

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for Feb. 8, is plastic, glass and metal. Put items in blue bags, and place them on the curb.

Jazz Combo performs at Perry Point tonight

The 389th Band (AMC's Own) Jazz Combo will perform at Perry Point VA Hospital 12:30 to 2 p.m., Feb. 2.

For more information, contact Sgt. Josephine Diglia, 410-278-8769.

Veterans rally in Annapolis

The Maryland Retired Veterans Task Force and the Harford County Commission on Veterans Affairs is hosting a Veterans Rally, 4:30 p.m., Feb. 6 at Lawyer's Mall, located on College Avenue and Rowe Boulevard in Annapolis.

Military retirees representing 27 veterans' service organizations will be on hand to show support for two bills, Senate Bill 22 and House Bill 35 now before the Maryland General Assembly that will remove Maryland state taxes from military retirement pay," according to retired Navy Lt. Ed T. Kreiner, chairman MRVTF and of the Harford Commission.

Speakers will include state legislators and Governor Robert Ehrlich Jr. as well as George Owings III, secretary of Veterans Affairs and James Adkins, deputy secretary.

Free parking and bus transportation is available at the Navy-Marine Corps Memorial Stadium, Rowe Boulevard and Taylor Avenue.

For more information, call 410-803-7177.

Applying for HPCMP PET Summer Intern Program 2006

The User Productivity Enhancement and Technology Transfer initiative of the Department of Defense High Performance Computing Modernization Program announces its 2006 Summer Intern Program in High Performance Computing.

The goal of the program is to encourage U.S. college students to consider careers in HPC research within the DoD. Summer intern students will work with a DoD mentor and

See SHORTS, page 4

ISSUE HIGHLIGHTS

Page 2

Local muralist's work unveiled

Page 3

Community Notes

Pages 6-7

APG News reporter visits New Orleans

Page 12

MWR

Page 13

KUSAHC Health Notes

Living in a hurricane's wake



Photo by REBECCA CHISHOLM

The destruction caused by last year's hurricane season is still evident in New Orleans, as well as the rest of the Gulf Coast. See pages 2, 6 and 7 for more stories and commentary on disaster.

Comment cards provide 'voice' for Soldiers



Illustration by JERRY ARNOLD

The first fold of the Soldier comment card

Story by
KIM WILSON
RDECOM

The U.S. Army Research, Development and Engineering Command developed a program this past fall to let Warfighters know that their opinions count, by distributing 10,000 comment cards overseas to deployed Soldiers as well as Soldiers stateside.

Command Sgt. Maj. Eloy H. Alcivar said that the innovative program launched in November was developed as a team effort within RDECOM to improve communication between

Soldiers in the field and civilian laboratory scientists and engineers who support them. RDECOM has more than 12,000 scientists and engineers working to improve and advance technologies for the Warfighter.

"The comment cards have allowed us to obtain feedback directly from the Soldier, to help scientists and engineers develop and improve current technologies and equipment," Alcivar said.

Sgt. 1st Class Dion Samuel, Company C, 16th Ordnance Battalion, agreed that there is a strong need to "close the loop" of communication

between Soldiers, and scientists and engineers.

"The outcome would be positive if Soldiers knew they had the ability to make changes, especially newer Soldiers," Samuel said.

The comment cards target divisions overseas to inquire about specific problems Soldiers may have with equipment, suggestions on methods of improving the equipment and any further suggestions or issues they would like to add.

After the cards are completed by the Soldiers, they are collected and sent to the Mission Support and Communications Division at RDECOM's System of Systems Integration, Fort Belvoir, Va., for review.

"After reviewing the comments, they are distributed appropriately to the various research, RDEC's development and engineering centers," said Jack Byers, chief of Mission Support and Communications, SOSI.

The collected feedback is then placed into a data base so that SOSI can monitor "trends or patterns" that may arise.

Once the comments arrive at the various RDECs, each lab or center will take steps toward developments to satisfy or improve the mobility and survivability of Soldiers, Alcivar said.

"When they [scientists and engineers] get feedback from those who are using the equipment, they are getting

first-hand information," said Staff Sgt. Venus Briggs, Company C, 16th Ordnance Battalion. "How else would they [scientists and engineers] know if the equipment is working?"

The concerns Soldiers identified in their feedback covered a wide range, Alcivar said. Soldiers sometimes identify an area that RDECOM does not directly deal with. In those cases SOSI passes the concerns to the correct organization so that all concerns are addressed.

While the comment cards seek to obtain feedback that will help improve Warfighter technologies, Brig. Gen. Mark Brown, deputy commanding general, SOSI, explained that not all collected feedback is criticism.

"Half of the responses received are telling us positive comments, which is good news for us," Brown said. "In fact, 20 percent of feedback is asking for more of what they already have."

While the Soldiers who fill out the comment cards may remain anonymous, they can request a direct response to their remarks by including their personal contact information. Very few participants required a response, Alcivar recalled, but individuals who requested a reply did receive one.

The responses sent to the Soldiers so far have covered which RDEC their comment was sent to and how RDECOM was to assist with their request.

See VOICE, page 8

Laugh 4 Ever comedy show Saturday

Story by
YVONNE JOHNSON
APG News

Get ready for an evening of fun as Morale, Welfare and Recreation brings the Laugh 4 Ever Comedy Show to the Post Theater for two shows Feb. 4.

The show features stand up comics Joe Recca, Matt Kazam and Doug Karpf.

The first show at 7 p.m. is for active duty personnel only. Tickets cost \$10 and doors open at 6 p.m.

The second show for the general public starts at 9 p.m. The show costs \$15 and doors open at 8:30 p.m.

"This show has something for everyone," said Earlene Allen, MWR senior programmer. "These guys have been around a while, on TV, in movies and in comedy clubs, plus Douf Karpf is an up and coming comic and very funny."

Joe Recca

A veteran performer since 1987, Recca came up with the likes of Dave Chappelle.

"Dave Chappelle and I would sit in the back of the

club waiting to do our five minutes," Recca said.

His TV credits include BET Coming to the Stage, BET Comic View, HBO Def Comedy Jam, Showtime at the Apollo, Apollo Comedy Hour and Uptown Comedy Club.

In January 2005, Recca was named the next "Super Star Funny" when he won BET's comedy competition "Coming to the Stage."

Matt Kazam

A native New Yorker, Kazam resides in the Washington D.C. area where he is best known for teaching at the Improv Comedy School and giving lectures on public speaking.

As a stand up comic, his TV appearances include FOX's "Big Red Couch," Comedy Central's "Stand-Up, Stand-Up," VH-1's "Fools For Love," TLC's "Two For Vegas" and The Discovery Channel's "Lux List."

Kazam has opened for such notable comedians as Chris Rock, Pauly Shore, Robin Williams, DL Hughley and Drew Carey.

