy will host a Christmas Tea, 1 p.m., at the Vandiver Inn, 301 South Union Avenue, Havre de Grace. Tickets cost \$30 per person in advance (tickets are limited) and include four-course meal, tea, door prizes and a silent auction. This is an elegant tea fit for royalty (hats optional).

Proceeds will benefit the Conservancy and the Skipjack Martha Lewis.

For more information or to purchase tickets, call 410-939-4078.

## MONDAY DECEMBER 18 GUNPOWDER TOAST- MASTERS MEETING

Gunpowder Toastmasters Club 2562 will hold a regular meeting 11:45 a.m. at the Gunpowder Club in Aberdeen Proving Ground South. Anyone on or off post who would like to learn to overcome their fear of speaking in public is encourage to attend. Lunch will be available.

For more information, call Len Kilodny, 410-734-6573.

## SATURDAY DECEMBER 23 HOLIDAY WRAP-UP

Create festive handmade wrapping papers using natural and recycled items for those last minute gifts. This program is for ages 10 to adult and costs \$5 per person. Registration is required. For information, registration or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

*(Editors Note: More calendar events can be seen at [www.apgnews.apg.army.mil](http://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](http://www.aafes.com) and click on "Movie Listing"**

### BORAT: CULTURAL LEARNINGS OF AMERICA FOR MAKE BENEFIT GLORIOUS NATION OF KAZAKHSTAN

Friday, Dec. 15, 7 p.m.

Starring: Sacha Baron Cohan, Kenneth Davitian

Borat Sagdiyev, Kazakhstan's sixth most famous man and a leading journalist from the state-run TV network, travels from his home in Kazakhstan to the United States to make a documentary. On his cross-country road-trip, Borat meets real people in real situations with hysterical consequences. (Rated R)

### FLUSHED AWAY (FREE ADMISSION)

Saturday, Dec. 16, 7 p.m.

Animated

Beneath the streets of London, Roddy St. James is a pampered pet mouse who thinks he's got it made. But when a sewer rat named Sid - the definition of low life - comes

spewing out of the sink and decides it's his turn to enjoy the lap of luxury, Roddy schemes to rid himself of the pest by luring him into the loo for a dip in the whirlpool. Roddy's plan backfires when he inadvertently winds up being the one flushed away into the bustling world down below. (Rated PG)

### A GOODYEAR

Saturday, Dec. 16, 9 p.m.

Starring: Russell Crowe, Albert Finney

London-based investment expert Max Skinner (Crowe) travels to Provence to tend a small vineyard he inherited from his late uncle. When he gets suspended from his job under suspicion of fraud, he settles in to life at the chateau, remembering the time he spent there as a child. Then a determined young California girl arrives claiming to be the illegitimate daughter of the deceased uncle and rightful owner of the vineyard. (Rated PG-13)

# Commentary--Common Access Card is a cyber security ace in the hole

## ON CYBER PATROL

If you use your computer password to remember your spouse's birthday, you better find another way. There's a new card in the Army's deck of cyber security procedures and it's an Ace. The DoD Common Access Card (CAC), currently in roll out, will replace multiple IDs and passwords and increase information assurance and cyber security in a way that is efficient and easy to use.

All authorized personnel have, or will receive, a personal CAC with photo. Within each card is a chip that contains three digital certificates: signing, encrypting, and digital signature--all used to protect your cyber identity. This

information is encrypted, so a lost card does not mean a user's identity and data are compromised. Each card also has a corresponding Personal Identification Number (PIN) that you chose at the time of issuance. A user must use the correct PIN with the correct card in order to gain access to an Army application or network. This double layer of security combines the physical, something you have (the card) and mental, something you know (the PIN) and you need both working together to get in the "cyber door." Special card readers and software are being added to all Army computers to allow access only by authorized card and PIN combinations.

## ON CYBER PATROL



As covered or mandated by AR 25-2

AL 052

Most people are already very familiar with the use of a CAC. It works similar to a bank ATM card or a credit card with a PIN that lets you access your accounts. By simply inserting the card into a reader and entering the correct PIN, an authorized user gains access to his or her cyber account.

While this is an easier and efficient way of protecting access to Army cyber resources, it still requires that card holders prevent unauthorized users from gaining access to both the CAC and the PIN. Protecting a CAC is the same

as protecting a personal bank card. Keep the card in a safe place when not in use. If you must write down your PIN, never keep it with or near your CAC. Make sure that no one is watching when you enter your PIN (shoulder surfing).

