

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for Nov. 29, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Thanksgiving weekend gate hours

There will be reduced gate operations at Aberdeen Proving Ground for the Thanksgiving holiday.

The Harford Gate (Route 22) in APG North will close 10 p.m. on Wednesday, Nov. 22, and the Wise Road Gate in APG South will close at 8 p.m.

The Maryland Gate in APG North and the Route 24 Gate in APG South will be open throughout the holiday weekend.

The Harford Gate and the Wise Road Gate will reopen at 4 a.m., Nov. 27.

Thanksgiving Day refuse pickup schedule

The following changes will be made to the refuse collection throughout family housing:

- Nov. 22 - Recycling
- Nov. 23 - No pickup
- Nov. 24 - Patriot Village

Garrison unit holds coat drive

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

Coats, winter clothing and food items can be dropped off at Army Community Service building, the Post Chapel, the Commissary, Top of the Bay, and in buildings 4305 and 305.

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

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

CDC, CYS opens for special hours

For those parents who want to get a jump on their holiday shopping, APG North Child Development Center and Youth Services will be open 1 to 8 p.m., Dec. 2 and APG South

See **SHORTS**, page 5

361st Air Force Squadron conducts Wingman Day



Story and photos by **ANDRICKA THOMAS HAMMONDS**
OC&S Public Affairs

The 361st Air Force Squadron Detachment 1, U.S. Army Ordnance Mechanical Maintenance School, participated in the Air Force's Wingman Day Nov. 9.

"Wingman Day" is an Air Force-wide designation meant to emphasize unit accomplishments, build camaraderie and teamwork, discuss stressors and reemphasize support services on post available to Airmen.

"Wingman Day, for us, imprints upon our young troops the importance of taking care of each other," said Air Force Maj. Benjamin Stapera, detachment commander. "It enables the Air Force to maximize on its capabilities through developing the strongest team possible."

The day is set aside to focus on taking care of fellow Airmen and to ensure a better accomplishment of the mission, Stapera said. It is about creating a safe, secure, supportive and respectful environment for Airmen.

A 'wingman' is similar to the notion of a 'battle buddy' in the Army.

"It's good to get together for morale purposes," said Airmen 1st Class Austin Putnam, metals technology student. "It helps noncommissioned officers and Airmen communicate, which makes for a better class environment."

The Airmen started the day with physical training games, followed by watching the movie "Band of Brothers" at the Post Theater. Post organizations like the Automotive Craft Center, Recreation Center and the Leisure and Travel Office briefed Airmen about the services they offer.

"We're a detachment of blue in a sea of green," said Stapera of his small detachment of about 120 student and permanent party personnel.

Working in a joint environment, Stapera said he thought it was important for the students to tour the Ordnance Museum to learn about the history of the Army.

"As we get closer to a joint force, the purple force, it's important to know about the other services, especially since Air Force history begins with the Army's history," Stapera said.

Airmen learned about the beginnings of the Army Air Corps and the weapons of the past. They were given a tour of the museum, paying close attention to the evolution of different types of weaponry over the years, from swords to modern-day fire arms.

"Visiting the museum helps reunite the Air Force and Army roots for us young Airmen," said Airman Steven Moppert, auto body student.

After the museum visit, Airmen spent the remainder of the day on the obstacle course concentrating on teambuilding exercises.

"The obstacle course was fun," said Tech. Sgt. Donald Johnson, flight chief of Military Training. "It was a great opportunity to work with the Airmen on their leadership skills in a relaxed environment."

Johnson said he hopes that after Wingman Day, his Airmen understand the concept of being a 'wingman,' and feel comfortable enough to seek help, either from their peers, or from leaders in their command.

Airman 1st Class Drew Stewart, aircraft metals student with the Air Force 361st Squadron Detachment 1, U.S. Army Ordnance Mechanical Maintenance School, climbs the rope while participating in the Leadership Reaction Course. This exercise was one of three designed to facilitate teambuilding Nov. 9, as part of Wingman Day activities.



From left, Airman 1st Class Drew Stewart and Airman Basic Steven Moppert, both students with the 361st Air Force Squadron, U.S. Army Ordnance Mechanical Maintenance School, Tech. Sgt. Donald Johnson, flight chief of Military Training, and Master Sgt. Donald Mason, 1st Sgt., work together during a teambuilding exercise as part of the Leadership Reaction Course. The exercise is designed to get an injured Airman across a gorge over a body of water using each other as resources.

CFC helps United Way agencies



Photo courtesy of United Way

The United Way brings people together to focus on key problems and issues and invests in solutions to improve lives in Cecil County. Only \$34 per week will pay for one child to attend an after-school program.

Story by **YVONNE JOHNSON**
APG News

The United Way of Cecil County is one of hundreds of charitable organizations listed in the 2006 Combined Federal Campaign Contributors Guide.

The Aberdeen Proving Ground CFC chairman, Mikey Graziano, and assistant chairman, Peter Leon Guerrero, invited representatives from the United Way of Cecil County to spread the word about their organization during the APG Newcomers Briefing at the Post Recreation Center Nov. 15.

"A donation to #3049 in your contributors guide supports 32 local health and human services agencies that provide programs to meet the most pressing needs in Cecil County," said Robin Spurdle, UWCC executive director.

Spurdle said that a needs assessment conducted in 2005 identified the need for more activities for children, and programs focused on helping families become stronger and giving seniors fuller lives.

"Agencies under the United Way umbrella include the ARC, Northern Chesapeake Region; the Cecil County Men's Shelter, Women's Shelter and Special Olympics; as well as programs such as Meals on Wheels and adult daycare centers,"

Spurdle said.

"A volunteer board oversees all volunteer activities in these non-profit, grassroots organizations," Spurdle said, "and we also support agencies that support other programs."

She said the interest was high among attendees and thanked the APG CFC team for inviting them to the program.

"We had a lot of inquiries and answered a lot of questions today," she said, "especially from residents of Cecil County."

Guerrero thanked Spurdle and said that APG's 2006 CFC campaign is going well thus far.

"This was a great opportunity for them to share the knowledge with our Soldiers and civilians," he said. "A lot of people have asked questions and shown interest."

"The CFC campaign is just starting and we are already at \$170,000 dollars in contributions," he added. "But we're keeping at it. We've still got key workers out there working hard to get those pledges so we can meet our goals."

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

Army increases weight limit for females

Story by **MICHELLE L. GORDON**
Army News Service

Weight limits for female Soldiers have changed to incorporate current research regarding differences between male and female body types.

The change allows most females to weigh 5 to 19 pounds more under Army Regulation 600-9, "The Army Weight Control Program," which establishes guidance for body-fat standards within the Army.

The previous version of the regulation was last updated 17 years ago.

"Training NCOs were telling us they had been needlessly taping female Soldiers," said Hank Minitrez, public affairs officer for the Army G-1 Human Resources Policy Directorate. "It seems women were failing the weight portion of the test, but they were well under the maximum body-fat percentage allowed for their age group. In fact, we found that more than half of all female Soldiers who were taped did not need to be."

A team of Army and civilian physicians and scientists was appointed to find a better way to measure body fat in women, who carry weight differently than males, Minitrez said.

"We took their findings and changed the screening weight table for female Soldiers. The screening table weight is the maximum you can weigh before you have to be taped or tested for body-fat percentage," he said.

Instead of being taped at the wrist, forearm, neck and hips, females will now be taped around the abdomen, neck and hips.

"Measuring the abdomen will give a more accurate portrayal of a female Soldier's body-fat percentage,"

Minitrez said. "We don't want fat Soldiers, we want fit Soldiers. The tape test is still going to help determine body-fat and fitness levels compared to lean muscle-mass levels."

Repercussions for Soldiers failing to meet Army weight standards remain unchanged. They will still be enrolled in the Army Weight Control Program, through which Soldiers seek counseling from a nutritionist on eating properly and incorporating exercise into their daily routines. They must also receive a blood test from their local military treatment facility to rule out medical problems.

Enrollment in the program does not prohibit a Soldier from deployment, but it does prevent positive actions such as awards or attendance at professional development schools.

"The program is designed to assist Soldiers in creating a healthy, fit lifestyle that the Army requires in a time of war," Minitrez said. "We want all of our Soldiers to be Army Strong."

The revised AR 600-9 was published Sept. 1 and implemented Oct. 2, but Army leaders decided to give active-duty and reserve component Soldiers a six-month transitional period. March 31, 2007, is the mandatory effective date.