APG Soldiers win Stars of Tomorrow contest

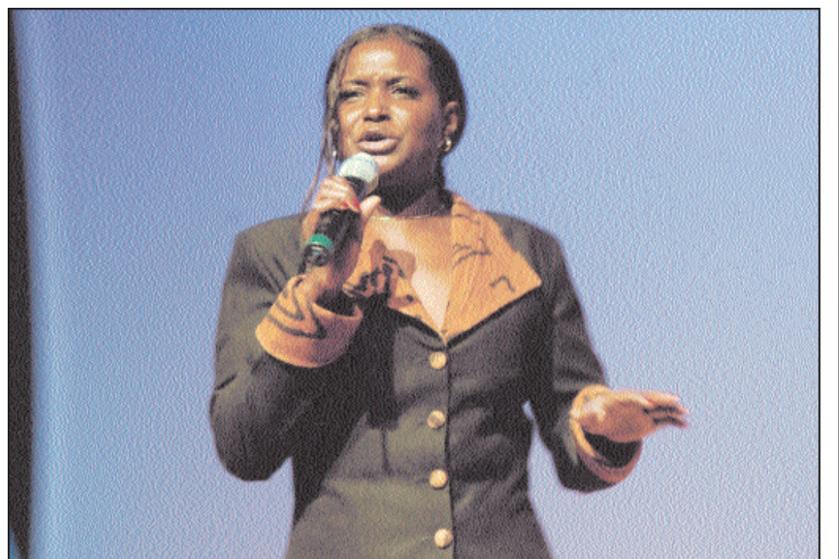


Photo by TIM HIPPS, USACFSC PUBLIC AFFAIRS

Sgt. Tara Goodman, a Soldier stationed at Aberdeen Proving Ground, wins best-of-show honors in the Army's 2006 Margaret Skippy Lynn Stars of Tomorrow Talent Contest Jan. 21 at Fort Belvoir, Va. Goodman wowed the crowd with three original poems about finding love, losing love and hoping to regain love.

Story by
REBECCA CHISHOLM
APG News

Three performing Soldiers from Aberdeen Proving Ground competed in the Army's 2006 Margaret

"Skippy" Lynn Stars of Tomorrow Talent Contest Jan. 21 at Fort Belvoir, Va., which culminated with both a category and "Best in Show" overall win by Sgt. Tara Goodman, U.S. Army Ord-

nance Center and Schools. Goodman, a performing poet, presented "My Trilogy of Love."

"The crowd participation was wonderful," Goodman

See PERFORMERS, page 8



Painted by Bel Air artist Lori Deibert, this mural is dedicated to the Soldiers of Company C of the 1088th Engineering Battalion, Louisiana Army National Guard, in thanks for their service in Iraq. The mural was presented to the Soldiers during an awards ceremony Jan. 22 at the National Guard Armory in Napoleonville, La.

Local artist's mural depicts life in Iraq to honor Soldiers



Soldiers from the 1088th Engineering Battalion unveil the mural dedicated to their service in Iraq.

Story and photos by **REBECCA CHISHOLM**
APG News

Members of Company C of the 1088th Engineering Battalion, Louisiana National Guard were surprised and pleased to be presented with a mural painted by Bel Air artist, Lori Deibert, at an awards ceremony at the New Orleans National Guard Armory in Napoleonville, La., Jan. 21.

The Soldiers recently reconvened as a group, after returning to Louisiana a week after Hurricane Katrina rav-

aged the area. Some went to other states to find loved ones, some went to the damaged areas looking for their homes, while others, whose hometowns were unaffected by Katrina, stayed on active duty and aided in the relief effort.

Presented with numerous awards, each Soldier received a display flag, several coins and pins, ribbons and medals. Several dozen Soldiers earned personal awards, ranging from the Purple Heart to the Meritorious Service Medal.

Speaking to the unit, retired

Col. John R. Douglas, the group's first commander, said, "I just can't tell you how good it feels to see you guys succeed. Thank you for doing your part to keep our country free. We as a nation need to tell you how thankful we are for your families' sacrifices."

Brig. Gen. Hugh Downer, former Speaker of the Louisiana House of Representatives, also addressed the troops. He spoke of their dedication and commitment to their fellow man, as they returned from Iraq and went to

work on the hurricane affected lands.

"These troops came home to a friendly land, but another war—a war on Mother Nature that they could not win, but just mitigate the casualties," he said.

Downer also spoke about the mural, saying that it does an excellent job of covering the "proud history and heritage of this fine unit."

"We shall never forget [the War in Iraq], but this mural will help us remind those in the future what it is all about," he said while speaking of the times to come.

The mural itself came about in an unusual way.

Deibert has a Web site, www.muraldesigns.com, which was located by Vincent Fabro, civilian volunteer with the New Orleans Army National Guard Armory. Fabro got Deibert's phone number and called her up about a year ago.

"I thought it was a prank call," she laughed.

Fabro called to ask for advice, telling Deibert that he and retired Sgt. 1st Class Farrell Gros were determined to create a mural for the Soldiers in Iraq to be presented upon their return.

He planned to have prisoners from the jail next door come over and paint the mural. He wanted it to depict a Soldier climbing from a tank, but, not just a Soldier, a half man, half dog Soldier, a red dog. A big red bull dog is the company's mascot.

"The first thing I thought of was 'Clifford, The Big Red Dog,'" Deibert said.

But, the more Fabro spoke of the dedication of these troops and their impending return from Iraq, Deibert began to realize that this was an honest inquiry.

Deibert convinced Fabro that it would be better to have an artist create the mural, and that the red dog should be incorporated in a different way.

Fabro was not the only one with incomplete ideas, however. Deibert thought that a good mural would be of a Soldier hugging an Iraqi child.

"I was completely unfamiliar with the military experience," she said. "After researching thousands and thousands of images, I began to slowly absorb the reality of Iraq."

The image of the Soldier and child was not a bad idea, but the wrong way to depict a Soldier's duties during the war.

"It would have been an incomplete representation," Deibert added.

Deibert ended up taking a number of images and incorporating them into the piece. Soldiers in full battle gear

kicking down a door; an Iraqi waving a flag; a memorial with a helmet, boots and rifle; a Soldier holding the hand of an Iraqi child walking down the road; an American flag and a map of Iraq constitute the majority of the painting. More subtly located inside the letters are images like the Soldier hugging an Iraqi child, an eagle and the barren Iraq landscape.

A list of fallen Soldiers is in the corner of the mural and in the background is a letter home, written by Lt. Will Saint, a Soldier from Baton Rouge.

Deibert painted the mural in a week and a half in April of 2005. She lived at the armory on a cot, cooking meals in the armory's industrial kitchen and using the men's room to shower, as the ladies room had no hot water.