Not only does a CAC increase access security, it also makes our work environment a little easier. We have enough to deal with without remembering a continually changing and more complicated list of computer passwords. This list changes often because policy requires users to change their

passwords frequently in order to add an extra layer of protection.

Some networks even force users to do this. In addition, Army password regulations require a series of upper and lowercase letters with numbers and non-numeric symbols like dollar signs. Under stress or fatigue, these complex passwords and login IDs sometimes don't come to mind. That's why some people resort to the very unsafe practice of writing down all their IDs and passwords in an easily accessible location -- easily accessible to prying eyes.

The CAC eliminates this problem. One card and one PIN means freeing up a few brain cells for more important work. It also means better security for the information and resources that ultimately protects all Army personnel, especially our troops in harm's way.

For more information on the CAC program, visit the Army Information Assurance website: <https://informationassurance.us.army.mil/caepki/> and click on the CAC/PKI Division link or click on the CAC PKI information link on the My Security web page.

## Holy Day worship services

### Main Post (AA) Catholic

Dec. 17 Advent Eucharist 8:45 a.m.  
Dec. 24 Advent Eucharist 8:45 a.m.  
Dec. 25 Christmas Eucharist 8:45 a.m.  
Dec. 3 Eucharist 8:45 a.m.  
Jan. 1 No service

### Main Post (AA) Protestant

Dec. 17 Advent worship 10:15 a.m.  
Dec. 24 Advent worship 10:15 a.m.  
Christmas Eve Candle Lighting  
Dec. 25 No service 10:15 a.m.  
Dec. 31 Worship 10:15 a.m.

### Main Post (AA) Gospel

Dec. 17 Worship noon  
Dec. 24 Christmas worship noon  
Dec. 25 No service  
Dec. 31 Worship 10:15 a.m.  
Dec. 31 New Year's Watch 10 p.m.  
Night Service



### South Post (EA) Catholic

Dec. 17 Advent Eucharist 10:45 a.m.  
Dec. 24 Advent Eucharist 10:45 a.m.  
Dec. 25 Christmas Eucharist 10:45 a.m.  
Dec. 31 No service

### South Post (EA) Protestant

Dec. 17 Advent worship 9:15 a.m.

Dec. 24 Advent worship 9:15 a.m.  
Dec. 31 Worship 9:15 a.m.

### Jewish services

Hanukkah, Dec. 16 thru 23  
Dec. 14 and 21, Lunch & Learn at the Main Post Chapel (AA) in the Fellowship Hall at noon  
Services also at Harford Jewish Center, 8 N. Earleton Road, Havre de Grace, [www.harfordjewishcenter.org](http://www.harfordjewishcenter.org)

### Miscellaneous

Chapel community stable celebration at the south post chapel (EA), Dec. 16, supper at 5:30 p.m., service at 6:30 p.m.

### LDS Sunday worship services

Main Post (AA) 2 p.m.  
South Post (EA) 1 p.m.

## APG employee takes Oprah's kindness challenge

Story by  
**YVONNE JOHNSON**  
APG News

If you were asked to prove how kind you could be what would you do?

One Aberdeen Proving Ground employee who decided to take the 'kindness challenge' found herself in the studio audience of the Oprah Winfrey Show where she was entrusted with \$1,000 to donate to the needy in a random act or acts of kindness.

Suzette Shields, a human resources specialist with the Northeast Civilian Personnel Operations Center, responded to a challenge on Oprah's Web site that asked visitors to tell why they thought of themselves as 'kind.'

Shields responded to the query and was contacted two days later by Harpo Productions and asked if she'd like to appear on the show.

"They said the show was a secret challenge and that I wouldn't know what it was until I got to the studio," Shields said. "We didn't know anything until Oprah read it off the teleprompter."

Shields and more than 300 others who answered the challenge were given \$1,000 in the form of a Bank of America check card and were told to give the money to a stranger or to someone in a situation that "really inspired you to be kind."

"We were given a SONY camcorder, we were told to record the actual acts of kindness and we had one week to get it back to them," Shields said.

A former Soldier and disabled Desert Storm era veteran, Shields said she didn't have to think hard or long about where those allotted funds would go.

"The first thing that popped into my mind was the military," she said. "I knew right away that I wanted to help Soldiers."

