

## POST SHORTS

### Recycling schedule



The residential and recycling pickup schedule for March 15, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### New hours set for Edgewood Health Clinic

The Edgewood Health Clinic will be closed for medical care March 9 and 10 after 11:30 a.m. Effective March 16, the clinic will be closed every Thursday after 1 p.m. for training.

For more information, call Sgt. Erin Massey at 410-436-7466.

### Amateur boxing this weekend

Morale, Welfare and Recreation will host Amateur Boxing Night between fighters from the 16th and 143rd Ordnance Battalions, at the APG Athletic Center this Saturday, March 11. Doors open 5 p.m. and the event begins 6 p.m.

Tickets cost \$5 for active-duty military; \$10 for civilians and \$20 for front row seating.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or at Hoyle Gym and Fitness Center, building E4210, 410-436-3375/7134.

For more information, call Earlene Allen, senior programmer, at 410-278-3854 or go to [www.apgmwr.com](http://www.apgmwr.com) or [mwr\\_registration@apg.army.mil](mailto:mwr_registration@apg.army.mil).

### Register for Bataan Memorial Death March

The 17th Annual Bataan Memorial Death March will be held at White Sands Missile Range, N.M. March 26. The memorial march recognizes the sacrifices made by thousands of U.S. and Filipino service members overwhelmed by Japanese in the Phillipine Islands during World War II.

The event is open to military (active duty, Reserves, National Guard, ROTC, JROTC or retired) and civilian teams and individuals in either heavy or light divisions. Military personnel marching in any military category must wear full field gear.

Civilian marchers in any category should wear attire appropriate for a road march through desert terrain. All marchers entered

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The Aberdeen Proving Ground Gospel Service choir performs during the Wilbert Davis Gospel Night Feb. 26 at the post theater.

## APG celebrates 33rd Annual Wilbert Davis Gospel Night

Story and photo by **KHAALID WALLS**  
OC&S

Gospel singers, musicians and inter-pretive dancers rocked a packed post theater of nearly 700 Feb. 26 in celebration of the 33rd Annual Wilbert Davis Gospel Night.

"The performers were truly uplifting and inspirational, attendees rarely spent time in their seats, they were on their feet tapping and clapping for most of the night," said Master Sgt. Gail Brennan, 61st Ordnance Brigade equal opportunity advisor and the event coordinator. "I look forward to next year's program."

She expressed her gratitude for all those in attendance.

Maj. Gen. Vincent Boles, chief of Ordnance and Ordnance Center and Schools' commander, opened the evening by welcoming guests and

announcing the winner of the African American Heritage Month Display and Essay Contest.

After accepting his award plaque, Sgt. 1st Class James Thomas from the Tactical Support Equipment Department, read his essay entitled "Reaching out to youth: A strategy for excellence through black role models and mentors."

In his essay, Thomas stressed that real-life role models should provide children with a better example than celebrities.

"Our youth today need to understand that a model person is one that you see day-to-day doing the right thing, not just a celebrity they see on TV or a singer singing a song they enjoy," Thomas said. "I want my son to grow up and have his own role model, be it a male or female, just as long as he understands what is meant by a role

model."

In a surprise announcement, Boles honored Wilbert Davis, who was on-hand for the event, with the Ordnance Order of Samuel Sharpe medal and certificate.

The announcement moved Davis to tears and brought the audience to its feet in applause.

The evening's performers included the True Praise Dancers of Aberdeen, Aberdeen High School Gospel Choir, Command Sgt. Maj. Brinson and Friends, the APG Gospel Service choir, soloist Lisa Lyons, Sisters Singing With Anointed Voices from Aberdeen, the duo Sister: Farrah and Tiffany Dowell of Elkton, 3M Connection from Aberdeen, and the choir Bethany from Edgewood.

At the conclusion of the performances, a representative from each group of performers was called back to

the stage and given a plaque from Boles. He personally thanked them for their participation in the show.

Soloist Gloria Scott helped close the evening by leading the audience in singing "Lift every voice and sing," after which, 143rd Chaplain Anthony Taylor gave the closing benediction.

Originally billed as the Ordnance Center Annual Gospel Night, the event was initiated as a small post event in 1973 by then Army Maj. Wilbert Davis.

After nearly 20 years of success and growing popularity the event was renamed to its current name by then Ordnance Chief Maj. Gen. Johnnie Wilson in an official proclamation that noted, "Mr. Wilbert Davis gave birth to this celebration of pride and heritage in 1973 and personally nurtured the program into a major event in the community."

## RDECOM engineer saves Army \$10 million with suggestion

Story by **TRINACE JOHNSON**  
RDECOM

A U.S. Army electronics engineer saved the government \$10 million with his suggestion to improve existing design tools and libraries for an Army program.

Jerry Dickson of the Aviation and Missile Research, Development and Engineering Center, Redstone Arsenal, Ala., was named the Department of the Army 2005 Civilian Suggester of the Year.

Dickson led a design effort to overcome a technical roadblock that endangered a \$250 million program.

His efforts resulted in a new drop-in-power amplifier module for the successful completion of the on-going \$250 million continuing development

contract and upcoming flight test program of the Brilliant Anti-Tank Pre-Planned Product Improvement. The BATP3I is used as a homing device on a specific target's acoustic, thermal and millimeter wave radar signatures.

Dickson also developed the necessary manufacturing processes and techniques to ensure successful delivery of the amplifier module.

He successfully completed delivery of 86 fully tested and qualified power amplifier modules on schedule and did it at nearly \$1 million under cost.

"I was completely surprised by the selection," Dickson said. "It was a team endeavor from start to finish. Personnel from Fort Monmouth [N. J.] supported me relentlessly as did my contracting officer. Perhaps the thing that I am proudest of is the support that I got

from the project office... they stuck with me all the way," he said.

Dickson has 18 years of civil service with the government, and four years of military experience. He has three U.S. patents and has authored more than 40 publications and technical reports.

Dickson has performed pioneering work in the application of pseudomorphic high electron mobility transistors low noise amplifiers, image reject mixers and power amplifiers. Dickson developed the first active W-band receiver that employed a low-noise amplifier with an image rejection mixer and the first W-band MMIC power amplifier module. He conceived and implemented a Manufacturing Technology project that saved the Longbow Program over \$40 million on the RF transmitter and receiver.

He graduated with honors with a Bachelor of Science Degree in electrical engineering from Memphis State University. Dickson is presently attending the University of Alabama in Huntsville, working on his master's degree in aeronautical engineering with a concentration in missile systems engineering.

AMRDEC is part of the U.S. Army Research, Development and Engineering Command headquartered at Aberdeen Proving Ground.

RDECOM gets technology out of the laboratories and puts it into the hands of Warfighters as quickly as possible. More information on the U.S. Army Research, Development and Engineering Command can be found at [www.rdecom.army.mil](http://www.rdecom.army.mil).

## Tax Center changes hours of operation

OSJA

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

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

a.m. More complex returns may require an appointment.