The mural was to be presented to the Soldiers after they returned from Iraq, but the ceremony was delayed because of the wrath of Mother Nature and the aftermath.

Since her original painting of the mural, another Soldier was killed in action, whose name was added upon Deibert's return for the ceremony.

The mural was well received, and plenty of family members and guardsmen stood by to study it after the presentation.

And, the work itself created a new appreciation for the work of the military in Deibert.

"It was really interesting for a civilian person to go through this journey," she said. "The whole idea of it is interesting. To have a living memorial to what the Soldiers did, and not just a cake and punch reception, is fantastic."

APG News

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

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

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

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

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, Rebecca J. Chisholm
 Graphic Designer/Web Designer Nick Pentz
 Web site www.apgnews.apg.army.mil



Company Commander Capt. Henry C. Capello shows his daughter, Sabrina, the awards he received for his service in Iraq, as she is held by her mother, Capt. Cristina Capello, Headquarters Unit, Louisiana Army National Guard.

Community Notes

FRIDAY FEBRUARY 3 HARPER PERFORMS LIVE AT VFW POST 8185

Native Australian, singer/songwriter and harmonica performer Harper will entertain at 8:30 p.m. at the VFW Post 8185, Port Deposit. Harper is known for his huge soulful vocals, unique harmonica performances and his innovative original compositions. More recently he has included the intensely spiritual didgeridoo (Australian indigenous instrument) into his live performances.

Doors open at 6:30 p.m. Advance tickets cost \$20, or \$25 at the door. Cost includes food and beverages. There will be a cash bar.

For more information or to purchase tickets, call 410-642-9297, or Rick Hall, 1-717-548-2365.

SATURDAY FEBRUARY 4 SOUL FOOD DINNER

The women of St. James A.M.E. Church, 617 Green Street, are preparing a Soul Food Dinner 11 a.m. until sold out. The menu includes fish, chicken, ham, pig's feet, spare ribs, collard greens, green beans, potato salad, baked macaroni, candied sweet potatoes, corn, cornbread, rolls, desserts and soft drinks and costs \$12 per person.

The proceeds will benefit the annual women's day program on March 26.

To place orders, call 410-939-2267.

MONDAY FEBRUARY 6 TOASTMASTERS

Gunpowder Toastmasters Club 2562 will meet 11:40 a.m. at the Gunpowder Club, building E-4650, Parrish Road in Edgewood. The daytime club offers an opportunity for people from APG and the local community to improve their communications, leadership and speaking abilities and to overcome their fear of public speaking. Lunch will be available.

For more information, call Len Kolodny, 410-734-6573 or Jeff Harris, 410-436-4109.

SATURDAY FEBRUARY 11 BASKET BINGO

Basket Bingo to benefit the Pilottown Rod and Gun Club 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 or Pat Job, 410-658-5628.

SUNDAY FEBRUARY 12 AUXILIARY OFFERS SUNDAY BREAKFAST

The Ladies Auxiliary of VFW Post 5337, 3706 Pulaski Highway in Abingdon offers breakfast the second Sunday of each month, 8 to 11 a.m. The cost is \$6. The menu includes eggs and omelets to order, sausage, bacon, French toast, pancakes, creamed chipped beef, fried potatoes, breads, milk, cof-

fee, orange juice and more.

Proceeds support hospitalized veterans at Perry Point hospital, deployed troops in Iraq and Afghanistan and youth and senior programs in the community.

SUNDAY FEBRUARY 12 BASKET BINGO

American Legion Post 194, 336 E. Main St., Rising Sun, is sponsoring a basket bingo. Games start at 3 P.M. Cost is \$10 for 20 games. For more information call 410-658-3915, or e-mail: basketbingo@zoominternet.net. Proceeds benefit Boy Scout Troop 28.

WEDNESDAY FEBRUARY 15 LEARN MORE ABOUT SCIENCE & MATHEMATICS ACADEMY

Donna Clem, coordinator of the Science and Mathematics Academy at Aberdeen High School, will speak on "The Science and Mathematics Academy at Aberdeen" at the Gunpowder Room of Top of the Bay. Clem will focus on the four study programs for academic and career exploration that SMA students are exposed to in their junior and senior years, and describe volunteer opportunities for members of the professional scientific community.

Sponsored by the Chesapeake Chapter of the American Statistical Association, the meeting is open to the public and starts with a pay-as-you-go lunch at 11:30 a.m.

For more information, contact Geoff Sauerborn, 410-278-9076.

SATURDAY FEBRUARY 25 BASKET BINGO

Basket Bingo to benefit the USNTC Bainbridge Historical Association will be held at the VFW Post 8185, Route 222, Port Deposit. Doors open 6 p.m.; Bingo begins 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverage and baked goods, door prizes and raffles will be available. No smoking is allowed. For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Carolyn Spencat, 410-378-3219 or Brenda Conjour, 410-273-7332.

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."

CHEAPER BY THE DOZEN 2 (FREE ADMISSION)

Saturday, Feb. 4, 7 p.m.

Starring: Steve Martin, Bonnie Hunt, Alyson Stoner, Forrest Landis, Eugene Levy

Tom Baker (Martin) and his wife, Kate (Hunt), head to Lake Winnetka with their 12 children for a family vacation. But their time off becomes anything but relaxing after they engage in a competition with rival dad Jimmy Murtaugh (Levy). (Rated PG)

RUMOR HAS IT

Saturday, Feb. 4, 9 p.m.

Starring: Jennifer Aniston, Kevin Costner, Shirley MacLaine, Mark Ruffalo

Sarah (Aniston) agrees to marry her boyfriend Jeff (Ruffalo), even though she's not sure it's the right thing to do. Meanwhile, her career has hit the skids, leaving her writing obituaries at The New York Times. At her sister's wedding, Sarah meets Internet millionaire Beau (Costner) and learns that her family was the inspiration for the book and film "The Graduate" - and that she just might be the offspring of the well-documented event. (Rated PG-13)

POST SHORTS

gain experience in one of many exciting areas, such as computational science, information technology, computer science, scientific visualization, and computer simulation. The 2006 Summer Intern Program is a 10-week appointment beginning after May 15 and ending before Aug. 20.

Students applying for an intern position must be enrolled in an undergraduate or graduate program while pursuing a degree in science, engineering, or mathematics at a university or college, and must be planning to continue their education in the fall. Interns should have, at minimum, completed their sophomore year by the beginning of the program, although exceptions can be made for outstanding freshmen. Interns must be U.S. citizens.

Students will receive a salary, lodging, and transportation to/from their work location. Salaries range from \$10 to \$16 per hour (40 hours per week), depending on the student's academic level. The application deadline is Feb. 6.

For more information, e-mail Angela Fischer at angela.fischer@arl.army.mil.