A single mother of two children, ages 16 and 12, Shields spent seven years in the Army. She suffered a stroke during the birth of her second child which left her unable to remain in the service. She left the Army in 1996 and was an information technology specialist with the Baltimore City school system before returning



Photo courtesy of SUZETTE SHIELDS  
Suzette Shields, a human resources specialist with the Northeast Civilian Personnel Operations Center, poses outside the Oprah Winfrey studios during her trip to Chicago to participate in Oprah's kindness challenge in November.

to her military roots with the NECPOC two years ago.

It's likely that her response to the online query was what got her selected to participate.

"I told them that I'm a kind person inside and I think it shows on the outside," Shields said. "I try to conduct myself in a certain way. Being a single parent you especially want to present yourself as something children will want to emulate because they are so impressionable."

"Plus, I work for a wonderful organization – their motto is "Keeping your eye on the Soldier," she added. "That's why my very first thought was helping Soldiers."

Upon returning home from Chicago, Shields called local hospitals, churches, and APG's Army Community Service and Public Affairs offices seeking Soldiers and family members in need.

After much searching, she settled on four recipients for the acts of kindness.

Shields donated \$500 to the Department of Veterans Affairs Medical Center in Baltimore for camera equipment and recording devices for the hospital's Veterans History Project.

She gave \$200 for traveling expenses to the Cecil County parents of a wounded Soldier hospitalized at Walter Reed Army Medical Center in D.C.;

she gave another \$200 for food and living expenses to the wife and three children of a Havre de Grace National Guardsman currently undergoing basic training; and she spent \$100 on groceries for a single APG Soldier facing unexpected bills and for the widow of a retiree living on a limited income.

Shields documented each donation including the recipients' heartfelt thanks. She was invited to return to Chicago Nov. 21 to film the follow-up to the challenge.

She sat on the stage with about 25 others and watched clips of dozens of other acts similar to hers that took place around the country almost simultaneously.

"It was an awesome experience," she said of the taping which aired nationally Nov. 27. "I got to sit right behind Oprah on the stage. My video did not make it. But I had an awesome time."

"Everyone got rid of their money and no one had anything left over," she added.

"I feel privileged that I got the opportunity to see Oprah twice, and privileged to have been one of the ones to share her gift with others."

## APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations, WAPG-TV Channel 21 (on Aberdeen Proving Ground) or call 410-278-SNOW (7669).

A recorded telephone message will contain updated information and should begin at about 5 a.m.

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

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



# MORALE, WELFARE & RECREATION

## Holiday hours

ACTIVITY	MON 18-Dec	TUE 19-Dec	WED 20-Dec	THU 21-Dec	FRI 22-Dec	SAT 23-Dec	SUN 24-Dec	MON 25-Dec
ARTS & CRAFTS AA	10 a.m. - 5 p.m.	10 a.m. - 5 p.m.	CLOSED	CLOSED	CLOSED			
ARTS & CRAFTS EA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
ATHLETIC CENTER	6 a.m. - 6 p.m.	6 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	CLOSED			
AUTO CRAFTS CENTER	CLOSED	CLOSED	11 a.m. - 7:30 p.m.	11 a.m. - 7:30 p.m.	11 a.m. - 7:30 p.m.	9 a.m. - 5 p.m.	CLOSED	CLOSED
BOWLING CENTER	11 a.m. - 2 p.m.	11 a.m. - 2 p.m.	11 a.m. - 8 p.m.	11 a.m. - 10 p.m.	5 p.m. - 10 p.m.	1 p.m. - 8 p.m.	CLOSED	CLOSED
ODR RENTAL CENTER	11 a.m. - 6 p.m.	11 a.m. - 6 p.m.	CLOSED	CLOSED	CLOSED			
FITNESS CENTER AA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
HOYLE GYM/FITNESS CTR	6 a.m. - 6 p.m.	6 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	CLOSED			
MWR REGISTRATION	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	CLOSED	CLOSED	CLOSED			
LIBRARY	11:30 a.m. - 6:30 p.m.	CLOSED	CLOSED	CLOSED	CLOSED			
RECREATION CENTER AA	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	CLOSED	CLOSED	CLOSED			
SNACK BAR	11 a.m. - 1:30 p.m.	11 a.m. - 1:30 p.m.	CLOSED	CLOSED	CLOSED			
RECREATION CENTER EA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
RUGGLES GOLF COURSE **	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	8 a.m. - 3 p.m.	CLOSED			
EXTON GOLF COURSE	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
TOP OF THE BAY *	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