Prior to arriving at the Tax Center, patrons should access the agreement and questionnaire located at the bottom of the Aberdeen Proving Ground Web site, [www.apg.army.mil](http://www.apg.army.mil). Questions about the Tax Center services should be directed to 410-278-2127.

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

## Marines take first in benchpress competition



Photo by BUCK PUGH

The members of the U.S. Marine Corps Detachment team pose with their trophies after winning the 2006 intramural bench press competition at the Aberdeen Athletic Center Feb. 25. See page 6 for results.

## APG begins annual Army Emergency Relief Campaign

Story by **MARGE FISSEL**

The annual fund raising "kick-off" meeting was held March 7 for Aberdeen Proving Ground's Army Emergency Relief campaign, also known as AER. Unit representatives were provided materials and instructions on conducting the campaign within their organizations.

Col. John T. Wright, deputy installation and APG Garrison commander set the goal for this year at \$45,000.

Contributions will assure continued availability of AER funds to meet the assistance needs of Soldiers.

Contributions may be made by allotment, cash or check. Contributions will be accepted thru 31 May.

In 2005 the AER office on Aberdeen Proving Ground disbursed \$204,192.00 in assistance to 201 individuals (145 active duty Army, 45 Army retirees, 10 Army widows, and one active-duty Marine).

The top three reasons for AER assistance are emergency or essential travel, initial rent and deposit, and essential car repairs.

For information on donating to AER, contact your unit representative or the AER campaign coordinator MAJ Jeffrey Winston at 278-4500.

## NCO dies in car accident

Garrison PAO

An Ordnance Mechanical Maintenance School non-commissioned officer died on March 1 of injuries sustained in a two-car collision at the intersection of Rodman Road and Aberdeen Boulevard.

Staff Sgt. Howard Ray Hall, 46, an instructor assigned to Headquarters, Headquarters Company, 16th

Ordnance Battalion, was pronounced dead at 2:50 p.m. after he was transported by Medivac to Maryland Shock Trauma in Baltimore.

Hall is survived by his son Patrick.

The driver of the other vehicle was Stephan R. Bilyk from the Army Research Laboratory.

The accident is under investigation.

## ISSUE HIGHLIGHTS

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AAFES prices

# AFAP needs community participation

ACS  
The Aberdeen Proving Ground annual Army Family Action Plan Symposium is an opportunity for everyone to participate in improving APG and the Army. Its success depends on community feedback and participation. Input from Soldiers, family members, civilians, and retirees is critical.

This year's APG Army Family Action Plan Symposium is scheduled for March 14 to 16 at Top of the Bay.

The Symposium opens at 1 p.m., March 14, with guest speaker Tammy Trainor, who will present a Department of the Army AFAP update to delegates, volunteers, and interested

members of the community. Trainor is the Army Community Service director at Picatinny Arsenal, New Jersey.

Community members can support the process by submitting issues, becoming delegates, or attending the Welcome from 1 to 2 p.m. March 14, and the Out-brief from 10:45 to 11:45 a.m. March 16.

Issues may be submitted pertaining to any area which affects a member of the APG community. Some examples of areas for issue submission

include medical, housing, MWR activities, safety, security, workplace environment, civilian personnel issues, military benefits and entitlements, TRICARE, lodging, transportation, tuition assistance, and Child and Youth Services.

The AFAP process lets members of the Army commu-

nity tell leadership what's working and what isn't—AND what they think will fix it.

Following the symposium, the APG AFAP Steering Committee will address the issues. Issue recommendations that can be solved locally will be implemented. Any issue that is beyond the scope of APG is forwarded to the mid-level AFAP conference.

Ultimately, issues may be forwarded to the DA level. Often, AFAP issues result in legislation, policies, programs and services that strengthen readiness and retention. For example, through AFAP, the Service Members Group Life Insurance (SGLI) increased from \$50,000

to \$200,000.

Additional information about AFAP and other AFAP success stories may be found at [www.myarmylifetoo.com](http://www.myarmylifetoo.com).

Participants may use the adjacent form to submit issues to the Army Community Service, building 2754. Issues may also be submitted electronically to [sarah.staats@apg.army.mil](mailto:sarah.staats@apg.army.mil). Include contact information in case clarification is needed.

Call Sarah Staats at 410-278-2464 with any questions or to find out how you can help.



## ABERDEEN PROVING GROUND ARMY FAMILY ACTION PLAN (AFAP) AAFAP SYMPOSIUM XX - MARCH 14-16, 2006 APG NEEDS YOUR INPUT!

The Army Family Action Plan (AFAP) process reviews, prioritizes, and resolves issues solicited from the community. Members of the community submit issues and participate in prioritizing them at the annual AFAP Symposium. Issues beyond the scope of the local level are sent to the regional AFAP conference.

Input is needed from Soldiers, civilian employees, family members, retirees, and youths. Issues may be in any area affecting members of the military community. Some recommended functions for consideration in developing your issues are attached to this form. You may submit an issue in any area you feel is important to your well-being.

Questions? Call Sarah Staats, 410-278-2464 or e-mail: [sarah.staats@apg.army.mil](mailto:sarah.staats@apg.army.mil).

Submit suggestion in one of the following ways:

E-mail: [sarah.staats@apg.army.mil](mailto:sarah.staats@apg.army.mil)

Fax: 410-306-2293

Mail: AFAP, Army Community Service, Building 2754, Room 206, APG MD 21005-5001

Please print clearly and provide detailed information. Use additional pages if necessary.

What is the problem? \_\_\_\_\_

\_\_\_\_\_

Why is it a problem? \_\_\_\_\_

\_\_\_\_\_

How can it be fixed? \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Name and contact information of submitter will allow ACS to ask questions if needed. Incomplete issues may not be considered.

# Retirement ceremony hails nine

Story by  
**YVONNE JOHNSON**  
APG News

One Soldier and eight Aberdeen Proving Ground civilians with more than 230 years of combined government service were praised as "American heroes" during the monthly retirement ceremony at Top of the Bay Feb. 22.

Col. John T. Wright, APG Garrison and deputy installation commander, hosted the ceremony and presented awards assisted by 1st Sgt. Carolyn A. Blair, Headquarters and Headquarters Company, APG Garrison.

The retirees included Lt. Col. Kevin S. Peel and Dale D. Druyor from the U.S. Army Chemical Materials Agency; Susan K. Luckan, Roberto H. Bonfante and Joseph J. Biondo from the Edgewood Chemical Biological Center; Michael N. Campbell, Elmer P. Pritchard Jr. and David I. Haines of the U.S. Army Aberdeen Test Center; and Ernest J. Cramblit, from the garrison's Directorate of

Law Enforcement and Security.

All received Department of the Army certificates of retirement and appreciation and their spouses received APG certificates of appreciation.

Chaplain (Capt.) Yun J. Kim gave the invocation and the 389th Army Band (AMC's Own) brass quintet, led by Staff Sgt. Robert Bauerle, provided music.