National Prayer Luncheon

The annual National Prayer Luncheon will be held 11:30 a.m. to 1 p.m., Feb. 9, at Top of the Bay. Guest speaker will be Maj. Gen. Vincent E. Boles, chief of Ordnance and Commanding General, U.S. Army Ordnance Center and Schools. Tickets cost \$10 each and are available from unit command sergeants major. Menu includes baked chicken, beef a la burgundy, tossed green salad, rolls, tea and coffee.

For more information, call Chaplain Fred MacLean, 410-3-4333.

Anthony's Pizza temporarily closed

Anthony's Pizza in the AAFES Main Store will be closed through Feb. 10.

Black History Month Specialty Meal Feb. 21

The Black History Month Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m., Feb. 21, for military personnel, family members, Department of Defense civilians, retirees and guests.

The standard meal rate of \$3.55 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.05 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The Black History Month Specialty Meal menu includes: okra and shrimp gumbo, barbecued spareribs, fried chicken, southern fried catfish, baked chicken, barbecued beef brisket, ham hocks, steamed rice, baked macaroni and cheese, red beans and rice, collard greens, black eyed peas, green beans, corn bread, assorted salad bar, potato salad, cole slaw, assorted desserts, assorted breads, soft serve yogurt with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

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

APG Community Information Forum scheduled

The Aberdeen Proving Ground Community Information Forum will be held 1 to 3 p.m., Feb. 22, at the Recreation Center, building 3326.

All military, civilian personnel, retirees and their family members are invited to get acquainted with the military and civilian community at APG.

Representatives of support agencies/organizations will be present to discuss their activities. For more information, call Marilyn Howard, Army Community Service, 410-278-9669.

Annual FWP training conference

To celebrate Women's History Month, the APG Equal Employment Opportunity Office invites all APG civilian and active duty military employees to attend the free annual Training Conference 8 a.m. to 4 p.m., Feb. 28, in the Edgewood Conference Center, building E-4810. Registration starts at 7 a.m.

The conference includes morning and afternoon sessions including a health fair and self-defense class from 11:45 a.m. to 12:45 p.m., at the Edgewood Community Club building E-4650. Bring a bag lunch.

To register for classes visit <http://130.114.20.112/PG/EEO/FWP/FWPregistration.cfm>. The cutoff date for registration is Feb. 17. Register early. Training must be approved by a supervisor prior to submission.

For more information, call Diane Siler, 410-436-2681 or Sheryl Coleman, 410-278-5964.



Chapel services

Catholic	noon
Main Post Chapel,	Protestant
8:45 a.m.	Main Post Chapel,
South Post, 10:45 a.m.	10:15 a.m.
Gospel	South Post, 9:15 a.m.
Main Post Chapel,	

PWOC holds Valentine's Banquet

The Protestant Women of the Chapel invites couples and individuals in the APG community to attend a Valentine's dinner at the Clarion Hotel (formerly the Four Points Sheraton) in Aberdeen 6 to 10 p.m., Feb. 11. The evening will include a guest speaker, buffet dinner and dancing. Childcare will be available. RSVP by Feb. 1 to Amy Shipley, 410-272-2804.



Gas fireplaces

www.socalgas.com

Highly efficient natural gas fireplace inserts can heat up to 1,000 square feet of living space at a low cost.

Natural gas fireplace inserts or free-standing stoves not only help keep a house clean, but create less pollution than wood-burning fires.

Along with gas logs, add an elegant cast-iron fireback to the fireplace to promote heat transfer into the room.

Install glass doors in front of the fireplace to help keep warm air in the house.

Use energy wisely. Don't run natural gas logs when not in the room to enjoy them.



Commentary:

New Orleans: 6 months, little improvement

REBECCA CHISHOLM
APG News

I'd never been to New Orleans, so, when I went down to cover a follow-up story on a local muralist that was commissioned by the Louisiana Army National Guard (see article on page 2), I took my boyfriend with me, as someone who could help me see the differences and pain in the once proud city, since he attended law school in the area.

The first thing we noticed as we arrived at our hotel was the large number of teens roaming around. It wasn't completely unexpected, as I learned earlier in the week that the whole population of Dillard University is living and taking classes at the Hilton Riverside. It was obvious that the hotel made a large number of special preparations for the students. The lower levels had fresh wallboard and paint, and had been divided up into classrooms.

It was just the first striking example of the people of New Orleans working to help each other during such an intense time of need.

During the day the downtown area of the city was completely empty. No one walked around at nighttime, no groups of friends gathered for lunch. The Dillard students were the only people we saw for most of the weekend.

Saturday night we met some friends at the "best burger joint in town," according to everyone I asked. We waited three hours, outside in the mist, no chairs, to get in.

The restaurants that were open were more crowded than the APG Burger King at noon. We heard stories of waiting for over an hour at Rally's, the southern version of Checker's. Many of the bars and restaurants had waits of around two hours, just for lunch.

One of the biggest problems facing New Orleans businesses is a lack of employees. Thus, a lot of restaurants are still closed, waiting for the city's residents to return.

Signs were posted at all of the fast food restaurants, offering an hourly wage of more than \$8, with a bonus of around \$150 each week.

But, besides the food problems, New Orleans has the bigger, more obvious issues of rebuilding the tattered remains of the city.

Driving around town, the flooded areas are easy to see. It was in those areas that the rescuers hunted for people, marking the houses with an "X," the date and their initials. Flood lines are

on the buildings, at multiple levels. Everything is rusty and brown. Houses that burned during the hurricane's aftermath lay in ruin, with just chimneys and porches standing, waiting for demolition.

Words cannot describe well enough the destruction and pain in New Orleans. Blue tarps cover almost every roof in town and FEMA trailers are packed into lots and on front lawns as residents try to piece together their tattered homes and lives. Every window on some streets is boarded up. Houses have messages spray painted on them, searching for friends and pets.

New Orleans reads like the aftermath of a civil war—destruction all around, few survivors and the chance to rebuild, start over.

Those whose homes and businesses survived the wrath of Hurricane Katrina have returned to the city looking to resume the status quo as soon as possible. But, in their revelry and joy at the chance to regain their lives, it seems that those who fared more poorly are forgotten.

I guess I was surprised by the level of drunken revelry on Bourbon Street over the weekend. I thought that in such a horribly afflicted city, people would behave as though they were in mourning.

It has been nearly six months since Hurricane Katrina ravaged New Orleans, leaving 80 percent of the city under water. In that time, about 20 percent of the population has returned to the city, mostly to the almost uninhabitable upper class areas.

Thus, those who returned have been around for a few months, getting used to an empty New Orleans and what it has to offer. They've been able to watch the city rebuild, oh so slowly, and see shops reopen, regions resettle. And, I guess that after all this time, they've become hardened to the city's tremendous short comings and lack of any real progress.