ACTIVITY	TUE 26-Dec	WED 27-Dec	THU 28-Dec	FRI 29-Dec	SAT 30-Dec	SUN 31-Dec	MON 1-Jan	TUE 2-Jan
ARTS & CRAFTS AA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10 a.m. - 5 p.m.
ARTS & CRAFTS EA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
ATHLETIC CENTER	6 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	CLOSED	5 a.m. - 8 p.m.			
AUTO CRAFTS CENTER	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING CENTER	CLOSED	CLOSED	11 a.m. - 8 p.m.	5 p.m. - 10 p.m.	1 p.m. - 8 p.m.	CLOSED	CLOSED	CLOSED
ODR RENTAL CENTER	11 a.m. - 6 p.m.	11 a.m. - 6 p.m.	11 a.m. - 6 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	11 a.m. - 6 p.m.
FITNESS CENTER AA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	5:30 a.m. - 7 p.m.
HOYLE GYM/FITNESS CTR	6 a.m. - 6 p.m.	10 a.m. - 6 p.m.	10 a.m. - 6 p.m.	CLOSED	5 a.m. - 8 p.m.			
MWR REGISTRATION	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	9 a.m. - 5 p.m.
LIBRARY	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	11:30 a.m. - 6:30 p.m.
RECREATION CENTER AA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10 a.m. - 6 p.m.
SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	11 a.m. - 5 p.m.
RECREATION CENTER EA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
RUGGLES GOLF COURSE **	8 a.m. - 4:30 p.m.	8 a.m. - 3:30 p.m.	CLOSED	8 a.m. - 4:30 p.m.				
EXTON GOLF COURSE	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
TOP OF THE BAY *	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

\*NOTE: FACILITY IS OPEN FOR BOOKED CATERED EVENTS. \*\* NOTE: FACILITY OPEN WEATHER PERMITTING.

### Activities

## New hours at Recreation Center

Effective Jan. 2, 2007, the Aberdeen and Edgewood Recreation centers and snack bars will have new hours.

### ABERDEEN RECREATION CENTER AND SNACK BAR, BUILDING 3326

Monday, closed; Snack Bar, 11 a.m. to 1:30 p.m.  
Tuesday, Wednesday and Thursday, 11 a.m. to 9 p.m.;  
Snack Bar, 11 a.m. to 1:30 p.m. and 6 to 9 p.m.  
Friday, 11 a.m. to 11 p.m.; Snack Bar, 11 a.m. to 1:30 p.m. and 6 to 10 p.m.  
Saturday, noon to 11 p.m.; Snack Bar, noon to 10 p.m.  
Sunday, 11 a.m. to 6 p.m.; Snack Bar, noon to 5 p.m.

### EDGEWOOD STARKE RECREATION CENTER AND SNACK BAR, BUILDING E-4140

Monday and Tuesday, closed  
Wednesday and Thursday, 5:30 to 8:30 p.m.; Snack Bar, 6 to 8:30 p.m.  
Friday, 6 to 11 p.m.; Snack Bar, 6 to 10 p.m.  
Saturday, 2 to 11 p.m.; Snack Bar, 2 to 10 p.m.  
Sunday, noon to 6 p.m.; Snack Bar, noon to 5 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.

### Winter leagues forming

Winter Bowling Leagues now forming. For more information, call the APG Bowling Center at 410-278-4041 or visit [www.apgmwr.com](http://www.apgmwr.com) for details.

### SKIESUnlimited

For more information and registration for all SKIESUnlimited programs, call Central Registration. An additional \$18 Central Registration Fee will apply if not already enrolled in the Child and Youth Services Program.

For more information or to make an appointment to register, call 410-278-7479/7571.

### Child and Youth Services

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, DOD civilians assigned to APG and Contractors assigned to APG are eligible for services. The Center is open daily, 6:15 – 5:30.

## Holiday sale at Ruggles Golf Course

The Ruggles Pro Shop is offering savings of up to 50 percent on golf and equipment specials thru Dec. 24, featuring gift certificates for lessons, daily fees and merchandise.

Come by and grab some stocking stuffers at great prices for a favorite golf friend.

For more information, call 410-278-4794.

## Amateur Boxing Night

Morale, Welfare and Recreation will host Amateur Boxing Night, 6 p.m. March 3 at Hoyle Gymnasium, 143rd vs. 16th. Doors open 5 p.m. Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for front row seating. Admission is free for children six years of age and younger.

Purchase tickets at MWR Leisure Travel and Tickets, building 3326, 410-278-4011/4907 or at Hoyle Gym and Fitness Center, building E4210, 410-436-7134.