"This revision didn't happen overnight," Minitrez said. "Researchers have been working for at least a decade to determine if current systems of measuring body fat were the best systems out there. Research is always ongoing and the Army, just like any other agency, has to keep evolving and using the latest data available - whether it's with equipment, technology or in this case, medicine."

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Normandy film remembers lost warriors



Story by
YVONNE JOHNSON
APG News

Unlike people, the story of the Normandy invasion, which has been told countless times since that fateful day of June 6, 1944, never gets old. And with each re-telling comes a deeper understanding of words like 'courage' and 'sacrifice.'

More than 1,500 World War II veterans die each day, according to the U.S. Department of Veterans Affairs, many of them survivors of the fabled invasion, and with their loss America loses priceless personal recollections of one of history's most important battles.

Mindful of what could be forever lost to future generations, a Colorado film maker whose quest to document stories from as many Normandy survivors around the country as possible, has resulted in the film, "Lest They Be Forgotten," a documentary of the event, told by those who lived it.

Conceived of and directed by Larry Cappelto, the film made its Maryland debut at American Legion Post 39 in Bel Air before an audience of representatives from nearly every Veteran Service Organization in Harford County Sept. 20.

"For the past several years I've been documenting and recording stories from America's greatest generation," Cappelto told the audience. "I've made it my mission to find and record these stories before it's too late."

He called the film a "personal tribute and a thank you to the men and women who served this country faithfully more than 60 years ago."

"Our young people need to know first hand the sacrifices that have gone before them to help secure the freedoms we all enjoy," he said.

The evening's hosts included retired Navy Lt. Ed T. Kreiner, president of the Harford County Commission on Veterans Affairs and McComas Funeral Home family members, who financed the event.



Howard McComas IV, who along with his siblings invited Cappelto to Maryland after viewing the film, said that the family thought presenting it to the community would be a good way to show their appreciation to local veterans.

"We are so used to working with veterans and their families, and unfortunately it's under less than happy circumstances," McComas said. "This is our way of honoring and paying tribute to them. We think this film captures the element of their sacrifice."

Kreiner thanked Post 39 for the use of the facility and the McComas family who approached him about "bringing this film to our community."

"This is not a marketing venture," Kreiner said. "This is a salute from those who work so closely with our veterans and their families."

Also in attendance was Harford County Executive David Craig, who asked the audience to remember the Harford County service members serving in the War on Terror along with its "World War II heroes."

"No other country could have done what we did," Craig said, noting that the United States led three major invasions in the Pacific at the same time as the D-Day invasion. He said that the loss of civilians during a large munitions explosion that took place in Elkton during the war was an example of how war efforts touch everyone, military and civilian.

"Let's remember all the others who gave their all on the home front," he said.

Audience members included three Normandy survivors, six former prisoners of war from the wars in Germany and Japan and a representative from the office of George Owings, Maryland secretary of veteran affairs.

A documentary filmmaker and historian from Grand Junction, Colo., Cappelto said it was his first trip to the Baltimore region.

"The last four years have been incredible," he said, adding that he has taken on additional missions that include documenting Korean and Vietnam War veterans as well.

"My mission is to find and report their stories before it's too late," he said.

Cappelto interviewed hundreds of World War II veterans from around the country, compiling a series of inspiring documentaries for "Lest They Be Forgotten." A good portion of the footage includes scenes from Omaha Beach and from the U.S. and Allied cemeteries in France.

The film opens with a wide-angle view of the beach. Crashing ashore with the waves are ghostly images of the Soldiers who fell there. After a short introduction by Cappelto, the veterans who were interviewed for the film share their recollections of events before, during and after the invasion. From young recruits seeing their first action after months of preparation to seasoned Soldiers, paratroopers, aviators, Sailors and Marines, the story of Normandy is delivered in vivid detail. Cappelto brings Normandy to life for the observer in much the same way as the



Photos courtesy of U.S. Army Center of Military History

film "Saving Private Ryan," except that it provides a deeper view through the eyes and perspectives of the participants.

"We were all fresh troops. Gung ho," recalled one veteran who rode in one of the many landing crafts that ferried troops across the choppy waters of the channel.

One former Sailor recalled feeling sorry for the Soldiers who quickly became seasick during the crossing.

"We had our sea legs but these guys were so sick," he said. "I felt so sorry for them."

A former Soldier recalled his first sight of the Allied Armada of ships and aircraft that approached the beaches of Normandy that morning.

"It was all manner of boats and ships and planes and people," he said. "It was mind boggling."

The German resistance that included unrelenting machine gun fire from the hilltops surrounding the beach was nearly impossible to overcome, recalled one former Soldier.

"You could see shrapnel and bullets hitting the water," he said, adding that some Soldiers wore life jackets under their uniforms and many were dropped off in 20 feet of water.

"Many of them drowned right there," he said. "They never had a chance."

Of their approach to the beach, he said, "There was nothing but bullets. It was almost impossible to get on the beach. How we ever made it I don't know. By the grace of God, I guess."

"The beach was loaded with dead guys," recalled another Soldier. "You couldn't help but walk over them. Why they died and I didn't I just don't understand."

At the film's end, Cappelto said, "It has been my honor and privilege to meet and get to know these veterans. In my eyes, you are all heroes."

Kreiner added that 3,000 members of

Maryland's 29th Infantry Division perished on Omaha Beach during the invasion.

"The World War II memorial was built with the idea that we need to teach our children about this war and what it means," Kreiner said.

Chief Warrant Officer 3 Paul Thurston, 203rd Military Intelligence Battalion, who led the gathering in the Pledge of Allegiance to open the program, said that he was impressed with "Lest They Be Forgotten."

"It makes a good statement," he said. "I really appreciated it as well as the purpose behind it."

Irvin Clancy, an 86-year old Normandy survivor who served with the 29th Division Rangers said the film "stirred up lots of memories" for him, especially the scenes of the cemeteries.

"I have a lot of buddies buried over there," he said.

Clancy recalled one of several close calls he had on June 6, 1944, when he "went over the side" of his landing craft and landed on top of a jeep in deep water.

"I took that heavy back pack right off," he said. "That's the only reason I didn't drown."

"It was really great," said James Monaghan, a Post 39 member, former Bel Air police chief and former paratrooper with the 501st Parachute Regiment.

"It was nice for them to do something like this," he said. "That was a terrible time they had to go through and I'm sure it brings back sad memories."

Russ Getz, Post 39 commander, called the film an "emotional eye-opener."

He thanked Kreiner and the McComas family, adding that "They're very conscientious of veterans in this area."

"We have a lot of World War II veterans here and this makes you feel proud just to be among them knowing what they've done for us," Getz said.

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, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,800.

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

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Veterans' voices

Korean War hero returned to family

Story by
GREGORY FRYE
Army News Service

After more than 50 years of waiting, hoping and praying, the family of a Korean War hero can rest easier knowing their Soldier is finally home.

The remains of Pfc. Francis Crater Jr. were buried in the family plot in Akron, Ohio, Oct. 21 – nearly 56 years after his death.

Crater's great nephew, a current Soldier, was one of more than 250 people who attended the funeral.

"He was part of our family and meant a lot to us," said Staff Sgt. Bob Jenkins, motor sergeant, 106th Transportation Battalion, Fort Campbell, Ky. "As I grew up, I always knew about my Uncle Shorty."

Shorty was Crater's nickname. Standing at 5 feet 3 inches tall, the Ohio native was the youngest of three children.

Glenn Crater, Francis' older brother and Jenkins' grandfather, is the only immediate family member alive to see his brother's remains brought home.

"It profoundly affected me because it meant so much to my grandfather," Jenkins said. "I had to give the eulogy and kept choking up because I would look at my grandfather and see him crying. It really meant a lot to him."

The experience has been very emotional for Glenn Crater, who thought they would never hear anything about the fate of his younger brother and was shocked when he heard the Joint POW/MIA Accounting Command found him.

Fate of a hero

"I'd like the world to know there was a Francis Crater," Glenn said. "He was a good kid, never got into trouble ... an average young guy growing up. When he was 18, his friend decided to join the Army, and Francis joined, too.

"There were a lot of people lost over there the same time my brother was," Glenn said.

Francis was killed in Korea as he fought the enemy off his fellow Soldiers, hopping back and forth between machine gun nests.

Charles Rachac, who now lives in Michigan, was one of only three people from the unit to survive the battle at Chosin Reservoir. They held their ground for five days until the enemy finally prevailed.

"Crater was my assistant on the machine gun," Rachac said. "He was a small guy but had a giant stature."

Rachac recalls the last meal he had with Francis--the temperature was 40 below freezing, and their food was so frozen they could barely eat.

"The last supper," he called it.