People everywhere seem to have forgotten about the tragedy of New Orleans. All that keeps the city in the news are the easily mocked words of Mayor Ray Nagin.

But, his words, though poorly stated, ring true.

If New Orleans wants to retain its cultural heritage and status as a city of diversity, they must work hard to rebuild all areas of the city.

Currently, the only work that is obvious to the passerby is that done in the wealthy side of

town. There can be many reasons for this, the first being that those are the folks with the money to pay the contractors, even without being paid insurance money.

But, perhaps it is just because re-roofing and siding a house is a much easier project to tackle than rebuilding entire neighborhoods.

I can imagine that the contractors in New Orleans are simply overwhelmed with the project at hand.

Everyone in New Orleans with a pickup truck seems to be a contractor these days. We found a sign on the street that read "Bob Jones, Contractor, Demolition, Tree Removal and Dance Instructor." I guess everyone needs a side job.

But, in all seriousness, it's hard to predict where New Orleans is headed. In six months, it still looks like I imagine it did after the flood waters receded. The city is a mess.

People have forgotten the problems there, and as time has passed, more drastic measures have been taken to keep New Orleans in the minds of those outside of it, including me. I just thought that over time, things would get better by themselves, that the state and federal governments would help people out.

It seems as though New Orleans has been abandoned. I'm not 100 percent sure where monies will come from to rebuild. Insurance companies are fighting over payments, the state government is tapped out and the federal budget is strapped fighting the war in Iraq. Who is going to take care of New Orleans?

My boyfriend was strangely quiet driving around the city during most of our trip. He told me that he just didn't know what to think.

"I didn't know what to expect. I just thought it'd be better than this by now," he said.

I came away from the experience with a feeling of sadness and a tinge of guilt. I hated taking pictures of the destruction, like I was taking advantage of people's loss. I could never imagine being the kind of reporter who made a career on someone else's devastation and sadness. It just seems inhuman.

And it took me a long time to put these words together. There is just so much to say and hardly the words to put it all together. And it needs to be done right.

Louisiana Soldiers go from battle to battle

Story by
REBECCA CHISHOLM
APG News

It's very difficult for the normal civilian or even military person to picture what war is like in Iraq if one hasn't experienced it. And, it is equally as tough to imagine going through the devastating effects of hurricane Katrina's winds and flooding.

But, for the Soldiers of the Louisiana Army National Guard's Company C, 1088th Engineering Battalion, the reality was much worse, as they left Iraq in September to come home to an equally destroyed Louisiana.

The Soldiers in the National Guard have a special relationship, compared to those in the Army itself. Because they all come from the same geographic region, they have a tendency to go from boot camp to battle together, remaining a tight knit group throughout their tour.

Lt. Will Saint of Baton Rouge, spent two years on active duty before returning to Louisiana. He demobilized, took a few days leave to visit family, then immediately returned to active duty in New Orleans, helping keep the peace and maintain the city.

"It's dramatically different there now," he said. "Southern Louisiana is completely devastated, from the houses to the industry. Explaining about industrial problems, Saint said that one of the hardest hit areas is the fishermen, who, if they can work, have nowhere to take their catch, as all of the processing plants are closed.

Businesses have no customers, he said, so people whose livelihood was not destroyed have nothing to do, as most of those who evacuated have no place to return to.

Staff Sgt. Christopher Ester of Donaldsonville, La., a small town an hour west of New Orleans, said his house had some damage. "It's pretty frustrating... mind boggling," he said, at a loss for words. "When you leave disaster to go home to disaster, there's nothing good about it. Thankfully we have friends and family to support us. That support at home is the only reason that coming home to a disaster area isn't the worst thing that could happen. It's that silent support."

Spc. Joshua Pilant of Brusley Saint Vincent disagreed with calling post-Katrina Louisiana a war zone. This is home. It's a lot better here," he said.

But, Spc. Joseph Fourreaux of Marrero found home to be a lot worse than Pilant.

"It's a hell hole," Fourreaux said. His house's roof caved in, but it is already mended. His area is pretty well off, considering.

But how was New Orleans when he returned there? "Looked like crap," he said.

Spc. Elizur Mitchell of Baton Rouge said his home and family were fine.

"But," he said, "Baton Rouge has taken on a lot of refugees and the city was ill prepared to handle the added population."

With that population exodus comes the decision to rebuild and how. Politicians around town, showing the devastation and lack of progress. Much of the basic infrastructure [utilities] needed to run the city are gone, he said.

"It's almost like they should implement a scorched earth policy, and raze everything and start anew. Rezone the city and decide how things should be built," Saint said.

The residents are suffering, he added. "It's not much different here than Iraq. We just have an organized government to take care of it. We're getting there in Iraq."

Saint spoke of the difficulty in balancing life and tragedy, as guard members had duties to fulfill, even if they had no homes or families to support them. Other guard battalions have been on hand to help in Louisiana, a fact that Saint does not ignore or take for granted.

"It's neighbors helping neighbors here," he explained. "Guard members from 50 states and two territories are here to help. Soldiers from the Arkansas National Guard came home from Iraq when we went to relieve them, and when we came home, there were the same guys, helping us rebuild and take care of Louisiana."

"I've never been prouder to be in the National Guard. It is an unbelievable honor to serve in this very special unit," he added.

The guardsmen had varied responses to the disaster of Louisiana, but all agreed with a statement made by Ester, "Thank God I'm home."

"You leave Iraq thinking you'll have a welcome home, and there's just nothing left," Saint said. "But, God puts people together to accomplish extraordinary things in extraordinary circumstances. That's what we're doing."

(Author's note: The photos I took during my visit to New Orleans speak to the problems still present there. No description is necessary.)



Performers

From front page

said. "I didn't expect to win, as the military's idea of talent is usually singing."

With her winning performance, Goodman earned a trophy as well as \$5,000 for APG Morale Welfare and Recreation.

A poet by heredity, her mother is a well known poet in Philadelphia, where Goodman was raised. Goodman is raising two sons herself, which, for now, along with her dedication to her military career, will keep her close to home.

"I was offered a place in the Soldier Show on the spot," she said. That offer is on the table for three years, she added.

"I would love to travel and sing, and especially to introduce new talent into the Soldier Show, not just singers. Then maybe everybody can get to do something they're good at," Goodman said.

To keep her poetry skills sharp, Goodman performs at local poetry spots, as well as the post talent show, and at the Better Opportunities for Single Soldiers banquet this past fall.

And the opportunities keep coming. Goodman has received a number of calls in the week since her win. Black History Month is in February, and she has had a number of offers. But, her schooling comes first, and being in classes Monday through Friday will keep her performing on the weekends only. That should allow her plenty of time to make a name for herself in the region.