## New hours for MWR Leisure Travel Services

The MWR Leisure Travel Service located in building 3326 will be closed on Mondays. The office will be open Tuesday through Friday, 11 a.m. to 6 p.m. Upon customer request, appointments for full service items will be scheduled.

For more information, call 410-278-4907/4011.

For more information, call Central Registration at 410-278-7571.

**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).**

### Learn to salsa

Salsa Dancing lessons will be held 7:30 to 8:30 p.m., from Feb. 6 through 21, Mondays at the Aberdeen Recreation Center Ballroom, building 3326. Salsa is the blend of essentially Cuban and Puerto Rican dance music. Learn the fast paced Latin dances which are popular today. These high-energy movements are perfect for the styles in use at most of the clubs frequented in the surrounding area.

### NASCAR tickets for the Nextel Daytona 500

NASCAR tickets for the first 2007 NEXTEL Cup event, Feb. 17 and 18 are now available. Save over \$45 on a two-day ticket to the 49th Daytona 500 and the Daytona 300 NASCAR Busch Series race - just \$115. Pre-race/Nextel Fanzone passes are available for just \$75. Last day to purchase tickets is Feb. 02, 2007.

### Arts & Crafts

Aberdeen Arts and Crafts is located in building 2407. Edgewood Arts and Crafts is located in building E-4440. For information, call Debbie Brooks-Harris, 410-278-4207 or Holly Shisler, 410-436-2153.

## APG Bowling Center Snack Bar specials

Building 2342

### Week of Dec. 11

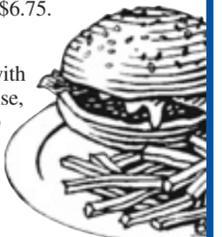
Special #1: Turkey club sub with bacon and cheese (choice of mayonnaise, lettuce, tomato, pickles and onions), one cookie and soda for \$5.85.

Special #2: BBQ pork sandwich on hamburger bun, French fries, one cookie and soda for \$6.75.

### Week of Dec. 18

Special #1: Chicken filet club with cheese and bacon (choice of mayonnaise, tomato, pickles and onions), potato chips, one cookie and soda or \$5.75.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



## 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

### 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

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.

## 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, 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.

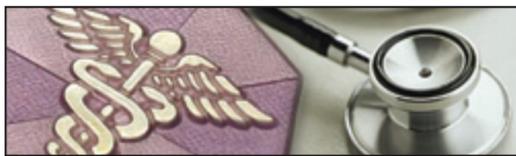
Applications can be downloaded at Web sites <http://www.commissaries.com/>, Scholarships for Military Children or <http://www.militaryscholar.org/>, or they can be picked up at any of the 264 commis-

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.



Your health is KUSAHC's goal



## Chocolate 'offenders' teach science a sweet lesson

### Study helps explain heart benefits from daily but small dose

Johns Hopkins Medicine

Some "chocoholics" who just couldn't give up their favorite treat to comply with a study to test blood stickiness have inadvertently done their fellow chocolate lovers - and science - a big favor.

Their "offense," say researchers at Johns Hopkins, led to what is believed to be the first biochemical analysis to explain why just a few squares of chocolate a day can almost halve the risk of heart attack death in some men and women by decreasing the tendency of platelets to clot in narrow blood vessels.

"What these chocolate 'offenders' taught us is that the chemical in cocoa beans has a biochemical effect similar to aspirin in reducing platelet clumping, which can be fatal if a clot forms and blocks a blood vessel, causing a heart attack," says Diane Becker, M.P.H., Sc.D., a professor at The Johns Hopkins University School of Medicine and Bloomberg School of Public Health.

Becker cautions that her work is not intended as a prescription to gobble up large amounts of chocolate candy, which often contains diet-busting amounts of sugar, butter and cream. But as little as two tablespoons a day of dark chocolate - the purest form of the candy, made from the dried extract of roasted cocoa beans - may be just what the doctor ordered.

Researchers have known for nearly two decades that dark chocolate, rich in chemicals called flavonoids, lowers blood pressure and has other beneficial effects on blood flow. The latest Hopkins findings identified the effect of normal, everyday doses of chocolate found in ordinary foods, unlike previous studies that found decreased platelet activity only at impractically high doses of flavonoids equivalent to eating several pounds of chocolate a day.

"Eating a little bit of chocolate or having a drink of hot cocoa as part of a regular diet is

probably good for personal health, so long as people don't eat too much of it, and too much of the kind with lots of butter and sugar," Becker said.