"He died with a lot of heroes up there," Rachac said. "I was fortunate enough to come back, and I don't know why. I've been living with this burden for a lot of years. I think everybody up there was wounded one way or another, mentally or physically."

Rachac jokes about how everyone used to "razz" Francis about his name.

"I never had a chance to say goodbye to him," he said. "He'll always be forever young; I'll always remember him as a 20-year-old."

Francis was killed Nov. 28, 1950. The next day his mother, Beatrice, received a telegram stating her son was missing in action but presumed dead.

"She always hoped he would come back, knocking at the door," Jenkins said of his great grandmother. "She went to her grave thinking that."

Until now, Crater's family was never sure what happened to him.

"We weren't sure if he was injured or killed," Jenkins said, "but these remains reveal that he was shot through the back of the head."

About JPAC

Now, thanks to teams from JPAC, 88 percent of Francis' skeletal remains are finally where they ought to be.

JPAC, or the Joint POW/MIA Accounting Command, is a Hawaii-based military command dedicated to finding fallen Soldiers.

"It's an important mission to our country," said Troy Kitch, deputy public affairs director for JPAC. "It's a valuable and honorable mission we're proud to be a part of."

"In the 1970s," Kitch said, "the mission was born out of the Vietnam War. People wanted to see their loved ones brought home."

Since then, the mission has evolved into JPAC. Investigation teams and recovery teams travel the world, covering all of the nation's wars in the past century.

"People deserve to come home and be buried with full honors," Kitch said.

JPAC has about 1,100 boxes of remains, 40 percent of which are from North Korea.

"When we have remains come in," Kitch said, "we analyze as much as possible. If we can't figure out who it is, it goes back on the shelf until we get more evidence."

Kitch stresses the importance of being absolutely positive about a given identity before contacting family members.

JPAC needs mitochondrial evidence from living family members in order to identify many of the remains.

Rachac encouraged Glenn Crater to send a blood sample to JPAC, which had actually found Francis' remains in 2000. Glenn's blood sample helped JPAC positively identify Francis' remains.

Pride and gratitude

Years after Francis' death, his family continued to keep his memory alive. Even Jenkins, who never met his great uncle, knew all about the family hero.

At 9, he drew an award-winning picture of a Soldier standing behind a barbed-wire fence. Below it he wrote: "This is my Uncle Shorty, and I hope he comes home one day."

Now that Jenkins is grown and in the Army himself, he appreciates what has been done for his Uncle Shorty.

"It was a shock," Jenkins said. "A lot of times people only find a tooth or bone fragment, but to hear they had found 88 percent of his skeletal remains – that was something special."

Jenkins admitted there were a lot of things his family didn't know about Francis' military accomplishments until recently. No one knew, for instance, that he had been a part of three campaigns in Korea until seeing the three campaign medals on the uniform provided by the Army for the service.

"I'm glad these people have the conviction to exhaust every resource at their expense to set this right," Jenkins said. "These guys gave their lives to serve their country, and so their country should do everything in its power to get them back."

It seems to Jenkins that the Army is doing just that.

Glenn Crater was pleased with the service and everything the Army did to honor his brother.

"The Army really went all out after they found him to give him a proper burial," Glenn said. "We had the honor guard from Fort Knox, and a motorcycle group – they were lined up, holding their flags to welcome him home."

"I hope that if I'm ever in that situation," Jenkins said, "that I'll have the same courage my uncle did. I know I'll be thinking about it. It meant a lot to me."

Francis Crater Jr. is buried next to his mother in Greenlawn Memorial Park in Akron, Ohio. (Editor's note: Author is on staff with the Fort Campbell Courier.)

Community Notes

**SATURDAY
NOVEMBER 25
CHRISTMAS PRIZE
BINGO**

The Water Witch Fire Company, Port Deposit, will hold a Christmas Prize Bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company, at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., Bingo begins 7 p.m. Cost for adults is \$10 per ticket for paper cards (20 games), and \$5 for additional packs of cards. Cost is \$5 for children under 8 years of age. Tickets are available at the door. Door prizes, refreshments, toys, gifts, raffles and more will be offered. All children must be accompanied by an adult. For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Stephanie Gibson, 410-378-2672 or Bonnie Perkins, 410-378-2376.

CRITTER DINNERTIMES

Come watch the turtles, fish and snakes eat and learn more about these fascinating creatures. This program begins at 11 p.m.; drop in, no registration, free. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**SUNDAY
NOVEMBER 26
MEET A CRITTER**

Check out one of Leight Park's live critters up close while discovering what makes that animal special. This program begins at 1 p.m.; drop in, no registration, free. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

**SUNDAY AND MONDAY
NOVEMBER 26 & 27
HEALING SERVICES**

Grace Assembly of God, 2303 Churchville Road, Bel

Air, will host Pastor Dale Everett for two services, 10 a.m., Nov. 26 and 6 p.m., Nov. 27. A ministry of healing and prayer for the sick will be held. The public is invited to all services.

For more information, call 410-879-5340 or visit www.graceaog.com.

**WEDNESDAY AND
THURSDAY
NOVEMBER 29 & 30
WAR STORIES NEEDED**

Larry Cappetto, documentary filmmaker and director of the Normandy film, "Lest They Be Forgotten," will be in Abingdon Nov. 29 and 30 to interview veterans for his next documentary series.

He is looking for veterans of World War II, Vietnam and the Korean War, particularly those who were involved in helicopter warfare or served as pilots, crew chiefs, door gunners, infantrymen, or who supported the air mobile divisions in supply, logistics, medical, etc., during the Vietnam War; Korean War veterans who fought at the Chosin Reservoir or Pork Chop Hill; and World War II veterans from all branches who fought in or supported the battle of Iwo Jima, Normandy or the Battle of the Bulge, as well as World War II nurses and chaplains who served overseas during the war.

Cappetto will conduct all veteran interviews Nov. 29 and 30 at McComas Funeral Home, 1317 Cokesbury Road on the corner of MD Route 7. This event is being hosted by McComas Funeral Home. Call in advance to register, 410-676-4600.

**THURSDAY
NOVEMBER 30
PARK SCHOOL HOLIDAY CRAFT FAIR**

The Parents' Association of the Park School, located on

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."**

**There will be no
movies this week due
to the Thanksgiving
Holiday.**

2425 Old Court Road, Baltimore, will hold a Holiday Craft Fair, 4 to 7 p.m. in the Davison Lobby. Featured artists include members of the Park community - parents, alumni, faculty, staff and students. A wide variety of items including fiber arts, jewelry, ceramics and two-dimensional art will be sold. Refreshments and drinks will be available for sale.

For more information, call 410-339-4145.

**SUNDAY
DECEMBER 17
CHRISTMASTEA**

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

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

RDECOM/CMA Holiday Food, Toy, Gift drive begins

RDECOM

The Research, Development and Engineering Command and Army Chemical Materials Agency are holding their 20th annual Holiday Food, Toy, and Gift Drive for non-perishable foods and new or clean, gently-used toys for children through Dec. 13. Toys are needed for infancy through teenaged children. All items should be clean and in good working order. Donation sites are located in 26 buildings in APG South.

The drive will end with a closing ceremony 10 a.m., Dec. 13, in building E-3549 (Berger Laboratory Cafeteria). Donations will be presented to the Army Community Services and 20th Support Command for distribution to the families of Soldiers. Also, the Maryland State Police, Edgewood Police Athletic League and the Harford County Recreation Council will be distributing donations to needy families in the Edgewood community. All are invited to attend and enjoy holiday music and refreshments.

POST SHORTS

CDC and Youth Services will be open 1 to 8 p.m., Dec. 9. Special activities, dinner and snack will be provided for \$25 for the first child and \$20 for each additional sibling.

Register by Nov. 21 for APG North and Nov. 28 for APG South.

All children must be registered members of CYS.

Registration fee is \$18 per child with a maximum of \$40 per family for those children who are not CYS members.

To make an appointment, contact Central Registration, 410-278-7479/7571.

There is a minimum of 10 children required per site for this special opening. Spaces are limited, so register early.

Dining facilities offer Thanksgiving Specialty Meal

The Thanksgiving Day Specialty Meal will be held in the APG North dining facility, building 4219 and the APG South dining facility, building E-4225, 11:30 a.m. to 2:30 p.m., Nov. 23. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The holiday meal rate of \$5.90 applies to any officer, enlisted member, and family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$5 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

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

RAB meeting scheduled Nov. 30

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Nov. 30, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the O-Field Study Area.

Board meetings are open to the public; all APG employees and citizens are invited. For

more information, call the Information Line, 410-272-8842 or 800-APG-9998.