Wright, noting that the retirees "come from four distinct areas of the proving ground," said that "they have given their time and energy to make our Army the best in the world and to keep our nation strong."

"We wish these outstanding individuals all the best in the future," Wright said.

He asked the audience to "reflect on these individuals as we honor them today."

**Lt. Col. Kevin S. Peel**

A Baltimore native, Peel retires from his second assignment at APG as the assistant project manager for the Non-Stockpile Chemical

Materials Project, U.S. Army Chemical Materials Agency, after a 20-year career.

During his first assignment, 2000 to 2001, he served as the Joint Research, Development and Acquisition coordinator for the Joint Service Material Group.

Peel received his commission as an Infantry second lieutenant through the Loyola College ROTC program in 1988. His past assignments include command and staff positions in Schofield Barracks, Hawaii; Fort Polk, La.; and Eglin Air Force Base, Fla., along with overseas tours in Afghanistan, following the Sept. 11, 2001 attacks in support of Operation Enduring Freedom. In 2004, he deployed to Iraq to serve with a joint special operations task force in support of Operation Iraqi Freedom.

Peel and his wife Tanya have three children. His retirement plans include continuing to work for the government as a civilian at Fort Meade and pursuing his hobbies of fishing and hunting as well as spending time with his family.

**Susan K. Luckan**

Luckan began her federal career in 1969 as a chemist at Edgewood Arsenal. Her many accomplishments include serving as the first director of the International Office of the Chemical R&D Center at the U.S. Army Medical Research Institute for Chemical Defense and as chief of the International Programs and Technology Transfer offices.

In addition, she served as deputy chief, Army R&D Office at the U.S. Embassy in Paris, France, from 1996 to 2001, before returning to APG and ECBC as chief of the International Programs Office and Business Development Division.

Luckan is credited with establishing the first U.S.-United Kingdom-Canada Memorandum of Understanding for CB Defense. She retires with more than 37 years of service. A Baltimore native, she and her husband Richard reside in Fallston.

**Michael N. Campbell**

A Navy veteran from Baltimore, Campbell began his federal career in 1973 as a firefighter at the U.S. Naval Training Center in Bainbridge. He moved to the Veterans Administration as a firefighter at Perry Point in 1976, where he became a Safety Specialist before transferring to the Combat System Test Activity, now ATC in 1990 as a Safety and Occupational Health Specialist.

In addition, he served with the Harford County Volunteer and Emergency Medical Service for 33 years. He retires with more than 36 years of service.

Campbell holds a bachelor's degree from National-Louis University and a master's in administration from Central Michigan University.

He and his wife Diane reside in Havre de Grace.

**Elmer P. Pritchard Jr.**

Pritchard began working at APG in 1968,

and spent his entire career with ATC. He also worked on the APG Garrison's Installation Restoration program.

Pritchard retires from the ATC Plans and Operations Directorate as a mechanical engineering technician with 38 years of service. He said his retirement plans include a second career as a retired annuitant and spending time with his wife Karen, their two children and four grandchildren.

**Roberto H. Bonfante**

Bonfante retires as a product production engineer with ECBC after 28 years of service.

Born in Panama City, Republic of Panama, Bonfante moved to Chicago in 1967 where he completed engineering courses at the Illinois Institute of Technology after obtaining a bachelor's degree in science and chemical engineering from the University of the Atlantic in Columbia, South America.

He began his federal career as an intern at Red River Army Depot in Texarkana, Texas. In 1987 he transferred to APG where he remained until his retirement.

He said that his retirement plans include returning to school to earn a masters in physics.

Bonfante and his wife Sixta live in Abingdon.

**Dale D. Druyor**

Druyor began his 42-year career with the U.S. Marine Corps, serving from 1964 to 1968. His civilian career began at Edgewood Arsenal in 1968 as a munitions maker helper making \$2.68 per hour. He advanced to an engineering technician working with missile systems and munitions testing. Druyor is credited with helping to develop personal protective equipment for the Army and for the development and fielding of the Demilitarization Protective Ensemble (DPE) in the late 70s.

Since 1985 he has served as an engineering technician with the Life Cycle Management Office of the Project Manager for Chemical Stockpile Disposal.

Druyor has three children and seven grandchildren. He plans to spend time working on his coin collection, cars and motorcycle, and enjoying his grandchildren.

**David I. Haines**

Born in Chicago, Haines grew up on the road with his evangelist missionary family. After high school in New York he accepted an appointment to West Point. His Army career included several staff and command positions to include assisting in the development of the Bradley Fighting Vehicle in 1975.

A Vietnam veteran, Haines had to leave the Army after being diagnosed with Agent Orange-related cancer. He subsequently joined the APG civilian workforce, working at ATC as the demonstrations and briefing officer. Most recently he coordinated and oversaw Weapons and Operational Training for Reserve and National Guard units as well as the cadre of the

See RETIREMENT page 11

## APG News

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

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

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

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

### Staff

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# Community Notes

## SATURDAY

### MARCH 11

#### SUMMER ACTIVITIES & CAMP FAIR

Harford County Kids Magazine will host the 4th annual Harford County Kids Summer Activities and Camp Fair 6 at the Harford Mall 10 a.m. to 4 p.m. featuring exhibitors' summer activities and camps from Harford County and around the region. There will also be children's entertainment, demos, prizes and giveaways. For more information visit Web site, [www.harfordcountykids.com](http://www.harfordcountykids.com) or call 410-893-1511.

#### WHITE-TAILED DEER SURVEY

To help determine the deer population of Leight Park, the Anita C. Leight Estuary Center needs volunteers, ages 16 to adult, to conduct pellet (deer scat) counts on the trails. Program is from 10 a.m. to 1 p.m. Reservations required. For reservations or information call 410-612-1688 or 410-879-2000, extension 1688.

## SUNDAY

### MARCH 12

#### BEAKS AND BILLS

Why do birds have different shapes of beaks. Participants will try out some "beaks" to see if they can eat like them. The fee is \$3 for ages 5 through 10. The program runs from 3 to 4:30 p.m. Reservations required. For information, reservations or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

## SATURDAY

### MARCH 18

#### ANNUAL PRAYER BREAKFAST

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, are hosting a prayer breakfast from 9 to 11 a.m. Minister

Teresa Samuel, Zion Temple Apostolic Church, Havre de Grace, will be the guest speaker in preparation of the church's Annual Woman's Day program scheduled for March 26. A freewill offering will be taken. For more information, call 410-939-2267.

#### GRASSES TO THE MASSES WORKSHOP

Come learn about submerged aquatic vegetation and its vital role in the Bay ecosystem and then join in this restoration project. Participants, ages 16 to adult or 6 to 15 with an adult, will be asked to grow SAV at home, then return on June 24 with grasses in hand and plant them in the Otter Point Creek area. All equipment and training is provided. The program is free and runs from 10 a.m. to 1 p.m. Reservations are required. For information, reservations or directions, call 410-612-1688 or 410-879-2000, extension 1688.