In the study, 139 people Becker - whom Becker somewhat tongue in cheek calls "chocolate offenders" - were disqualified from a much larger study looking at the effects of aspirin on blood platelets. The Genetic Study of Aspirin Responsiveness (GeneSTAR) was conducted at Hopkins from June 2004 to November 2005 and enrolled more than 500 men and 700 women participants nationwide.

Shortly before aspirin dosing began for the subjects, they were told to stay on a strict regimen of exercise and to refrain from smoking or using foods and drinks known to affect platelet activity. These included caffeinated drinks, wine, grapefruit juice - and chocolate.

The non-compliers - who admitted to eating chocolate - were a diverse group who got their flavonoid "fix" from a variety of sources, including chocolate bars, cups of hot cocoa, grapes, black or green tea, and strawberries. And while they were excluded from the aspirin study, Becker and her team scoured their blood results for chocolate's effect on blood platelets, which the body recycles on a daily basis.

When platelet samples from both groups were run through a mechanical blood vessel system designed to time how long it takes for the platelets to clump together in a hair-thin plastic tube, the chocolate lovers were found to be less reactive, on average taking 130 seconds to occlude the system. Platelets from those who stayed away from chocolate as instructed clotted faster, at 123 seconds.

In another key test of urine for waste products of platelet activity, primarily urinary thromboxane (11-dehydro-thromboxane B2), scientists found that chocolate eaters showed less activity and waste products on average, at 177 nanograms per millimol of creatinine, ver-



sus an average of 287 nanograms per millimol of creatinine in the group that abstained.

Participants ranged in age from 21 to 80; 31 percent were black and the rest were white. In total, more than 200 different tests of platelet reactivity were performed and analyzed in the study. Because whole blood contains other cells that affect platelet aggregation, testing was repeated using a purified version of test samples made up of strictly platelet-rich plasma.

None of the "offenders" had previous histories of heart problems, such as a heart attack, but all were considered to be at slightly increased risk of heart disease because of family history. Fifty percent of women participants

were postmenopausal.

"These results really bring home the point that a modest dietary practice can have a huge impact on blood and potentially on the health of people at a mildly elevated risk of heart disease," said study co-author Nauder Faraday, M.D., an associate professor at Hopkins. "But we have to be careful to emphasize that one single healthy dietary practice cannot be taken alone, but must be balanced with exercise and other healthy lifestyle practices that impact the heart."

Besides Becker and Faraday, other investigators in this research were Lisa Yanek, M.P.H.; Taryn Moy, M.S. and Lewis Becker, M.D.

## Time, a valuable commodity

KUSAHC

Especially at this time of year, everyone's schedules are loaded with shopping, work, school activities, social functions, doctor appointments, everyone scrambling for time.

Along with all the other planning in people's lives, it is best to prepare ahead of time for medical appointments, at Kirk U.S. Army Health Clinic. When calling for an appointment, confirm address and telephone numbers with the Call Center. Should there be a problem; the clinic will be able to contact the patient.

It is crucial to be on time for appointments. Patients are reminded to report 15 to 20 minutes prior to the scheduled appointment time. Timely arrival of the patient

allows for a smoother processing of the patient's care and does not cause delays for others.

Late arrivals are defined as being any time past the scheduled appointment time. Any patient that is late can be refused by the clinic; however there are three options.

An appointment can be re-scheduled; the patient can wait for a possible cancellation, or wait to be seen after all other patients have been seen, provided there is a vacancy in the physician's schedule.

Remember, providers and clinic personnel are not required to stay after normal clinic hours (lunch or end of day) to accommodate a late patient.

Most of all, it is important to take time for health.



## Expanded dental coverage for children and other eligible beneficiaries

DoD Military Health System

The National Defense Authorization Act of 2007 legislated a change to the TRICARE dental benefit to cover anesthesia services and institutional costs for dental treatment for beneficiaries with developmental, mental or physical disabilities, and children age 5 or under.

For TRICARE to reimburse claims, beneficiaries must save their bills for medical care occurring after Oct. 17, 2006.

The change in statute does not include the actual dental care services coverage through the TRICARE Dental Program and the TRICARE Retiree Dental Program.

Once program officers finalize implementation requirements, TRICARE will announce when beneficiaries may submit their bills for reimbursement.

Implementation requires changes to TRICARE Manuals and dental care services contracts.

To avoid costly and extensive dental procedures requiring anesthesia, children should start seeing a dentist by the time their first tooth appears or by their first birthday; this helps to prevent tooth decay and other oral diseases. Decay is the single most common chronic childhood dental disease—and it's completely preventable.