War stories needed

Larry Cappelto, documentary filmmaker and director of the Normandy film, "Lest They Be Forgotten," will be in the area to interview veterans for his next documentary series. Cappelto is looking for veterans of World War II, the Korean War, Vietnam, the Gulf War and the War on Terrorism in Iraq and Afghanistan.

Veterans who were involved in helicopter warfare or served as pilots, crew chiefs, door gunners, infantrymen, or who supported the air mobile divisions in supply, logistics, medical, etc., during the Vietnam War; Korean War veterans who fought at the Chosin Reservoir or Pork Chop Hill; and World War II veterans from all branches who fought in or supported the battle of Iwo Jima, Normandy or the Battle of the Bulge, as well as World War II nurses and chaplains who served overseas during the war are encouraged to come share their stories.

Cappelto will conduct all veteran interviews Nov. 29 and 30 at McComas Funeral Home, 1317 Cokesbury Road on the corner of MD Route 7 in Abingdon.

Those wishing to participate may pre-register by calling Cappelto at 970-254-9262.

This event is being hosted by McComas Funeral Home.

Upcoming Veterinary Clinic closings

The APG Veterinary Treatment Facility will be closed Nov. 23 and 24 for Thanksgiving, and Nov. 30 for inventory.

For more information, contact the VTF, 410-278-3911/4604.

Office Products Expo Dec. 7

The Directorate of Contracting, U. S. Army Contracting Agency will host

the fourth annual Office Products Expo 10 a.m. to 2 p.m., Dec. 7, in the Aberdeen Proving Ground's Recreation Center, building 3326, Erie Street. Refreshments will be served.

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

ACS announces 'Holiday Sponsor Program'

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

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

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

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

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

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

Chapel Services

Volunteers needed for Child Watch

Volunteers and contractors are needed immediately to help with Child Watch at the Main Post Chapel on Sundays and/or Thursdays.

For more information, call Staff Sgt. Irether J. Gaines, 410-278-4333 or e-mail irether.j.gaines@us.army.mil.

The APG Forum

Commentary: Why Army Strong?

By
LT. COL. WAYNE SHANKS
Army News Service

I have to admit when I first heard 'Army Strong' I thought, "That's it?" But as I've thought about it, Army Strong is much more than two words. It represents the best of the Army; the best of America; the best of each and every Soldier.

I think Army Strong works better if you imply "I am, You are or We are" Army Strong, but what does it mean to be Army Strong?

Army Strong is more than muscles. It's the Soldiers who can endure long patrols constantly alert for hidden dangers, or run faster and further than they ever thought they could.

Army Strong is more than sheer military might (tanks, helicopters, artillery, missiles, etc...). It's the Soldiers who drive, fly or shoot all that hardware.

Army Strong is more than completing tough training. It's parachuting out of an airplane at 800 feet when you're scared to death of heights.

Army Strong is more than being smart. It's having the knowledge and tenacity to develop a way to solve seemingly impos-



Photo by LESLIE GORDNIER
This pumpkin carving of the new "Army Strong" campaign, complete with a detailed Abrams Main Battle Tank and the campaign slogan, took U.S. Military Academy Cadet Third Class Jason Schreuder 12 hours to complete.

sible problems.

Army Strong is more than combat operations that destroy an enemy. It's the Soldiers and leaders who plan and execute it – it's Boots on the Ground.

Army Strong is more than the pungent

smell of burnt gunpowder after a firefight. It's the Soldiers whose well aimed fire protected their buddies.

Army Strong is more than intelligence systems, UAVs and GPS. It's the Soldiers who bring that information to the leaders who can use it to stop an insurgent attack.

Army Strong is more than beans, bullets and repair parts. It's the Soldiers who ship, manage, prepare, repair and move all the things that keep the Army rolling along.

Army Strong is more than just doing what's right. It's the Army values embodied by Soldiers who carry out their duties everyday.

Army Strong is more than a "Welcome Home" sign taped to a fence. It's the "Daddy, daddy, daddy!" yelled across a tarmac late at night and a long embrace at the end of a deployment.

Army Strong is more than an individual Soldier's strength. It's the teamwork of a well-trained squad executing actions on contact.

In short, Army Strong is far more than two words. It's the underlying moral fiber, the deep-seated emotions and the total determination every Soldier carries.

No one can stop this team – it's Army Strong.

Commentary: Celebrating the holidays while managing weight

By
CAPT. CHERITA OGUNSANYA
William Beaumont Army Medical Center

The holiday season is the time to come together and celebrate with family and friends. It is also the time that many of us find ourselves over-indulging; whether it be food or alcohol. But with a little help, the holidays can be a healthy and enjoyable time of celebration.

It is helpful to find tips and clues that allow you to enjoy yourself and still manage your weight. The holiday season doesn't have to be the kiss of death for your diet nor should it be the time of the year that you allow yourself to "pig out" because you plan to get back on the right track for the New Year.

Holidays are meant to be celebrated and enjoyed. There are several ideas that can be used to ensure that the upcoming holidays are a time of celebration rather than a time of regret.

It has been said that the average American gains about five pounds between Thanks-giving and New Year's Day. The following tips are ones that will

still let you have yourself a merry little Christmas and at the same time allow you to happily ring in the new year.

Don't use the holidays as a time to diet. Trying to diet during this time almost always ends in failure. Why put yourself through all of the unnecessary agony and stress? Your goal should be to maintain your current weight rather than to lose weight.

Portion control. A little bit can go a long way. Why not opt for a smaller piece of pumpkin pie or an eight-ounce glass of eggnog as opposed to the 12 to 16 ounces that we usually consume? Fill your plate with lower-fat choices, such as apples, cranberry dishes, baked squash, pumpkin (not pie), breads, and pastas. You are still getting calories; however, the amount is less than what you would get from the pie or eggnog.

Use a sugar substitute for baking. Replacing the sugar content of a pie with a substitute can lead to a decrease of about 35 percent in calories/carbohydrates/sugars per serving. Because sugar has some important baking properties, some recipe adjustments may be necessary. For a reduction that is not as good as the one mentioned above but still a healthier

option, try the half-and-half sugar substitutes from Equal® and Splenda®. These sugars allow you to retain some of the properties of sugar without as many calories per serving.

Try to stick to only one plate of food. Limit fried, high-fat items or items that are dough-covered or covered with heavy sauces.

Eat lighter high-fiber meals during the day (fruit, vegetables, whole grains, etc). This allows you to "store" up more calories for the impending festivities.

Choose healthier and tasty substitutions. Try chicken broth instead of butter or margarine for mashed potatoes. Substitute applesauce and egg substitutes in baking. Add more flour and chicken broth, as opposed to butter, to cut down on the fat in gravy. Don't stuff the turkey with the dressing, as it absorbs much of the fat. Bake it in a covered casserole dish instead. Sauté onions and celery in a small amount of butter/margarine (1 table-spoon). Use chicken or turkey broth for additional moisture.

See **WEIGHT** page 7

Commentary: Recognizing the forgotten veterans

By
KATHY ABEY
Veterans History Project

Each year we celebrate and honor veterans and on this Veterans Day there is a group I want to focus on who seldom are mentioned in the media or in articles published on this holiday.

I am speaking of the spouse veteran. These are the men and women who were in military service but left or retired and are married to someone still in uniform.

These veterans deserve our fullest measure of respect. They have in most cases served an equally distinguished career and service to our nation and now serve double duty as the spouse. These veterans are often overlooked and sometimes live in the shadow of their spouses who are still serving in uniform, often decorated and honored.

I found myself in the company of one of these special veterans recently and she graciously agreed to an interview.

She had her own military career, left that career and has resumed another as the support network for her spouse who is still in uniform.

In addition to being the hinge pin for her husband and family, she has become a beacon and foundation for other military and civilian wives and for other women in the community.

A California girl: Rebecca Sue (Reay) Smith

Born in Orange, Cal., Rebecca Smith was the only girl with three brothers and two step-brothers. She finished high school at age 16 and went on to work for an oil company, becoming independent at an early age. She had her own money and her own apartment but was a little bored and decided to join the military. She stopped by a recruiter's office one afternoon and picked up information on the various branches of military, electing to go into the Air Force as a Medic as it also offered an opportunity to become a nurse.

Initially, her family was not really happy about her being in the military.

"My brothers nearly locked me in a closet until I came to my senses," she said.

They were concerned because no one in her family had served in the military.

Her basic training was at Lackland Air Force Base in San Antonio, Texas. Living near Disneyland in California, many young teenagers her age worked for Disney because they paid much better than other jobs for youths at the time.