#### BASKET BINGO

Basket bingo to benefit VFW Post 8185 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. No smoking is allowed. For more information or to purchase tickets, call Anne Gibson at 410-378-3338 or Kathy at 410-378-3594.

#### PRIZE BINGO LUNCHEON

The Pilottown Rod and Gun Club, located on Belle Manor Road, Conowingo, will hold a Prize Luncheon Bingo to benefit the Ladies Auxiliary to the Rod and Gun Club. Doors open at 11 a.m., bingo begins at noon. Tickets cost \$15 and includes paper packet for 20 games and lunch; extra packets cost \$5 each; Cost for children 10 years of

age and under is \$10 with no extra packets. Tickets are available at the door. Door prizes, refreshments, raffles and more will be available. All children must be accompanied by an adult. No smoking is permitted in the club. For more information or to purchase tickets, call 410-378-2221, 410-658-5628 or 410-378-0096.

## SUNDAY

### MARCH 19

#### BLUE BIRD BOX

Prepare for spring arrival of bluebirds by building a nest box. This fulfills a Cub Scout badge requirement. The fee is \$5 per box for ages 8 through adult. It is from 1 to 2 p.m. Reservations are required. For information, directions, or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

#### BASKET BINGO

Basket Bingo to benefit Boy Scout Troop 28 will be held 3 p.m., at American Legion Post 194, 336 E. Main St., Rising Sun. Cost is \$10 for 20 games. For more information call 410-658-3915, or E-mail [basketbingo@zoom-internet.net](mailto:basketbingo@zoom-internet.net).

#### BASKET BINGO

Basket bingo to benefit VFW Post 6027 will be held at VFW Post 6027, Route 272, Turkey Point Road, North East, Md. Doors open at 2 p.m., Bingo starts at 3 p.m. Tickets cost \$10 per person for all paper cards. Extra packs cost \$5 each. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is allowed.

For more information or to purchase tickets, call Anne Gibson at 410-378-3338, Jean Patterson at 410-398-7457, Trisha Reynolds at 410-278-6667, or VFW Post 6027 at 410-287-7817.

## TUESDAY

### MARCH 21

#### TOASTMASTERS MEETING RESCHEDULED

Susquehanna Toastmasters Club 3898, which usually meets on the second and fourth Tuesdays of each month, will meet on March 21 because of a scheduling conflict. The meeting will be held at the Top of the Bay at APG at 11:45 a.m. The club is open to anyone who wants to improve their communications, leadership, and listening skills while building self confidence and overcoming fear of public speaking.

For more information or directions, call Jesse Barber at 410-322-7748.

## Chapel Services *Holy Season schedule*

### Aberdeen Area

**Protestant Services**

Regular worship is Sunday, 10:15 a.m.  
 April 9, 10:15 a.m., Palm Sunday service  
 April 13, 7 p.m., Maundy Thursday Living Last Supper

**Latter Day Saints**

Regular worship is Sunday, 1 p.m.

**Gospel**

Regular worship is Sunday, noon

**Catholic services**

Regular mass is Sunday, 8:45 a.m.  
 March 22, 7 p.m., Stations of the Cross  
 April 5, 7 p.m., Stations of the Cross  
 April 9, 8:30 a.m., Palm Sunday mass  
 April 14, 7 p.m., Good Friday service  
 April 15, 8 p.m., Holy Saturday Vigil mass  
 April 16, 8:45 a.m., Easter Sunday mass  
 Sunrise service, 7 a.m. Fanshaw Field, hosted by Ordnance Center and Schools; all invited

### Edgewood Area

**Protestant Services**

Regular worship is Sunday, 9:15 a.m.  
 April 9, 9:15 a.m., Palm Sunday service

**Catholic Services**

Regular mass is Sunday, 10:45 a.m.  
 March 15, 7 p.m., Stations of the Cross

March 29, 7 p.m., Stations of the Cross  
 April 9, 10:45 a.m., Palm Sunday mass  
 April 13, 7 p.m., Holy Thursday mass, Washing of the Feet

April 16, 10:45 a.m., Easter Sunday mass

**Latter Day Saints**

Regular worship is Sunday, 10:30 a.m., in the Edgewood Conference Center, building E-4810.

**Jewish services**

April 13 through 20, Pesach (Passover)  
 Jewish worship services will be held at the Harford Jewish Center, Havre de Grace. For more information, e-mail [hjcmd@comcast.net](mailto:hjcmd@comcast.net).

**Islamic services**

April 11, Mawlid am Nabi (Prophet Muhammad's Birthday)  
 Islamic worship services will be held at the AM-NUR Foundation, 10012 Harford Road, Parkville, MD

For more information, call 410-663-9677.

**Eastern Christianity - Orthodox**

All Lenten and Holy Week services are celebrated one week after Western Christian feasts. Worship will be held at the Four Evangelists Ukrainian Orthodox Mission (John Carroll School on Route 22), Bel Air. For more information, call 410-588-5885.

## 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"**

**UNDERWORLD: EVOLUTION**

Friday, March 10, 7 p.m.

Saturday, March 11, 9 p.m.

Starring: Kate Beckinsale, Scott Speedman, Tony Curran, Bill Nighy

This movie continues the saga of war between the Death Dealers (vampires) and the Lycans (werewolves). The film traces the beginnings of the ancient feud between the two tribes as Selene (Kate

Beckinsale) and Michael (Scott Speedman), the lycan hybrid, must find the oldest immortal member of the vampire clan to explain the death of Viktor (Nighy) before the vampires and Lycans clash with each other. (Rated R)

**BIG MOMMA'S HOUSE 2 (FREE ADMISSION)**

Saturday, March 11, 7 p.m.

Starring: Martin Lawrence, Elton LeBlanc, Nia Long,

Michelle Parylak

Martin Lawrence returns as FBI agent Malcolm Turner, a master of disguise who again goes deep, deep undercover as the corpulent septuagenarian "Big Momma." To avert a national security disaster, Big Momma becomes a nanny housekeeper in the suspect's household - only to find him/herself becoming attached to the three children of the dysfunctional clan. (Rated PG-13)

# Commentary—Learning the DUI secret

Commentary by  
**JARETA COYLE**  
*Army Substance Abuse Program*

There is a secret to drinking and not getting a DUI (driving under the influence). By the time you finish reading this article, you will know that secret.

After fifteen years in the substance abuse prevention and treatment field, I often have seen people who don't understand how they could have gotten a DUI because they felt they had taken steps to prevent it.

First, you need to know that anybody can get a DUI in Maryland, and you don't have to be an alcoholic or problem drinker.

The level for legal intoxication is .08 percent Blood Alcohol Level (BAL) which means that it doesn't take but a couple of drinks in an hour and most people are at or over this level.

The choice of .08 percent is a good one because at this level 50 percent of the population will be impaired and unable to pass a field sobriety test, or FST. But, that also means that the other 50 percent will feel sober and be able to pass the coordination portion of a FST. The difference between the two groups is their degree of tolerance for alcohol.