"A lot of doors are opening up for me," she said.

Two other known APG stars performed in the competition. Staff Sgt. Antonio Lewis, 143rd Ordnance Battalion competed against Goodman in the "Specialty Solo" category, placing second.

A rapper, raised in an

underprivileged area of Norfolk, Va., Lewis writes rhymes about being on public assistance and growing up with two brothers and a mother struggling to rear them. He performed "Back in the Day" at the competition.

"Everything's all right now," Lewis said of his childhood problems.

Learning a lot from competing, Lewis plans to be on stage every chance he gets, and takes every opportunity as the chance to better his skills.

"I knew I could do it, but I didn't expect to be one of the ones picked for this show. For me to get selected over so many others, doing rap and hip hop, it was a big deal for me," he said.

A 10-year Soldier, Lewis lives with his wife and two sons and has been here at APG for 13 months. In that short time, he competed in both post talent shows and the BOSS banquet with Goodman.

The final APG Soldier to perform in the Stars of Tomorrow contest was APG's own Military Idol competitor, Capt. Scott Willens.

Singing Air Supply's "All Out of Love," Willens competed against five other male singers. Several of the male and female performers were former Military Idol competitors, which led to a reunion Willens was pleased to join in.

"There were some really good performers," he said. "I was honored to be included. Sometimes people are just better than you are."

One of the highlights of the show, to Willens, was a singer who transformed pop, rap and R&B tunes into country songs, provoking the audience into hysterics.

But, the real fun during the trip, he said, was taking a private first class from Korea, who'd never been to the United States, to Potomac Mills Shopping Center. The private had been given \$500 from his unit to spend on a new wardrobe, and Willens said, he was very, very excited.

With a new baby and an active job in the Veterinary Corps of the U.S. Army Medical Research Institute of Chemical Defense, Willens



Photos by TIM HIPPS, USACFSC PUBLIC AFFAIRS
Staff Sgt. Antonio Lewis, takes second place in the specialty solo category of the Army's 2006 Margaret "Skippy" Lynn Stars of Tomorrow Talent Contest with an original rap.

doesn't plan on auditioning for the Soldier Show this year. He was asked to perform at the Army Birthday Ball this summer, and plans to sing wherever he can in the future.

Goodman and Lewis were called into Garrison Commander Col. John T. Wright's office Jan. 29 for congratulations.

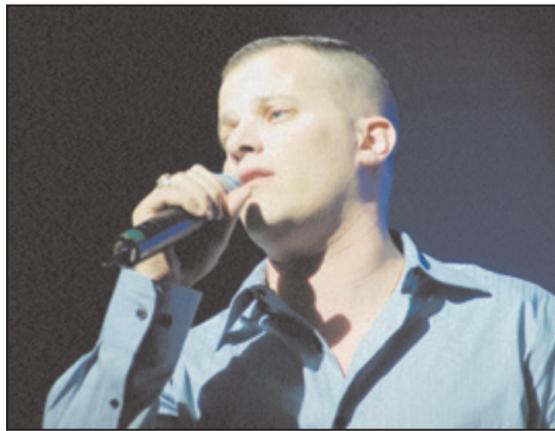
"This is great," Wright said. "You've generated your own talent, not just demonstrated

someone else's."

Goodman asked MWR if the \$5,000 she earned them could be used towards the post boxing program, as Lewis is a coach and Goodman herself is an avid fan.

Looking towards the future, Goodman is excited at the possibilities that await her.

"I'm on cloud eight," she said. "I'll be on cloud nine when I'm in the Soldier Show!"



Capt. Scott Willens, a veterinarian at the U.S. Army's Medical Research Institute of Chemical Defense, sings Air Supply's "All Out of Love" during the Army's 2006 Margaret "Skippy" Lynn Stars of Tomorrow Talent Contest Jan. 21 at Fort Belvoir, Va.

Voice

From front page

As a result of the program, awareness of RDECOM has increased among Soldiers.

"RDECOM is not known by many Soldiers in the lower ranks," Alcivar explained. "Now they [Soldiers] can feel like they are a part of the branch and the improvement of new equipment. They now have a voice and have a tool in which they can use to iden-

tify their issues."

The program, deemed successful thus far by Alcivar, will be a continuous one. Plans for distributing 10,000 new and improved comment cards have been initiated.

While he described the previous feedback as "sufficient," more detailed questions would stimulate more production. The new questions cover a wide array of technology topics, and will allow RDECOM to "obtain more specific information to assist Soldiers in providing

better quality of feedback."

RDECOM's main customer, the Warfighter, is key in the success of the program. We need cooperation and continuous support for the program to assist them and provide better support, Alcivar said.

Soldiers who have questions or comments can contact RDECOM in three ways: by e-mail at techproposals@belvoir.mil, by phone at 703-806-0919, or by mail at Systems of Systems Integration, Chief of Operations, 6000 6th Street, Fort Belvoir, VA 22060-5608.



Morale, Welfare & Recreation

Activities

Registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at www.apgmwr.com.

Disney on Ice – the Princess Classics

Tickets for three Disney on Ice performances are available Feb. 8, \$13.50 each (regularly \$18) and Feb. 9 and 12, \$17.25 each (regularly \$25). Experience the magic, romance, fun and adventure with Cinderella, Jasmine, Ariel, Belle, Snow White, Sleeping Beauty and Mulan in this royal skating extravaganza. Show times vary daily. Pre-order tickets now before they go on sale to the general public. Today Feb. 2 is the last day to purchase tickets. All DoD ID card holders are eligible for this and all MWR services.

Learn to salsa

Salsa Dancing lessons will be held 7:30 to 8:30 p.m., from Feb. 6 through 27, 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. Cost is \$40 per person. Register by Feb. 3. Open to all DoD card holders.

NASCAR tickets for Budweiser Shootout

NASCAR tickets for the first 2006 NEXTEL Cup event, Feb. 11, are now available. Tickets for the Budweiser Shootout at the Daytona International Speedway, Daytona, Fla., cost \$33 each. Save \$17 off General Admission to the Shootout and the 43rd running of the ARCA RE/MAX 200. Drivers who have earned a Budweiser Shootout starting spot and past champions include Tony Stewart, Jeff Gordon, Dale Earnhardt Jr., Jimmie Johnson, Dale Jarrett, Joe Nemechek, Kasey Kahne and more.

Open to all DoD card holders. Register by Feb. 3.

Ballroom dancing

Just call it 'dancing with the amateurs.' Ballroom Dancing will be taught Feb. 6 through 27, 7 to 8:30 p.m., in the Aberdeen Recreation Center, building 3326.

Instructional classes are designed to enable the student to become proficient in ball-

room dancing and will consist of hands-on instruction with an emphasis on current and popular dances.