The rules were far stricter than the military as far as appearance, behavior and personal activities. Smith has the unique notation in her history that she once dated "Chip" of Chip and Dale and Cinderella was one of her best friends.

Her first four years gave her great on the job training while stationed at Travis Air Force Base. Travis was the hospital that handled many Vietnam War wounded and there were many opportunities to treat and aid varying levels of trauma and war related injuries in addition to the general Veteran Affairs eligible cases.

Smith had a very good head nurse that trained her well and she had the opportunity to work in surgical, oncology, pediatrics, intensive care unit, coronary care unit, emergency room and orthopedics.

At the time, California had a program that allowed trained personnel to take the Licensed Practical Nursing board tests, and Smith passed the test and received her Nursing Certificate. She was an Air Force E-4, a sergeant.

She went on to her next duty station in Germany where she earned her Emergency Medical Technician certificate and was nationally qualified. It was in Germany in 1981 that she met her future husband, Kevin M. Smith, then a captain in the Army. (He is now a colonel serving in Iraq).

She gave up her career as an enlisted member in the military after their marriage in 1984 due to the regulations on officers and enlisted fraternizing and joined a reserve unit.

After the birth of two children and while they were living in a remote area of Germany, she went in for her one weekend a month and was told she was being deployed for a year as the first Gulf War had broken out.

They really had no English TV or radio channels available and did not know we were at war. She had to pack up her two children, Sean, age 18 months, and 6-month-old Megan, on very short notice to live with her family in Arizona and for the next year was attached to the support hospital in Germany for Desert Storm. When she was reunited with her children, Megan was walking and talking and her two-year-old, Sean, was angry about her leaving. She was able to keep in touch with them but the sudden absence was felt more keenly by Sean.

In spite of a mother's regret for missing the milestones with the baby and her toddler, Smith said she tried not to voice or focus on all the things they missed together but rather on the more positive things the living arrangements had brought to the children. She felt that it would have a more negative memory for the children had she voiced what she had missed with them rather than the great adventure the children had had in that year with their grandparents in Arizona.

Although the war was short, the unit remained deployed. After her return home, she applied for a physician's assistant program but the budget was cut and the program funding was cut as well.

Smith is involved with many activities in the community both on and off post.

She currently works for the U.S. Army Chemical Materials Agency, Stockpile Management/Site Advocacy Teams at Aberdeen Proving Ground, is a member of the Military and Civilian Spouses Club and many other activities. She tries to be a good example for her daughter as well as other military spouses.

When asked if she sometimes feels left out, Smith said no. "Army families take really good care of each other," she said. "We are helping to train young wives or spouses who may not have the same experiences and try to be that foundation and support network they need. Most military wives live in the 'today' and do not focus on the past. We learn early on to make the best of things."

Weight

From page 6

And last but certainly not least, get ready for a dirty word...exercise. (Whew, I hope I don't get censored for using that one.). Exercise doesn't mean that you have to do a hot and heavy workout for 90 minutes a day. However, ensure that you are doing some form of exercise (i.e., taking the stairs, going for walks after the meal, running in place during the TV commercials, etc.).

Below are some recipes that can help get the holidays off to a good start.

Low-fat eggnog

Ingredients:

4 cups skim milk
12oz. evaporated skim milk
4 eggs
1/2 cup sugar
1 tsp. vanilla

• Instructions:

Heat milk, evaporated milk, eggs, and sugar over medium heat about 10 minutes, until slightly thickened. Do not boil.

Stir over a bowl of ice water 2 minutes.

Stir in vanilla; cover and chill 4-24 hours. Add more skim milk if needed to achieve desired consistency. Top with ground nutmeg just before serving.

Yield: 22 servings - 1/2 cup each

2 points per serving

Nutritional information: per serving 99 cal, 1 gm fat.

Source: *Better Homes and Gardens* (November 1991).

Crustless Pumpkin Pie

Ingredients:

1 can pumpkin (15 oz.)
1 can evaporated skim milk (12 oz.)

3/4 cup egg substitute (or 3 egg whites)

1/2 tsp salt

3 tsp pumpkin pie spice

1 tsp vanilla

2/3 cup Splenda (or sugar)

or to taste

• Instructions:

Combine all ingredients and beat until smooth. Pour into a 9" sprayed pie pan. Bake at 400 for 15 minutes, and then at 325 for 45 minutes or until a knife inserted in center comes out clean.

Serves 8

Whole Pie: 8 points (or 1 pt. for 1/8 pie)

Tip: Top this pie with a little fat-free Cool-Whip for

even more of a treat! Counts as a vegetable serving and is high in fiber.

Source: From posting on 3FC's site by Daniel 1953.

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



MORALE, WELFARE & RECREATION

Daytona USA honors troops during Armed Forces Month

Story by
TIM HIPPS
USAFMWR

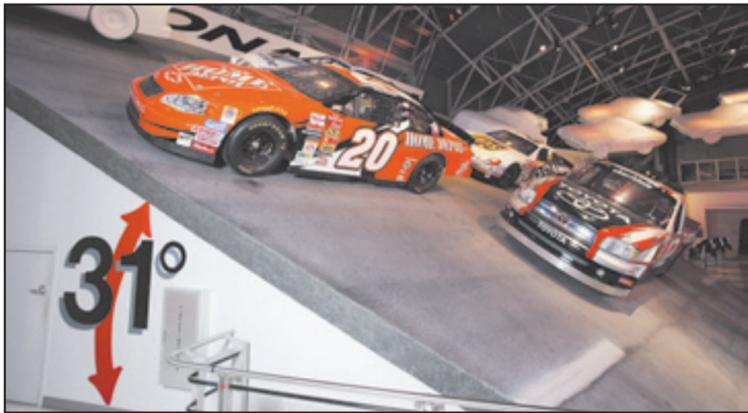
U.S. military service members will receive free admission at Daytona USA throughout November to celebrate Armed Forces Month.

All personnel with a military identification card are eligible for the promotion. Family members accompanying ID cardholders will be admitted for \$10 to NASCAR's premier attraction in Daytona Beach, Fla.

Daytona USA, celebrating its 10th anniversary, is a 60,000-square-foot interactive motorsports attraction located just outside the high-banked Turn 4 of Daytona International Speedway.

This month, Daytona USA features a "Salute to Soldiers Wall," where guests can post photographs and messages of loved ones who are serving in the Global War on Terrorism. Daytona USA also has partnered with Volusia County elementary schools to encourage students to write letters to servicemen and women serving abroad.

Army Morale, Welfare and Recreation's Information, Tickets and Reservation offices have discounted military ticket packages available for SpeedWeeks 2007 at Daytona International Speedway. (See sidebar article for details.)



Replica cars and trucks of the NASCAR Nextel Cup Series cars, led by the No. 20 Home Depot Chevrolet driven by Tony Stewart, and NASCAR Craftsman Truck Series simulate racing on the 31-degree banking of Daytona International Speedway at Daytona USA. Throughout November, U.S. military service members will be admitted free to NASCAR's premier attraction in Daytona Beach, Fla., to celebrate Armed Forces Month and Daytona USA's 10th anniversary.

Inside Daytona USA, there's plenty for racing fans to see and do. "Acceleration Alley" lets fans drive the simulated high banks of Daytona in an 80 percent scale replica of a NASCAR Nextel Cup Series car. "Daytona Dream Laps" is another motion simulator ride, as is "Toyota Tundra's Thunder Road," a two-seat simulator that delivers a fantasy ride with a

360-degree flip.

EA Sports' "NASCAR Thunder" provides the on-track sensation of driving a stock car on the 31-degree banks of Daytona International Speedway. The Pepsi IMAX Theatre's four-story tall screen delivers larger-than-life looks at "NASCAR 3D: The IMAX Experience" and the "Daytona 500 Movie." Speed Channel's "You Call the Race" allows guests to play television announcer and call the finish of a race at Daytona.

The winning race car of the previous Daytona 500 is always on display at Daytona USA. The No. 48 Lowe's Chevrolet, driven by Jimmie Johnson, sits in the facility's mock "Gatorade Victory Lane" this month.

Johnson, coincidentally, is in position to win his first NASCAR Nextel Cup Series championship Nov. 19 with a 12th-place-or-better finish in the season finale at Homestead-Miami Speedway.

There also are plenty of "Daytona USA" racing arcade games to play. That game, released by Sega in 1994, is the single-highest grossing arcade game ever made, according to Wikipedia. No game since has come close to selling as many units or receiving as much income for arcade owners, says "the free encyclopedia."