Therefore, I think it's very important to educate people about the different types of tolerance.

Metabolic tolerance, for instance, occurs as the liver becomes more efficient at metabolizing alcohol. The

liver recognizes and treats alcohol as a toxin. One effect of heavy drinking is the stimulation of the liver to produce more alcohol dehydrogenase, the major enzyme responsible for the destruction of alcohol. As a result, abstainers will not be able to metabolize alcohol as quickly as moderate drinkers. And moderate drinkers will not be able to metabolize alcohol as quickly as heavy drinkers. This type of tolerance decreases the effects of alcohol in the practiced drinker.

In fact, chronic tolerance develops very quickly in human beings. In as little as a few weeks, habitual drinkers soon require an increase in their dosage of 30 to 50 percent to achieve the same euphoria they'd gotten on less alcohol earlier. This leads them to believe, when they don't feel "high," that they are sober enough to drink when in fact they may be legally drunk.

Acute tolerance, on the other hand, affects anyone who chooses to drink. Alcohol is one drug for which the body will develop tolerance during a single administration. This means that the effect of the alcohol is greater soon after intake as the blood alcohol levels are rising. So your lack of steadiness (or body sway) and slurred speed will be more pronounced as your BAL is rising. Later, when your BAL is falling, your body will have learned to compensate for the presence of alcohol and your symptoms may have disap-

peared.

For instance, you may have felt giddy and woozy at .08 percent and decided to quit drinking. Your BAL, however, will continue to rise after you stop drinking as your body continues to absorb the alcohol already ingested. Once it peaks, your BAL will start to drop. You may then begin to feel perfectly sober at .10 percent or more, leading you to think that you've sobered up when in fact all you've done is developed acute tolerance to the physical affects of the alcohol.

In one study done with college students, subjects appeared very intoxicated at .15 percent BAL, but while their BAL was falling, they later appeared sober at levels as high as .20 percent. It is a case of your body tricking you into feeling sober even though you are legally drunk.

On the other hand, some effects of drugs and alcohol never show tolerance.

For instance, the ability of morphine to constrict the pupils of the eyes shows no tolerance, no matter how long the drug has been taken. The same is true for visual nystagmotic and alcohol. The eyes never develop tolerance for alcohol and will exhibit nystagmotic at elevated BAL levels no matter how practiced or professional a drinker you are. Hence the field sobriety test now includes a visual nystagmotic test. Before its introduction, approximately 25 percent of intoxicated drivers stopped were able to pass the

FST and were released.

The bottom line is, you can't trust your body to tell you if you are safe to drive after you've been drinking. 'It will lie to you.'

The secret to drinking and not getting a DUI is to not drive if you've had more than two drinks in one hour. Use a designated driver for your safety, for the sake of your career and for others' safety. And if you are out and about on your own, remember, 'you' are the designated driver. . . for yourself.



# 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](http://www.apgmwr.com). Unless otherwise stated, bus trips depart from the Best Western, Vitali's in Edgewood.

### Washington Wizards vs Charlotte Bobcats

The MWR Ticket and Leisure Travel Office has a limited number of tickets available for the March 15 game at the MCI Center in Washington D.C. The game begins at 7 p.m. and tickets cost \$36.

### National Aquarium in Baltimore price increase

The MWR Ticket and Leisure Travel Office will continue to sell National Aquarium tickets for adults at \$17, active duty for \$14 and children \$9.25 through Feb. 24 and they will be accepted for entry in 2007. The new tickets will not be available until March 13. For more information, contact the travel office at 410-278-4907/4011.

### A day in Washington

On March 23, spend the day in Washington, D.C. touring the National World War II Memorial. After the memorial, enjoy lunch at Two Quails Restaurant located on

Victorian Capitol Hill followed by a visit to the National Museum of the American Indian. The cost is \$65 and includes roundtrip transportation and lunch.

### Bowling lessons

Learn the basic fundamentals of bowling on Saturdays, 11:30 a.m., March 18 through April 8. These classes will teach bowlers how to hold the ball, where to stand on approach and the basic four-step approach. The class is open to children ages 6 to 18.

### Piano lessons

Thirty-minute lessons will be held 2 to 7:30 p.m., March 17 through June 9 at the Aberdeen Youth Center. Space is limited, register before March 14. Students will be responsible for purchasing the required books for the course as recommended by the instructor.

### NASCAR at Dover Speedway

There are a limited number of tickets available for members of the military community for the June 4 race. Seats are first-come, first-serve and cost \$86. Tickets are also available for the Busch series race on June 3 at Dover International Speedway for \$37.

### NASCAR Busch Series Night Race

Tickets are available for The Circuit City 250 at Richmond International Raceway May 5. Tickets cost \$28, and the Party Zone package is \$88. The ticket to this event includes NASCAR

Nextel Cup Series practice and qualifying which takes place prior to the race. Children 12 and under are free in general admission sections. The Party Zone package is a hospitality package that includes a pre-race pit pass.

### White House tour

Just in time for cherry blossom season, this May 13 visit to Washington D.C. includes an escorted tour of the White House and a visit to the World War II Memorial, as well as free time to visit other sites. The trip will depart at 6:30 a.m. and costs \$30. Space is limited.

### Horse care, stable management class

The class will teach grooming, feeding, foot care, safety procedures, stall preparation, pasture management, saddle and bridle training. Classes will be held 10 to 11 a.m., April 8 and 15. Children under 12 will receive a free pony ride after the class on April 15.

### Swan Lake

The Lyric Opera House is hosting a production of Matthew Bourne's Swan Lake 8 p.m., May 13. Bourne has created a passionate and contemporary Swan Lake for the times. Bourne's production has won more than 30 international theatre awards, including three Tony Awards. This production is powerful, provocative and original. This is its 10th anniversary season. Tickets are available through MWR Registration for \$70.

### Riverdance

Riverdance is the interna-

tionally acclaimed celebration of Irish music, song and dance. This production returns to the Lyric Opera House 2 p.m., May 20. Tickets are available through MWR Registration for \$65.50.

### The Lion King on Broadway

On May 27, watch as giraffes strut, birds swoop and gazelles leap. The entire plateau comes to life, as the music soars and Pride Rock slowly rises out of the stage. This is "The Lion King." Marvel at the breathtaking spectacle of a blaze of fabulous imagination. Thrill to the pulsating rhythms of the African Pride Lands and an unforgettable score including Elton John and Tim Rice's Oscar-winning "Can You Feel the Love Tonight." Before the show, there will be time to shop and explore in New York City. Tickets are \$175 and the seating is limited.

### A day in NYC

Enjoy the day in New York City April 8. There is no set agenda--see a show, shop, sight see or just relax in the park. The bus will leave at approximately 8:15 a.m. and return around 10 p.m. The cost is \$39 and space is limited.

### African-American heritage tour

This 85-minute walking tour highlights the African-American Heritage of Cape May through architecture, stories and photos. After the tour, enjoy lunch at Yesterday's Heroes. Then onto a trolley tour of Cape May's Historic District. Browse the colorful shops of the quaint outdoor Washington Street Mall searching for antiques, unique

crafts, clothing and creative jewelry. The trip costs \$85 and will leave at approximately 6:50 a.m. on April 23.