## Flu shot available for high risk patients at KUSAHC

KUSAHC

Kirk U.S. Army Health Clinic recently received a limited supply of influenza vaccine, including single dose preservative-free vaccine.

KUSAHC will be offering the influenza vaccine to all high risk beneficiaries, as defined by the Center for Disease Control, on a first-come, first-served basis. Patients will need to call the Immunization Clinic at 410-278-1746 before coming to KUSAHC for the sole purpose of getting an injectable influenza vaccine.

The current CDC recommendation for inactivated influenza vaccine is for the following persons who are at increased risk for severe complications from influenza and/or increased clinic/hospital/ER visits due to influenza:

- children aged 6--59 months;
- children and adolescents (aged 6 months--18 years) who are receiving long-term aspirin therapy and, therefore, might be at risk for experiencing Reye syndrome after influenza virus infection;
- women who will be pregnant during the influenza season;
- adults and children who have chronic disorders of the pulmonary or cardiovascular sys-

tems, including asthma (hypertension is not considered a high-risk condition);

- adults and children who have required regular medical follow-up or hospitalization during the preceding year because of chronic metabolic diseases (including diabetes mellitus), renal dysfunction, hemoglobinopathies, or immunodeficiency (including immunodeficiency caused by medications or by human immunodeficiency virus [HIV]);
- adults and children who have any condition (e.g., cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration;
- residents of nursing homes and other chronic-care facilities that house persons of any age who have chronic medical conditions; and
- persons aged 50 or older.

The Immunization Clinic hours for flu vaccinations are Monday and Thursday, 7:30 a.m. to noon; Wednesday, 7:30 a.m. to noon and 1 to 4 p.m., and Friday, 1 to 4 p.m. The telephone number is 410-278-1746.

(Editor's note: Contributed by Dr. Charles E. McCannon.)

## Flu vaccine available to TRICARE beneficiaries

KUSAHC

Influenza vaccination is now available to all TRICARE beneficiaries at Kirk U.S. Army Health Clinic.

FluMist, the nasal flu vaccine, is the recommended vaccine of choice in healthy individuals for protection against the flu. In addition to the immunity provided by traditional vaccination, FluMist helps the body to develop antibodies along the respiratory tract which provides a greater defense along the main route of entry for the influenza virus.

Individuals should not receive FluMist if they:

- are less than 5 years old or 50 years of age or older
- have an allergy or history of allergic reaction to chicken eggs or egg products or any component of the vaccine
- are a child or adolescent who regularly takes aspirin, or products containing aspirin

- have a history of Guillain-Barré syndrome
- have a known or suspected immune deficiency disease or condition such as

HIV infection, leukemia, or lymphoma or are undergoing treatments for cancer.

- have a history of asthma or reactive airways disease

- have medical conditions such as chronic disorders of the lungs, heart, or kidneys; diabetes, or sickle cell disease
- are pregnant.

Vaccination by injection is available to those who are not eligible to receive the FluMist.

KUSAHC's Immunization Clinic, 410-278-1746 hours are Monday and Thursday, 7:30 a.m. to noon and closed in the afternoon; Tuesday and Wednesday, 7:30 a.m. to noon and 1 to 4 p.m.; and Friday, closed in the morning and 1 to 4 p.m.

The FLU Vaccine Hotline is 410-306-3588 (FLUV) or 4-3588.

## Open Season for long-term care insurance

DoD Military Health System

During this time of year, many insurance plans offer open season for long-term care insurance. While TRICARE covers medically-necessary skilled nursing care, it does not cover beneficiaries' long-term care needs. When skilled services are no longer medically-necessary and beneficiaries begin receiving long-term care services, they will be responsible for all expenses.

TRICARE usually covers medically-necessary skilled nursing facility care if beneficiaries meet the following criteria:

- Hospitalized for at least three consecutive days, not including the day of discharge;
- Admitted within 30 days of hospital discharge (with some exceptions);
- A doctor determines the need for medically-necessary rehabilitation and skilled services; and

- The facility is both Medicare-certified and a TRICARE-participating provider.

During a skilled nursing facility stay, staff members regularly review beneficiaries' health care needs to determine the type of care required. If staff members determine benefi-

aries need enough skilled services to meet the defined skilled nursing facility requirements, Medicare and TRICARE pay the facility a set amount. However, beneficiaries pay for non-covered services and appropriate cost shares and deductibles. When beneficiaries primarily need help with "daily living activities," such as bathing, eating, dressing, personal hygiene, walking, etc., they typically transfer to a long-term care facility.