Daytona USA is open daily from 9 a.m. until 7 p.m. For more information, call 386-947-6530.

Courtesy photo

SCHOOL LIAISON

Earlier high school start will provide needed transportation 'window'

Increasing congestion, growing school enrollments cause 15 minute change for next year

HCPS

Beginning with the 2007-08 school year, all Harford County Public high schools and one of the school system's middle schools will begin and end 15 minutes earlier than the current schedule. The change – moving starting and ending times to 7:30 a.m. and 2:00 p.m., from their current 7:45 a.m. and 2:15 p.m., respectively – will make it possible for buses that deliver high school students to complete those runs in time to pick up and discharge middle school students.

The Board of Education of Harford County, at its Oct. 23 meeting, approved the change that had been recommended by Superintendent Jacqueline C. Haas based on information from the HCPS Transportation Department showing the "window" between the high school and middle school runs becoming increasingly problematic. HCPS middle schools (except for North Harford Middle which follows the North Harford High schedule) begin at 8:15 a.m. and dismiss at 2:45 p.m.

"With traffic congestion and the growth of student enrollment over the past decade, the time period between the high and middle school runs which had once been sufficient now don't allow many of our buses to complete their runs in a timely manner," Haas said, noting that the school system's Transportation Office had made many adjustments to the bus runs and schedules before recommending the widening of the window by 15 minutes. "The alternative was to contract out for 40 additional bus routes and drivers at an annual cost of \$2 million."

The superintendent added that the additional routes would require the hiring of additional drivers at a time when it is becoming increasingly difficult to do so.

A study done by HCPS Transportation Department Director Norman D. Seidel showed that 16 of Maryland's 24 school systems currently begin their school day at 7:40 a.m. or earlier.

"The most acute problematic area is getting buses back to middle schools after their high school runs in the afternoon which then carries over into elementary dismissals," Seidel said. "Outside of adding additional buses to contractors' bus fleets in the service to Harford County Public Schools, changing the 'window' between high school and middle school from one half hour to three quarters of an hour (15-minute increase) is the most efficient and cost effective method available."

Haas noted that inverting the start times of public elementary and high schools in the county creates many insurmountable problems. Currently elementary schools in the county begin operation at 9 a.m. and end at 3:30 p.m. except for the three "fourth-tier" schools – Havre de Grace, William S. James, and Deerfield elementaries – which start and end a half hour later.

"Many high school students have after school commitments, none the least of which is participation in interscholastic sports with their counterparts in Cecil County as members of the Upper Chesapeake Bay Athletic Conference," she said, noting that Cecil schools would have to adopt a similar schedule in order to make scheduling of UCBC games work. "If we were to flip-flop high schools and elementary schools, having enough after school daylight hours to complete athletic events in the late fall and early spring would be problematic."

Haas pointed to high schoolers who have dual enrollment in afternoon college courses, who are involved in Cooperative Work Experience jobs, or who have babysitting responsibilities with younger siblings as other difficulties which would be created by a later start/ending time for high school students.

"We know that the early morning hours during much of the school year find our students waiting for buses or walking to school in the darkness," the superintendent said. "High school students have the experience and maturity to better handle these challenges."

In its Oct. 23 action, the Board of Education promised to have staff study alternatives to the high school earlier start/end time that could be implemented during the 2008-09 school year, if those recommendations made it possible to achieve the efficient delivery of students to and from school in a way superior to the plan to be implemented next school year.

Seidel said students being transported to Harford Technical High School and the Science/Math Academy at Aberdeen High School from all over the county would likely not face a full 15-minute earlier pickup time in the morning since buses making those runs are assigned exclusively for that purpose. He said all other Harford County Public high school students (and North Harford Middle School students), beginning with the first day of school for the 2007-08 school year – Aug. 27, 2007 – should expect to be picked up in the mornings and dropped off in the afternoons approximately 15 minutes earlier than their current times.

Complete revised bus schedules will be released next summer.

For more information, call the school system's Public Information Office, 410-588-5203.

Discount tickets to Daytona Speedweeks available for troops

Story by
TIM HIPPS
USAFMWR

Army Morale, Welfare and Recreation's Information, Tickets and Reservation offices have military discount ticket packages available for SpeedWeeks 2007 at Daytona International Speedway.

Tickets are \$10 for a two-day infield/unreserved grandstand pass to the Rolex 24 at Daytona on Jan. 27-28, which includes free admission for children 12-and-under accompanied by a paid adult.

For \$30, servicemen and women can purchase an unreserved grandstand seat on the front stretch for the Budweiser

Shootout on Feb. 10, with kids again admitted for free.

For \$75, military personnel can purchase a pass into the Nextel Fanzone for the Daytona 500 on Feb. 18.

One seat on the super stretch (rows 1-20) is available for the Daytona 300 on Feb. 17 and the Daytona 500 for \$115. And for \$180, one seat in the super stretch tower (rows 33-51) for the Daytona 300 and Daytona 500 is available.

To purchase tickets, contact APG MWR Registration, Tickets and Leisure Travel, building 3326, 410-278-4011/4907, or e-mail mwr_registration@apg.army.mil or visit <http://www.apgmwr.com/recreation/ravel.html>

Holiday hours

| FACILITY | THU, 23 NOV | FRI, 24 NOV | SAT, 25 NOV | SUN, 26 NOV |
|---------------------------------------|------------------|------------------|------------------|------------------|
| Arts & Crafts, AA | CLOSED | CLOSED | CLOSED | CLOSED |
| Arts & Crafts, EA | CLOSED | NOON - 8 p.m. | NOON - 8 p.m. | 10 a.m. - 6 p.m. |
| Auto Crafts | CLOSED | 9 a.m. - 5 p.m. | 9 a.m. - 5 p.m. | 9 a.m. - 5 p.m. |
| Bowling Center | CLOSED | 5 - 10 p.m. | 1-8 p.m. | CLOSED |
| Library, AA | CLOSED | CLOSED | 1 - 5 p.m. | 1 - 5 p.m. |
| Recreation Center, AA | NOON - 11 p.m. | NOON - 11 p.m. | NOON - 11 p.m. | NOON - 6 p.m. |
| Recreation Center Snack Bar, AA | NOON - 10 p.m. | NOON - 10 p.m. | NOON - 10 p.m. | NOON - 5 p.m. |
| Recreation Center, EA | 2:30 - 11 p.m. | NOON - 11 p.m. | NOON - 11 p.m. | NOON - 6 p.m. |
| Recreation Center Snack Bar, EA | 2:30 - 11 p.m. | 12:30 - 10 p.m. | 12:30 - 10 p.m. | NOON - 5 p.m. |
| MWR Registration/ITR | CLOSED | CLOSED | CLOSED | CLOSED |
| Health & Fitness Center, AA | CLOSED | CLOSED | CLOSED | CLOSED |
| APG Athletic Center | 10 a.m. - 6 p.m. |
| Hoyle Gymnasium/Fitness Center | 10 a.m. - 6 p.m. |
| Outdoor Recreation & Equipment Center | CLOSED | CLOSED | 9 a.m. - 3 p.m. | CLOSED |
| Ruggles Golf Course, AA | CLOSED | 8 a.m. - 5 p.m. | 8 a.m. - 5 p.m. | 8 a.m. - 5 p.m. |
| Exton Golf Course, EA | CLOSED | 8 a.m. - 5 p.m. | 8 a.m. - 5 p.m. | 8 a.m. - 5 p.m. |
| Top of the Bay | CLOSED | CLOSED | CLOSED | CLOSED |

(All hours are subject to change.)

Activities

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

MWR Registration, Tickets and Leisure Travel is located in building 3326. They may be contacted at 410-278-4011/4907, by e-mail at mwr_registration@apg.army.mil or on the Web site, www.apgmwr.com.

Radio City Christmas Spectacular

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

Tickets for Dec. 2, 3, 9, 10 and 16 cost \$135 each; The bus will depart 8:05 a.m., building 3320, and depart New York at 11 p.m. Seats are limited, register early. Cost includes charter bus trans-

portation and a ticket for the show. There will be time before the show for shopping and lunch. Open to all Department of Defense card holders.

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

Military Family Appreciation Month

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

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

person on the 200 level.

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

Spend the day or weekend in New York City

The Civilian Welfare Fund will sponsor a trip to see the "Radio City Music Hall Christmas Spectacular," starring the famous Rockettes, in New York City. Choose to spend either the day or the weekend.