### Ringling Brothers and Barnum & Bailey Circus

'Ladies and Gentlemen, come see the Greatest Show on Earth.' Tickets are available for shows through March 19 at 1st Mariner Arena Baltimore. Tickets are \$17.25.

### APG MWR Web site offers shopping discounts

APG's MWR Web site has added a new section titled "Affiliate Discounts," where a customer can find discounts on pet supplies, car accessories, rental cars, home or office supplies, lifestyle, travel or leisure. Whether looking to rent a car or trying to send a fruit basket to someone, the options are online at [www.apgmwr.com](http://www.apgmwr.com).



### 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 fiction titles available at the APG MWR Library:

#### At Canaan's Edge: America in the King Years, 1965-68 by Taylor Branch

Moving from the protest at Selma to his 1968 assassination in Memphis, Branch gives us not only the civil rights leader's life but also the rapidly changing pulse of American culture and politics.

**Jawbreaker: the attack on Bin Laden and Al-Qaeda: a personal account by the CIA's key field commanders** by Gary Berntsen  
Berntsen's story is a comforting reminder that underneath the ponderous and bloated Washington intelligence bureaucracy, there are still doers and risk-takers who fear neither Washington bureaucrats nor al Qaeda - and are eager to get in harm's way.

**Courage after Fire: coping strategies for troops returning from Iraq and Afghanistan and their families** by Keith

Armstrong

Includes information on: reconnecting with loved ones, combating war reactions, returning to work and community, and resources to help with readjustment

**Bodies We've Buried: inside the National Forensic Academy, the world's top CSI training school** by Jarrett Hallcox

This is a behind-the-scenes look at the ten week course that discloses the uncensored, horrid - and often humorous - realities of burial exhumations and the detailed art of forensic science.

**Explorers: the most exciting voyages of discovery - from the African Expeditions to the Lunar Landing** by Andrea De Porti  
Each of the 53 expeditions is described in detail, often with excerpts from personal diaries, and brought to life with rare archival photographs, maps, prints and drawings.

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

### SCHOOL LIAISON

## Applying for the Bernard Curtis Brown II Memorial NASA Space Camp Scholarship

The Bernard Curtis Brown II Memorial NASA Space Camp scholarship gives military-connected children the opportunity to have an extraordinary experience which brings together the worlds of service, science, and learning.

NASA Space Camp is a place where children come together for a journey they will never forget, learning about astronauts and space travel, and developing bonds of friendship. This is a microcosm of the life of military children. They travel, they learn, and they quickly bond into friendships that many times last for life.

It is fitting then that the Military Child Education Coalition™ has created a Space Camp scholarship in memory of one of its brightest and finest children, Bernard Curtis Brown II. Bernard, the 11-year-old son of Chief Petty Officer and Mrs. Bernard Curtis Brown, was killed on Sept. 11, 2001, when the hijacked airliner on which he was a passenger, crashed into the Pentagon in Washington, D.C. At the time, he was on his way to California to represent his school at a National Geographic event.

To apply, send completed application to Military Child Education Coalition™, 108 East FM 2410, Suite D, Harker Heights, TX 76548. Application deadline is April 1.

#### Scholarship information

Funded by the Military Child Education Coalition™, the scholarship covers full



tuition including meals, lodging, program materials, and transportation (from student's home base to Space Camp and back).

#### About Space Camp

U.S. Space Camp is a five-day program that shows youngsters firsthand what it takes to be an astronaut. Activities include simulated Space Shuttle missions, training simulators, rocket building and launches, scientific experiments, and lectures on the past, present and future of space exploration.

Offered in Huntsville, Ala., Space Camp takes a unique, fun and hands-on approach to learning outside the classroom — and students leave with a greater appreciation for school and their studies.

For eligibility requirements and an application, visit their Web site at [www.space-camp.com](http://www.space-camp.com).



Photo by BUCK PUGH

Sgt. 1st Class Lester Daniels of Company C, 16th Ordnance Battalion, completes a successful lift on the way to winning the sub-masters heavyweight division in the intramural benchpress competition Feb. 25.

## Intramural benchpress competition results

The following are the results from the intramural bench press competition as received from the MWR Sports Office. For inquiries regarding statistics contact Donna Coyne at 410-278-3929.

#### Team awards

First place, USMC  
Second place, Company C 143rd  
Third place, 20th Support Command

#### Best overall lifters

Male, Matt Long, DLES, 485 pounds  
Female, Margaret McLean, civilian, 175 pounds

#### Military men

**132-pound division**  
Champion, Jose Reyes, USMC, 185 pounds  
**148-pound division**  
Champion, Joseph Gandy, Company C 143rd, 175 pounds  
Runner-up, Jose Charvira, MRICD, 165 pounds  
**165-pound division**  
Champion, Aaron Enns, USMC, 265 pounds  
Runner-up, Joshua Koontz, USMC, 255 pounds  
**181-pound division**  
Champion, Johnathan Crisp, 20th Support Command, 265 pounds  
Runner-up, Eric Zachariansen, Company E 16th, 260 pounds  
**198-pound division**  
Champion, Edgar Estrada, USMC, 295 pounds

Runner-up, Jeremy Villareal, USMC, 250 pounds  
**220-pound division**  
Champion, George Sandifer, HHC 16th, 315 pounds  
**242-pound division**  
Champion, V. Cantu, USMC, 350 pounds  
Runner-up, Chris Henry, Company C 143rd, 235 pounds  
**Sub-masters heavyweight division**  
Champion, Lester Daniels, Company C 16th, 235 pounds  
**Masters middleweight division**  
Champion, Barry Lowe, 20th Support Command, 275 pounds  
Runner-up, Rodney Harris, HHC 16th, 180 pounds

#### Civilian men

Lightweight champion, Daryl Releford, 265 pounds  
Lightweight runner-up, Daricus Releford, 265 pounds  
Heavyweight champion, Matt Long, 485 pounds  
Heavyweight runner-up, Ken Davis, 315 pounds

#### Civilian women

Champion, Margaret McLean, 175 pounds



## Patients and KUSAHC: 'Patient Safety, one team – one goal'

Story by  
**MARIE E. CONSTANTINEAU**  
KUSAHC

Kirk Army U. S. Army Health Clinic is committed to providing patients with the highest quality care in the safest and most effective manner possible.

"It is our privilege to serve you," said Jan Spellman, patient advocate.

KUSAHC works to address key questions asked by patients regarding their care: "Will I be safe?" "Will I receive effective treatment?" "Will I be satisfied?"

"Our goal is to make sure the answer to all these questions is 'yes,'" Spellman said. "Your safety is central to every aspect within our organization including physicians, management, volunteers and staff throughout the clinic."