As TRICARE does not cover long-term care, beneficiaries may want to consider other coverage options, such as:

1. Commercial Long-Term Care Insurance, which lets beneficiaries choose coverage; or
2. The Federal Long-Term Care Insurance Program, available to active duty and National Guard activated for more than 30 days, retired uniformed service members and Selected Reserve members. For more information, visit the [www.opm.gov/insure/ltc/index.asp](http://www.opm.gov/insure/ltc/index.asp) or call 1-800-582-3337.

For more information on TRICARE coverage, beneficiaries may check with their TRICARE regional contractors or the TRICARE Web site, [www.tricare.osd.mil/mhshome.aspx](http://www.tricare.osd.mil/mhshome.aspx)

## Prescription for change: KUSAHC pharmacy moves

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.

One such change is the relocation of the pharmacy. It will be temporarily moved to the end of the main corridor, room C-10 to ensure that there is no break in pharmacy services.

The pharmacy window will be opened for

business as usual. 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.

# THE TOUGHEST SPORT ON DIRT

Story by  
**JONI PLATT**  
20th Support Command (CBRNE)

Some enjoy watching football games while for others bull riding is the sport of preference, a window to the past and the nation's western heritage.

While most bull riding fans are limited to watching the competitions on television, one APG employee was able to live her dream. Kim Cottrell, command secretary for the 20th Support Command (CBRNE) recently attended the U.S. Army Invitational Professional Bull Riding event in Reading, Pa.

"I never thought the PBR would come close to Maryland," Cottrell said. "When I watch PBR on TV, they are always performing in the west or mid-west. When I found out they were coming to Reading, I just knew I had



Kim Cottrell, right, secretary to the commander, 20th Support Command (CBRNE) is pictured with Mike Lee, a bull rider sponsored by the U.S. Army. Cottrell recently attended the U.S. Army Invitational Professional Bull Riding event in Reading, Pa.

to go. I was excited at the chance to go and be able to watch bull riding live and to meet the bull riders."

In 2004, the Army announced a partnership with the Professional Bull Riders and began sponsoring a separate team of three cowboys. The Army is now sponsoring participants in hundreds of rodeos throughout the United States and Canada.

For years, Cottrell has been an avid fan of Mike Lee, a bull rider sponsored by the U.S. Army, so when she heard about the PBR event at Reading, she could not resist the chance to see Mike Lee perform "live."

"When I received information about the event, I was especially happy to know it was a U.S. Army Invitational PBR event," she said. "They presented a very moving tribute to our Soldiers before the competition. The U.S. Army singing quartet from Fort Myer, Virginia performed and videos of our Soldiers at work were displayed throughout the competition. There were also fireworks."

Cottrell became a fan of bull riding when she started watching it on TV about three years ago.

"The more I watched it, the more I became familiar with the riders and their stats. I came to know which bulls were the meanest and bucked the riders off the most" she said. "I also came to know which riders were the best and that's how I started looking for Mike Lee during each event. Pretty soon I was watching the PBR every weekend," Cottrell said.

Lee is a PBR bull rider and 2004 World Champion. He was selected as one of three bull riders by U.S. Army sponsors. Mike is presently ranked second in the PBR world standings. The PBR World Finals took place Nov. 5 in Las Vegas.

"Although I liked a lot of riders,



Photos by ANDY WATSON  
U.S. Army sponsored bull rider Mike Lee rides Herbert's Boris the Blade for 86.25 points during the third round of the 2006 Chicago Built Ford Tough Series.

Mike Lee became a favorite of mine right from the start," Cottrell said. I liked his riding techniques and knew from reading about him that he would watch video tapes of the bulls to learn their moves." "Mike is also sponsored by the U.S. Army, so right there, I somehow felt a connection, since I'm a DA civilian."

Bull riding is a physically and mentally demanding sport. Many consider it to be one of the most dangerous sporting events of all.

To conquer one of the beasts and to stay the required "8-seconds" in order to complete the ride, a rider must make

physical and emotional demands on himself, according to Cottrell.

"He must ride with the same balance and precision as the most skilled dancers and figure skaters," Cottrell said. "He must be able to maintain complete focus ignoring any outside distractions, which takes lots of discipline. Bull riders work out regularly and prepare their bodies for the licks it gets from riding bulls. As the saying goes in the bull riding world, "You know you'll get hurt, you just don't know when.""

For more information on the PBR and Lee, visit [www.pbrnow.com](http://www.pbrnow.com).



## 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 information 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.