The weekend trip costs \$499 for a single, \$385 for a double, or \$319 with three

people in the room. The bus will depart 9:30 a.m., Nov. 24. Price includes charter bus transportation, the ticket for the show and hotel accommodations for a two-night stay. A \$50 deposit is due upon reservation.

The daytrip costs \$120 per person. The bus will depart 6 a.m. Price includes charter bus transportation, the ticket for the show, with time for shopping, sightseeing and lunch before the show.

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

Three Little Bakers Dinner Theater

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

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

APG Bowling Center Snack Bar specials

Building 2342

Week of Nov. 20
No specials

bowlerburger with cheese and bacon, potato chips, one cookie and soda for \$7.85.

Week of Nov. 27

Special #1: Grilled ham and cheese, soup, one cookie and soda for \$5.25.

Special #2: Two hot dogs, potato chips, one cookie and soda for \$4.25.

Week of Dec. 4

Special #1: Chicken tender wrap, potato chips, one cookie and soda for \$4.45.

Special #2: Double





Your health is KUSAHC's goal



Blood donations save lives

Story by
JULIE OLIVERI
Armed Services Blood Program

Those who donate blood to the Armed Services Blood Program save the lives of those dedicated to serving their country. Blood is needed every hour of the day.

Lori Smith did not know it yet, but her husband's hour had come.

ALEXANDRIA, Va.—Lori Smith answered the phone at her desk at Fort McPherson, Ga., to learn that her husband, Howard, serving at Moody Air Force Base, Valdosta, Ga., was on his way to the Emergency Room. Howard was vomiting and was tired. He had been tired for days now; more tired than he ever remembered being before.

Lori immediately hurried to her car and began the four-hour drive to Valdosta, certain that her husband was in trouble.

"Howard never throws up. Never," Lori thought as she drove to be by his side. When Lori reached Howard, she was shocked.

"Howard is half Italian, so his skin is darker than mine, and I'm really fair-skinned. Howard was far paler than me," she said.

The ER physician, Dr. T. Conrad Williams, explained to the Smiths that Howard was likely suffering from a bleeding ulcer. Williams called in a gastroenterologist and several diagnostic tests were performed, including an endoscopy and a blood-volume test.

The gastroenterologist, Dr. Edward J. Fricker, confirmed Williams's diagnosis and

introduced himself to the Smiths, by telling Howard that he had lost 70 percent of the blood in his body.

Fricker described how Howard not only suffered from a bleeding ulcer, but one located in the duodenum, the part of the stomach containing a major artery. The endoscopy had clearly shown the artery pumping blood into Howard's stomach. Fortunately for Howard, his active lifestyle meant that his resting heart rate was only 50 beats per minute. Considering the severity of the bleeding, Fricker was surprised that Howard was even conscious.

"When I heard Dr. Fricker tell Howard that he would not have made it through the night, had he stayed home, I had a meltdown," Lori said. "I don't remember Howard responding much. He was simply too tired at that point."

In the early hours of the morning, Howard Smith received two units of emergency blood and then underwent surgery where he received four additional units of blood. Lori left the hospital after the surgery to get some rest.

"I knew Howard was in good hands, and I was so thankful that the blood he needed was there when he needed it most," Lori said.

When Lori returned to the hospital, she discovered that Howard was in the intensive-care unit. The staff explained that this was necessary due to the blood loss he experienced, and to enable the nursing staff to continuously monitor his progress.

"Once I understood why he was there, I felt better, but I wanted to see for myself that

Howard was okay," Lori said. "When I walked in and Howard demanded real food instead of chicken broth, I knew he was going to be fine."

Lori has been a blood donor since she turned 17. Despite her many donations she recalls, "This was the first time I personally saw the benefit of that kind of giving. [But] I never knew there was an Armed Services Blood Program until I went to the Fort Knox Blood Donor Center to donate. [It is]...different from hospital blood programs or other kinds of blood agencies."

"My husband has spent a total of 14 years on active duty and, as a civilian, I've worked for the Defense Commissary Agency, the Defense Financing and Accounting Service, the Army and the Air Force," Lori said. "I believe my job is to take care of the men and women who serve this country."

"Giving blood is another way I can do that," she said. "I just imagine, what if one of our guys is deployed and his [child] needs blood? [By donating] I can relieve that family of one more worry, when they've given so much to our country."

Today, Lori and Howard both work for the Armor Center, Department of the Army — steps away from the Fort Knox Blood Donor Center where Lori regularly donates.

"Blood saved Howard's life," Lori said smiling. "My blood donation goes directly to our military men and women and their families. I feel so good about that."

To learn more about the Armed Services



Blood Program or to find the nearest donor center, visit <http://www.militaryblood.dod.mil> or call a local donor center:

- WRAMC Blood Donor Center
Walter Reed Army Medical Center, Building 2
6900 Georgia Ave., NW
Washington, DC 20307-5001
202-782-4156
Pentagon location
Main Concourse, Room 2-D-158
703-693-4879
- Armed Services Blood Bank Center—
National Capital Area
National Naval Medical Center
Bethesda, MD 20889-5001
301-295-2109
301-319-4115

Holiday eating does not have to lead to weight-gain

Story by
2ND LT. SUSAN STANKORB
Special to GUIDON

Each year the holiday season seems to extend longer and longer, with more events and parties crammed into it.

During this season, it is a widely-known fact that it is easy to pack on a few extra holiday pounds.

It is also a certainty that as January approaches, many will be thinking of New Year's resolutions to undo the damage done to the ever expanding American waistline.

It's important to remember, though, that the holidays are more than just an opportunity to overindulge and an ounce of prevention remains more effective than a pound of cure. It's much harder to lose the weight than it is to prevent it from piling on to begin with.

Thanksgiving is just one meal. It takes 3,500 calories in excess of the body's needs to gain one pound of fat. The traditional Thanksgiving meal can be enjoyed in moderation without exceeding daily limits.

Listed below is an example of a 1,500 calorie Thanksgiving Day meal plan. Examining the numbers, it is easy to see how the calories can add up if overindulging.

A few tips on avoiding a holiday binge include:

- Take small portions
- Don't gorge on one meal - there will always be leftovers, so no need to fill up all at once.
- If planning on having dessert, actually save room and stop before feeling full.
- Choose white meat turkey and remove the skin for a lower fat, lower calorie option.
- Skip the foods not really liked, or are available at all times (like bread and butter).
- Take a walk after the meal.

Activity is key to a healthy lifestyle, plus, the body will feel better.

Aside from being mindful of the calories eaten, it is important to pay attention to the calories being drunk, especially those coming from alcohol.

Calories from alcohol are doubly dangerous. Alcohol changes the body's metabolism. Alcohol is viewed a poi-

son and as such, the body shuts down other processes to rid itself of the poison as quickly as possible. As a result of this change, the body stores fat very easily, especially in the abdominal region (which is where the term "beer belly" comes from).

One 12-ounce regular beer is approximately 160 calories; a 12-ounce light beer, a 4-ounce glass of wine or single shot of hard liquor are all approximately 100 calories.

Alcohol calories can add up very quickly. The recommendation per the Dietary Guidelines for Americans is no more than one alcoholic drink per day for women and no more than two per day for men. And no, it is not a good idea to save the weekly ones to drink them all on a Saturday.

Remember Thanksgiving is just one meal; it is the habits that people develop on a daily basis that affect their overall health.

(Editor's note: Stankorb is a registered dietitian at the General Leonard Wood Army Community Hospital.)

Holidays: A time of stress for service members, families

Screening for Mental Health, Inc.

The holidays can be a time of stress for any family, but particularly so for families affected by deployments or those who have lost someone in theater. Separation at this special season is particularly difficult and the feelings of loss can intensify into emotional issues that impact functioning and the ability to relate to the family.

The Mental Health Self Assessment Program is an online mental health screening program available 24/7 at www.MilitaryMentalHealth.org. It is taken anonymously and is designed to help families address emotional issues by letting them walk through a self-assessment and connect with support and treatment services provided by the Department of Defense and Veterans Affairs.

Family support organizations and programs are urging use of the program.

"Families and service members can take advantage of this anonymous assessment tool," said Tanna Schmilidi, chairman of the Board/CEO, National Military Family Association. "This is a beneficial, easy-to-use instrument that allows individuals to confidentially take an online self-directed assessment for depression, alcohol disorders, PTSD and anxiety disorders."

The Mental Health Self-Assessment Program is funded by Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs.