### Preventing medical errors

Every patient that is having blood work or radiology testing done, is asked by a staff member to confirm their name and birth date before any procedure is performed. Every patient scheduled for a procedure, will be asked to confirm the proper location.

Physicians are beginning to use a new computer system that will transmit all clinic visits and medical orders, greatly reducing the risk of human error. If a provider needs to communicate any orders regarding a patient's care over the telephone or verbally, a nurse will immediately write down each order and read it back, to confirm its accuracy before it is carried out.

KUSAHC has limited the number of abbreviations that are acceptable for use. Abbreviations that have been shown to cause frequent errors (nationally) are not used.

At each clinic visit, the patient's medication list will be reviewed and updated to make sure KUSAHC has the most current list. This process will help to prevent medication errors.

Extra precautions are being taken to keep work areas where nurses and pharmacists prepare medications clean.

Providers, nurses, and other caregivers clean their hands with a disinfectant soap or hand gel before and after physical contact with any patient.

"Please let us know if something seems unsafe or you see something that we can do better," Spellman said. "We welcome your concerns and questions and encourage you to express them to your doctors, nurses and other staff as they will know who to contact to correct the situation."

### Patients, staff work as team

"Teamwork is the key and we want every staff member, visitor, patient and family member to be a part of our Patient Safety Program Team," Spellman said. "This means taking part in every decision about your health care."

Every patient and every health care provider – the entire health care team – is responsible for ensuring patient safety and quality.

### Becoming a team player

The single most important way a patient can help to prevent errors is to be an active member of their health care team. This means taking part in every decision about personal care. Patients should feel free to talk to their doctor or nurse about any health concerns. All questions are welcome. Ask questions if something is not understood. If questions are thought of when not at the health provider's office, write them down to ask them later.

Doctors should know all the medications a patient is taking. This includes all prescriptions, over-the counter medicines, and dietary supplements such as vitamins and herbs, currently being taken. Keeping personal records up-to-date ensures better quality medical care.

"We can provide a copy of your current medications to assist you," Spellman said.

### Throw away expired medications

Make sure the doctor knows about any allergies or reactions to drugs the patient or patient family member might have. This is critical for avoiding medicines that can harm the patient.

"When a doctor gives you a prescription and when you pick up the medicine, insist that written information about your medicines be given in

terms you can understand. This will help to prevent any medication errors. If in any doubt – ask questions," Spellman emphasized.

Prior to leaving the doctor's office, ask the doctor to explain the treatment plan to follow at home. Patient should make sure they understand the plan and can do any follow-up at home with confidence. Question anything that seems unusual or different from previous experience. Ask for written instructions that can be read and understand at home.

### Speak up with any questions or concerns

"You have a right to question anyone involved in your medical care," she said.

"Make sure all health professionals involved in your care are aware of important health information about you. Do not assume that everyone knows everything that they need to know."

Ask a family member or friend to be an advocate.

"If you think you will need help, ask someone to help get things done and speak for you if you cannot," Spellman said.

Learn about diagnosed condition and treatment by consulting the doctor, nurse and other reliable resources for medical information. Studies have shown that patients who educate themselves about their medical conditions live happier, healthier lives.

Help prevent the spread of germs. Be aware that hand washing is the best way to prevent the spread of germs. Practice good personal hygiene. Don't hesitate to remind medical staff to wash hands or wear gloves before examinations.

Get vaccinated if appropriate. Flu and pneumonia vaccines can help prevent illnesses in elderly and high-risk patients.

"Partner with your health care providers to increase your well-being and learn more about staying healthy," Spellman said.

"Understanding builds partnerships and improves patient safety."

For additional patient safety information, visit [www.npsf.org](http://www.npsf.org).

## MyPyramid replaces Food Guide Pyramid

Story by  
**CAPT. SHANEKIA CAIN**  
KUSAHC

Agriculture Secretary Mike Johanns unveiled MyPyramid, a new symbol and interactive food guidance system.

"Steps to a Healthier You," MyPyramid's central message, supports President Bush's HealthierUS initiative which is designed to help Americans live longer, better and healthier lives. MyPyramid, which replaces the old 'Food Guide Pyramid', encourages a healthy diet by suggesting that people eat a variety of foods from five major food groups taking into consideration a person's age, gender, and current activity level.

The emphasis is on consuming more whole grain foods, vegetable oils, fruits, vegetables, lean meats and participating in regular physical activity. The new guidelines are tailored for individuals.

Starting and maintaining a healthy diet, including a healthy body weight and activity level, can be done by making some small changes. It helps achieve a healthier day-to-day living and helps prevent many chronic diseases.

Eating a variety of healthy foods, such as fruits and vegetables (five to nine servings per day), provides a wonderful range of vitamins and minerals needed for energy, performance and protec-

tion from certain diseases.

Also, consume adequate amounts of water daily. Water is the number one ingredient for a



healthy body on the inside and plays the lead role in maintaining a healthy diet. The recommendation is eight to 10 glasses of water in a day. Risks for such diseases as cancer, heart disease, stroke, diabetes and Alzheimer's can be lowered by practicing a healthy diet.

Cholesterol and high blood pressure can also be maintained and prevented with good nutrition-

al habits. Good habits include eating food low in saturated fat, getting regular exercise, limiting alcohol, not smoking and maintaining a healthy weight.

In order to maintain a healthy weight, consider eating a variety of foods and choosing healthy preparations and amounts. It is important to learn how certain ingredients and the way food is prepared can add unwanted saturated fat and cholesterol to foods. Use herbs, lemon juice, fresh ginger and garlic, and sprinkle buttered flavor instead of regular salt and butter in seasoning foods to keep fat content low. Cooking methods such as baking, broiling, roasting, steaming, and grilling will also produce lower saturated fat levels.

USDA guidelines suggest eating smaller, more frequent meals throughout the day and not eating within two to three hours of bedtime. Pay attention to serving sizes and calorie content on food labels and packaging to ensure daily needs are met and not exceeded.

For more information on a healthy diet, talk with a physician or consult a nutritionist. TRICARE beneficiaries can contact Community Health Nursing at Kirk U.S. Army Health Clinic.

Additional resources are available at [www.mypyramid.gov](http://www.mypyramid.gov) and [www.healthnetfederalerservices.com](http://www.healthnetfederalerservices.com).

## POST SHORTS

in heavy division categories must also carry a 35-pound rucksack.

A new route has been added to this year's event. Participants entering the Bataan Memorial Death March may choose between the Green route, the full 26.2 Bataan Memorial Death March or the new Blue route is approximately 15 miles in length. Awards will be presented to the top two finishers in each Green route category. No awards will be presented for participants in the Blue route.

Cost is \$45 for individuals and \$192 for a five-person team.

Deadlines are March 11 for entry forms received by mail and March 19 for on-line registration.

Registered participants will receive a commemorative T-shirt, a commemorative timing chip, a dog tag and certificate, pre-event continental breakfast and post-event meal.