Beginner and intermediate students will learn and master the basic steps and sequences required for performing the dance routines involved in the program.

The cost is \$60 per person, or \$100 per couple.

Register by Feb. 3.

Handwriting analysis seminar

A Handwriting Analysis Seminar will be held 7:30 to 9 p.m., Feb. 7, Russell Gymnasium, building 3330, Conference Room. This presentation will demonstrate how to determine the identity of the writer or author of hand written materials. Don't miss the opportunity to attend this educational seminar. The fee is \$15 per person. Register by Saturday Feb. 4. Open to all DoD card holders.

"Laugh 4 Ever" Comedy Show

Enjoy a night of comedy and fun. Two "Laugh 4 Ever" Comedy Shows will be held Feb. 4, at the Post Theater, building 3245. A show for military only will be held 7 p.m. (doors open at 6 p.m.) and a show for the general public

will be held 9 p.m. (doors open 8:30 p.m.) The show will feature comedians Joe Recca with Matt Kazam and Doug Karpf. Tickets for military cost \$10; tickets for the public cost \$15. This program contains adult content. A cash bar will be available.

Girls youth softball registration

Registration for girls' softball will be held Feb. 6 through 28 at Central Registration. The Softball League age groups include 7 to 8 years of age, 9 to 10 years of age, 11 to 13 years of age and 14 to 18 years of age. Practices begin the first week in April; games begin the first week of May 1. Cost of registration for the Eastern Harford County League is \$40 per child. A registration fee of \$18 with CYS is required.

Practices and games will be held on weekdays depending on age group. The age determination date is Jan. 1, 2006. Sports physicals are due at registration.

Volunteer coaches also are needed. For more information, call Bill Kegley, 410-306-2297.

Register at the Aberdeen Youth Center by appointment only at CYS Central Registration, building 2752, 410-278-7671/7479. Register on Wednesdays at the Edgewood Youth Center, building E-1902.

BOSS Valentine's Day Dance

The BOSS, "Better Opportunities for Single Soldiers," Program will hold a Valentine's Day Dance, 7:30 p.m. to 1 a.m., Feb. 11, at VFW Post 10028, located on 821 Old Philadelphia Road, Aberdeen (by Wal-Mart). Cost is \$10 per person or \$15 per couple. Live music will be provided by 6WR. Dress to impress.

The event includes food, door prizes and a Best Dressed Couples and Singles contest. This event is open to the public (ages 18 and over). No AIT students. Tickets can be purchased at the Aberdeen Recreation Center, building 3326, 410-278-2621 or through a BOSS representative.

For more information, call Sgt. Richards, 410-278-2709, or Sgt. Moore, 410-278-9891.

MWR sponsors trip to Philadelphia Flower Show

Take time to smell the flowers at the Philadelphia Flower Show, March 5, at the Pennsylvania Convention Center. Cost is \$80 and includes roundtrip transportation, admission to the Flower Show and dinner at "The Spaghetti Warehouse Restaurant." The bus will depart 7:15 a.m. and return approximately 6:30 p.m.

Enjoy, learn and receive inspiration from the garden and landscape displays and thousands of plants and floral designs. Floral exhibitions, demonstrations, lectures, culinary presentations, a marketplace and more will be available. The trip is open to all DoD card holders. Register by Feb. 12.

Snack Bar changes hours

Effective Jan. 18, the Stark Recreation Center Snack Bar will be open 5:30 to 8 p.m., Wednesdays and Thursdays.

For more information, call 410-436-2713.

School Age/Middle School Services Summer Program announced

MWR

The Aberdeen and Edgewood Summer Program will run for nine weeks, 6:30 a.m. to 5:30 p.m., June 19 through Aug. 18, Monday through Friday. The program is open to all qualifying children who have completed 1st through 8th grades.

Parents may sign up for the weeks that fit their schedule. Tuition fees are based on total family income.

Waiting list forms may be picked up and dropped off starting 7:30 a.m., Feb. 21, at the Edgewood Youth Services, building E-1902 or the Outreach Services building 2752 or faxed to 410-278-2582. Waiting list forms will NOT be

distributed or accepted at the Aberdeen Youth Services.

Registration will be held Saturday, April 22 at the Edgewood Youth Services and Saturday, April 29 at the Aberdeen Youth Services for all sponsors who have been offered openings by the Central Registration office. Registration packets, an up-to-date physical and family income information must be completed prior to registration appointment.

There will be a \$20 non-refundable deposit required per child at the time of registration for each week selected. For questions or further information, call the Outreach Services Office, 410-278-7571 or 7479.

NAF holds equipment sale

The APG Morale, Welfare and Recreation Fund has for sale, a 1992 Black Bear Shed, 12 feet by 32 feet with a treated floor and plywood exterior. Interested patrons can view the building in the parking lot of building 2407.

The sale will be through sealed bids. The minimum bid is \$1,000.

Payment may be received by cash or check.

All bids can be mailed to MWR Fund, P. O. Box 627, APG, MD 21005-5001, and clearly marked Ruth Overbay, or they may be turned into building 2727.

Bids must be received by 4 p.m., Feb. 8.

There will be no refunds and equipment is sold as is. Purchaser must remove item within five days after sale.

SCHOOL LIAISON

NASA Space Camp applications being accepted

Applications are being accepted for the 2006 Bernard Curtis Brown II Memorial Space Camp scholarship. Children of an active duty military parent enrolled in grades six through nine are eligible to apply. The scholarship is funded by the military Child Education Coalition.

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

The deadline for completed applications is April 3.

For more information or to apply for the scholarship, call Ivan Mehoskey, 410-278-2857, or visit the Web site <http://www.militarychild.org/SpaceCamp.asp>.

LIBRARY BOOK CORNER

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

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

Smart and Simple Financial Strategies for Busy People by Jane Bryant Quinn

The Colony: the harrowing true story of the exiles of Molokai by John Tayman

Mid-Atlantic Home Landscaping by Roger Holmes

You're Wearing That?: Understanding Mothers and Daughters in Conversation by Deborah Tannen

President Reagan: the triumph of imagination by Richard Reeves

The Heart of a Soldier: a true love story of love, war, and sacrifice by Kate Blaise

Dave Barry's Money Secrets: like: why is there a giant eyeball on the dollar? by Dave Barry

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

Valentines Day

Brunch

at Top of the Bay
Sunday Feb. 12

1ST seating 9:30 - 11:30 a.m.
2ND seating 12:30 - 2:30 p.m.

Adults: \$15.95
Children 6-11 \$7.95
Children 2-5 \$2
Children under 2 eat free

**Breakfast items include omelettes
made to order and a luncheon
buffet with carving stations.**

Call for reservations by

4:30 p.m. Thursday, Feb. 10

410-278-3062 410-278-2552 410-278-5195

Between 8 a.m. and 4:30 p.m.