For more information or to register on-line, visit [www.bataanmarch.com](http://www.bataanmarch.com) or [http://www.active.com/event\\_detail.cfm?event\\_id=1273906](http://www.active.com/event_detail.cfm?event_id=1273906), or E-mail [bataan@wsmr.army.mil](mailto:bataan@wsmr.army.mil).

### Blue Cross visits APG

The APG Advisory Center has made arrangements for a claim representative of the Service Benefit Plan Blue Cross/Blue Shield to visit March 14, 9 to 11:30 a.m. in building 305, room 236, and 12:30 to 1:30 p.m. in building E-4811 (Seminar Area of Conference Center) to discuss claim problems and plan coverage. No appointment is necessary.

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

### Recruit the Recruiter briefings

Two Recruit the Recruiter briefings will be held 10 a.m. and 1:30 p.m., March 14, at the Post Theater.

The briefings will present the challenges, benefits and opportunities of recruiting duty. Attendance by all specialists through sergeants first class is highly encouraged. This briefing in no way obligates Soldiers for recruiting duty. A personal interview following each briefing will determine

qualifications.

The rewards for recruiters are many. Volunteers have the option of selecting three companies within the Recruiting Command under the New Assignment Incentive Program.

Not only can Soldiers earn the Recruiter Badge, sergeants and staff sergeants who earn the Recruiter Ring during their 36-month tour are also eligible for meritorious promotions. Recruiters also receive special duty pay upon assignment to a recruiting battalion.

For more information, call Master Sgt. Elijah Mobley at the Post Retention Office, 410-306-2054.

### Scholarships available

The Military and Civilian Spouses' Club will be administering two scholarships this spring for the 2006-2007 academic year. The First Command Educational Foundation Scholarship is \$1,000 awarded to college-bound high school and college enrolled in programs lead-

ing to undergraduate degrees. This scholarship opportunity is open to both civilian and military applicants.

In addition, the club administers MCSC Scholarships in four categories: high school seniors, current undergraduate students, current graduate students and non full-time certification, continuing education and technical program students. All applicants must either be an MCSC member or the dependent of an MCSC member. Applications for all scholarships are available from the MCSC web site at [www.apgmcsc.org](http://www.apgmcsc.org) and must be postmarked no later than April 1. For details see web site or call 410-297-8767.

### KWVA chapter seeks members

Chapter 271 of the Korean Wars Veterans Association, KWVA, is looking for a few good members. Korean War veterans or any service member who has served in Korea is encouraged to attend the monthly meetings to learn about the latest goings on in the state and federal legisla-

tures regarding veterans' benefits, to participate in community service projects, and to enjoy the camaraderie of fellow veterans.

Group members meet at VFW Post 10028, the fourth Tuesday of each month at 7 p.m.

For a membership application or more information, contact Nick Guerra, chapter president, at 410-272-0458.

### NMFA summer camp program announces sites

The National Military Family Association announces its 2006 Operation Purple Summer Camp sites. NMFA developed this free summer camp program in response to the need for increased support for military children, especially those whose parents are or will be deployed.

Registration begins March 15 and ends May 1. Applications will be available beginning March 15 on the NMFA Web site, <http://www.nmfa.org/site/PageServer> along with a list of campsites.

# AAFES matches lower prices

## Price guarantee lasts 30 days

AAFES

Since they were established in 1895, the military exchanges' mission has essentially been the same: provide necessary merchandise and services to the military.

While the retail landscape has changed dramatically over the past 110 years, PXs and BXs of the Army & Air Force Exchange Service are constantly seeking initiatives that meet the needs of troops and their families in the most affordable manner possible.

"Maintaining the strength of the exchange benefit in today's competitive retail environment is no easy task," said AAFES' chief of Corporate Communications Lt. Col. Debra Pressley. "It is only through proactive surveying and review that we can ensure that AAFES prices are routinely lower than the competition."

Even with consistent monitoring, AAFES found it necessary to institute a program that would ensure that, in the event AAFES doesn't have the lowest price, authorized customers always receive the best price.

Today's 'We'll Match It!

effort works in two ways. First, if customers see a price differential of less than \$10, they can tell the cashier who will match it on the spot.

Customers who report a price difference of greater than \$10 dollars need only to bring a current local competitor's ad to receive the reduced price.

In either case the competitor's item, of course, must be identical to the item in the AAFES store.

"AAFES is committed to having low prices," Pressley said. "'We'll Match It!' is simply our last line of defense.

After AAFES conducts national surveys and associates from the store level compare local prices, the customer has this program to make sure no one missed anything."

'We'll Match It!' promotes AAFES as a price leader with a pledge that retail stores will match competitors' current, local price on any identical stock assortment.

In addition to this same-day pledge, AAFES also offers a 30-day price guarantee on any item originally purchased from AAFES and subsequently sold at a lower price by AAFES, or

another local competitor (excluding unauthorized dealers and warehouse clubs).

Since AAFES does have a dual mission to provide quality merchandise and services at competitively low prices and generate earnings to supplement Morale, Welfare and Recreation programs, there are exceptions to the 'We'll Match It!' program.

Except for the Exchange Catalog and aafes.com, stores cannot accept challenges from any catalog or Web site.

Other exclusions include "gimmick" promotions, warehouse clubs, special order automotive parts, gasoline, automotive labor/service, double and triple coupons, clearance items, flat percentage-off items and vending items.

'We'll Match It!' is available every day of the year exclusively at AAFES facilities around the world. Purchases from the Exchange generate funds for much needed MWR programs.

In 2004, AAFES contributed more than \$242 million dollars to MWR in support of youth activities, outdoor recreation, bowling facil-

ities and other quality of life programs on military installations worldwide.

## Retirement

From page 2

U.S. Army Ordnance Center and Schools.

Haines obtained his law degree in 1990 and is qualified to practice law in Maryland, Pennsylvania, the District of Columbia and Federal Court, Fourth Circuit.

He was a mediator for the Federal Executive Board in Baltimore and co-chairman of its Alternate Dispute Resolution Committee.

He presently serves as an APG Equal Employment Opportunity counselor.

Haines retires with 27 years of service.

### Joseph J. Biondo

An Army veteran from Baltimore who separated from the military after four years, Biondo began his career in 1981 after 20 years with private engineering firms.

He served with the U.S. Army Chemical Research Development and Engineering Command which later became RDECOM, then with the Product Assurance Directorate and the Quality Evaluation Laboratory.

He retires with 25 years of service.

He said his plans for retirement include more time for skiing, golf, bicycling and relaxing.

### Ernest J. Cramblit

A native of Saint Paul, Minn., Cramblit enlisted in the Army in 1957 and served for three years in Korea and at Fort Riley, Kan.

He returned to the military after a short break and went on to complete a career that included a tour in Vietnam and ending at APG.

He took a position as a civilian security guard with the Directorate of Law Enforcement and Security in 1978.

Cramblit retired with more than 44 years of service in November 2005.

He and his wife Renee reside in Joppa. They have four sons, 12 grandchildren and one great-granddaughter. Cramblit said he plans to do some traveling and possibly move to the south Midwest.