Bring someone special

Easter Sunday Brunch

April 16

and

Mother's Day Buffet Dinner

May 14.



Your health is KUSAHC's goal



Taking care of the heart

Story by
BETHANN CAMERON
KUSAHC

Heart disease is the single leading cause of death in the United States, causing more than 494,000 deaths in 2004. More than 70 million people have heart disease, a disease of the heart and blood vessels.

The arteries thicken and harden over time with a build up of plaque. Plaque is made from cholesterol and fatty substances which cause the arteries to become clogged and block the blood flow to the heart. That part of the heart dies when blood flow is blocked.

Heart disease is preventable. People can take charge of their health by making positive lifestyle changes to reduce the risk of heart disease.

- Make a yearly date with the doctor. Get blood pressure, cholesterol and blood sugar checked. Put the date on the calendar as a special date just like birthdays or anniversaries.

- Be physically active daily. Take the stairs instead of the elevator. Park far away from a

destination. Step, march or jog in place for at least 15 minutes while watching television. Exercise at least 30 minutes 5 days a week or more. Walk. Get a step counter and set a goal to walk at least 10,000 steps daily.

- Maintain ideal weight. Being overweight increases the risk of heart disease and stroke. To achieve long term weight loss, don't skip meals but eat 200 to 300 calories less each day. This amounts to one slice of bread, one pat of butter or one-half cup of regular soda. Eat smaller portions. Eat breakfast every day.

- Control high blood pressure. Cut down on salt to help lower high blood pressure. Eat less than 2,000 mg of sodium per day which is one teaspoon of salt. Read food labels. Eat less of food that has sodium in its name such as monosodium glutamate (MSG). Use the DASH diet, Dietary Approach to Stop Hypertension, which helps to reduce blood pressure and is low in fat. The DASH eating plan has heart healthy menus and recipes. For more on the DASH eating plan, visit

www.nhlbi.nih.gov/health/public/heart/hbp/dash.

- Quit tobacco use. Smoking reduces the amount of oxygen in the blood and raises blood pressure. To quit smoking, make a personal quit plan. Pick a quit day. Avoid setting a date close to an activity or a holiday that causes extra stress. Get rid of tobacco in the house, car and workplace. Avoid smoking areas or being around people who smoke. Quitting smoking requires several methods to change personal habits. Here is an example of one quit method:

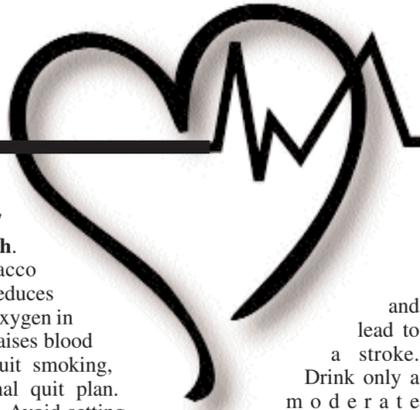
Day 1 - cut the number of cigarettes smoked by half.

Day 3 - cut the number of cigarettes smoked in half again.

Day 5 - cut smoking in half again. — Quit!

The American Cancer Society has resources and self-help methods available to help quit smoking at www.acs.org.

- Cut down on alcohol. Too much alcohol can raise blood pressure, cause heart failure



and lead to a stroke. Drink only a moderate amount of alcohol -- an average of one drink for women and two drinks for men per day. One drink is a 12-ounce can of beer or 4 ounces of wine, or 1 1/2 ounces of liquor.

- Manage stress. People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries. Use relaxation methods such as deep breathing exercises, counting to 10 and meditation to manage stress. Rest and relax daily.

People can do their part by caring for the heart and making dietary changes, exercising, quitting smoking and managing stress to reduce the risk of heart disease.

Recognizing Children's Dental Month

APG Dental Clinics

February is National Children's Dental Health month.

"The Aberdeen Proving Ground Dental Clinics are proud to be reaching out to our Soldiers' children," said Lt. Col. Colleen C. Shull, commander, APG Dental Clinic Command.

The theme for this year's campaign is "A Healthy Smile is Always in Style!"

"Attitudes and habits established at an early age are critical in maintaining good oral health throughout life," Shull said.

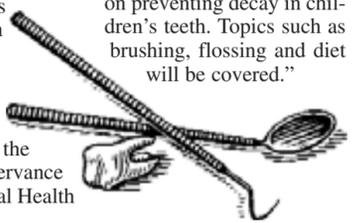
National Children's Dental Health Month began as a one-day event in Cleveland, Ohio, on Feb. 3, 1941. During that year Feb. 3 through 7 was designated as Children's Dental Health Week in Akron, Ohio.

The American Dental Association held the first national observance of Children's Dental Health

Day on Feb. 8, 1949. The single day observance became a weeklong event in 1955, and in 1981, the program was extended to a month-long celebration known today as National Children's Dental Health Month.

Since 1941, the observance has grown from a two-city event into a nationwide program. NCDHM messages reach millions of people in communities across the country and at numerous armed service bases.

"Each week in February, APG News will feature an article concerning children's dental health," Shull said. "It is this command's hope that parents will use this valuable information on preventing decay in children's teeth. Topics such as brushing, flossing and diet will be covered."



LEAVE DONATION

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and

OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency).

For more information, call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Michele Amrhein
Sarah Blevins
Jeanie Bowman
Robert Brown
Andrew Buchanan
Leroy Carter
Barbara Cascio
Barbara Crossley
Sharon Daemer
Lola Daniels
Shelia Davison
(benign paroxysmal positional vertigo)
Geraldine Eaton
Gregory Fox
Renee Gaffney
Patricia Gibson

Kay Gilbert
Susan Gorhan
Shirley Gross
Melanie A. Hoffman
(parasinusitis, fibromyalgia condition)
Lydia Langley
Robyn Lee
Michael Lewis
Wayne Kaiser
Beverly King (caring for husband)
Priscilla Kelly
William B. McLean
(kidney failure)
Sandra Miller

Patricia Milwicz
Mary Pettitway
Tess Ramos (total hip replacement)
William Sebra
Barbara Seker
Cynthia Shelton
Linda Shoaf
Tomika Silver
Alison Tichenor
Gary Tudor (heart valve replacement)
Jerry Williams
Billie Wooten
Gerard Yursis

KUSAHC Shots

Flu shots now available for DA civilians

Influenza vaccination is now available for Department of the Army civilians. Civilians can get immunized at the Aberdeen Occupational Health Clinic, 1:30 to 3 p.m., Monday through Friday.

Flu shots are voluntary and administered without charge. For mission and staffing reasons, this service is not available at the Edgewood Health Clinic.

For more information, call the Flu Vaccine Hotline, 410-306-3588.