Tips for battling the season's sadness

1. Don't expect the holiday season to be perfect.
2. Set spending limits and stick to them. If a person is feeling down, spending money in the long run is not a good remedy to cheer oneself up.
3. If suffering from a recent loss or a loved one is away from home, dampening the holiday spirit, be honest with other people about feelings. They will respect these feelings if expressed and understand why certain invitations are declined.
4. Create a space and time for yourself during your get-togethers. Take a walk outside or just find a quiet corner in the house. Run to the store for something "needed" if that is the only way to get a few minutes alone.
5. Continue healthy eating and drinking habits. Alcohol is a depressant and can make a sad, down mood worse and can interrupt the natural sleep cycle.
6. Plan shopping and cooking in advance to avoid rushing and becoming completely exhausted. Share the preparations with others as much as possible. If someone offers to help, let them. Let them wash pots, bring a side dish, or help wrap presents.
7. Talk to someone. Seek support and affirmation of how dreams and wishes for the season aren't always in concert with reality. A good listener and a good laugh are great stress relievers.
8. Get physical. Keep up an exercise regimen or at least go out for a walk.

KUSAHC Shots

KUSAHC CLOSED NOV. 24

Kirk U.S. Army Health Clinic will be closed Nov. 24 for a training day.

The staff apologizes in advance for any inconvenience this causes.



Story by
AUDREY ALBA
KUSAHC

The annual Influenza Immunization Program is in progress at Kirk U.S. Army Health Clinic.

The clinic received a partial shipment of the injectable flu vaccine which is currently reserved for active duty Soldiers who cannot receive Flu Mist.

TRICARE beneficiaries at high risk for complications from influenza will be vaccinated as soon as possible after the next shipment arrives.

The Flu Hotline will be updated as soon as the next shipment arrives. The number to the Flu Hotline is 410-306-3588.

An annual flu shot is recommended for people 65 years of age or older, residents of long-

term care facilities, adults or children with long-term health conditions such as heart or lung disease, adults or children with weakened immune systems, children 6 months to 18 years of age on long-term aspirin treatment, and pregnant women who will be past the third month of pregnancy during the flu season. Health care workers and family members coming in close contact with medically high-risk individuals should also be vaccinated.

Patients will not need a prescription in order to receive the influenza vaccination.

The Immunization Clinic hours for flu vaccinations are 7:30 a.m. to noon, Monday and Thursday, 7:30 a.m. to noon and 1 to 4 p.m., Wednesday and 1 to 4 p.m., Friday.



SAFETY

Drive responsibly for holidays

Story by
BETHANN CAMERON
Directorate of Health Promotion and Wellness, USACHPPM

The holiday season is a time for many to celebrate. When celebrations include drinking alcohol, one must make responsible and safe choices regarding drinking and driving.

About three in every 10 Americans will be involved in an alcohol-related crash at some point in their lives, according to the National Highway Traffic Safety Administration. Accidents from impaired driving kill someone every 30 minutes, almost 50 people daily and approximately 18,000 people per year.

The use of drugs other than alcohol (i.e., marijuana and cocaine) is involved in 18 percent of motor-vehicle deaths.

Impaired driving from the use of alcohol and drugs is dangerous. Alcohol and drugs act as depressants. They dull a person's senses and the ability to think clearly. They affect a person's critical driving skills, causing poor judgment, poor vision and slowed reaction time.

If going out to drink, to a party or celebration, be smart. It takes one hour to get rid of one drink from the body (one drink is equal to a 12-ounce beer, 5-ounce glass of wine, or 1-1/2 ounce shot of liquor).

Designate a sober, non-drinking driver ahead of time.

Set limits beforehand on the number of drinks to have and stick with it.

Sip drinks slowly.

Allow at least one hour between drinks.

Alternate drinking alcoholic bev-

erages with soda, juice or water.

Eat food beforehand and while drinking.

Add an ice cube and use a slightly smaller glass.

Don't mix alcohol with other drugs, including over-the-counter and prescription medications.

Call a taxi, use public transportation, or get a sober friend or family member to drive, if driver suspects they've had too much to drink. Or just stay put until sober.

If hosting a party, remind guests to plan ahead and to designate a sober driver.

Collect each guest's keys upon arrival and store in a designated basket.

Serve a variety of foods along with alcohol-free beverages such as juice or water.

If making an alcoholic punch, use

fruit juice instead of a carbonated drink. Alcohol absorbs faster into the blood stream when mixed with carbonated drinks.

Stop serving alcohol 1-1/2 hours before the party actually ends.

Serve dessert and non-alcoholic beverages. Non-alcoholic drink recipes are found on the National Commission Against Drunk Driving Web site, <http://www.ncadd.com/>.

Make sure that guests leave with a sober driver.

Driving impaired, or riding with someone who is impaired by alcohol or drugs, is dangerous and is not the worth the risk. Drivers risk killing themselves or other passengers. Don't ride with someone who is impaired. Use other means of transportation such as a taxi or a driver who is sober.

Drink responsibly. Drive responsibly. Encourage others to be safe and responsible drivers for the holidays.

For more on drinking and driving, visit Web sites:

National Highway Transportation Safety Administration, <http://www.nhtsa.dot.gov/people/injury/alcohol/StopImpaired>

National Commission Against Drunk Driving, <http://www.ncadd.com/>

Students Against Destructive Decision, <http://www.sadd.org>

Stop Impaired Driving, <http://www.stopimpaireddriving.org/index.htm>

Center for Substance Abuse Prevention, <http://preventionpathways.samhsa.gov>

Tech Expo provides APG with variety of exhibitors

Story and photo by
HEATHER TASSMER
APG News

Aberdeen Proving Ground military, civilian and contractor employees had a chance to see examples of state-of-the-art technologies at the bi-annual Information Technology Expo at the Gunpowder Club Oct. 25.

The APG Garrison, Directorate of Information Management and the U.S. Army Research, Development and Engineering Command's Corporate Information Office hosted the event.

Expo attendees could see about 50 vendors or exhibitors that specialized in anything from conference room set ups to safety items.

Chris Zukowski, one of the expo organizers and a systems analyst for RDECOM CIO, said the expo is "a win-win situation," noting that it was beneficial for attendees and representatives from different companies.

Donna Flemister, a show producer for the event, also talked about the benefits of the expo.

Flemister and her husband, Mark own the company Federal Direct Access Expositions and work with RDECOM and DOIM to produce the technology expos.

She said the APG agencies involved in organizing the expo "have shown leadership and direction in the field of technology by hosting these events."

"[The expos] develop and expand relationships between vendors and APG personnel by putting a face with a voice on the phone," Flemister said.

She said these relationships can be built "without decreasing productivity and work time because the expo is brought directly to APG eliminating travel expenses for attending larger trade shows in other cities."

Among the exhibitors was John Novak, a representative from Avocent.

Novak talked to attendees about console port management and server rooms. The company also specializes in keyboard, video and mouse access to computers.

Novak said the expo was beneficial for his company because of Base Realignment and Closure--Avocent is "always looking for new customers."

Novak was also pleased with the promotion and organization of the event.

"Chris Zukowski and the other people who work on the expo do a fabulous job promoting the event," he said.

Novak said he attends a lot of expos as an exhibitor and it was a good idea to hold the event where there was a lot of traffic so employees could stop in and see what it was all about.

Nelson White Systems, Inc. was another company at the expo. NWS specializes in audio-visual design, sales, installation, service and rental.

NWS relates to APG because the company offers designs and installations of presentation systems for conference rooms as well as providing repair and maintenance services, said Mark Pizza, vice president of System Integration.

Pizza said that the company has recently installed a lot of video conferencing systems for APG where he has been doing business for more than 20 years.

Lucy Wolcott, an account executive from Dell Inc., talked with expo attendees about printers, notebooks, servers and storage. She showed attendees a 3.5 pound notebook and talked to them about new capabilities of products.

These new capabilities include fingerprint access and a smart card reader, Wolcott said.

Some Dell computers are going to be "Vista ready," Wolcott said.

Windows Vista is the next operating system for Microsoft.

"Vista provides enhancements in the way users organize and find data, and it provides enhanced security," Wolcott said.

Another exhibitor was MSC Industrial Supply Co., a company that specializes in safety. MSC is in charge of installing and providing safety equipment to government agencies,



Lucy Wolcott, an account executive with Dell Inc., far right, shows attendees Kathy Cioffi, left, and Richard Wiltson, center, features of one of the newest notebooks. Cioffi and Wiltson are both employees with the U.S. Army Research, Development and Engineering Command.

according to government supply specialist Joe Schauman.

A few of the expo attendees talked about the reasons they came to the event.

Danielle Sanders, an employee with RDECOM, said the expo was beneficial to APG because people from the community could "check out new products, network and talk to potential clients."

She said she "likes to see the mainstream clients like Best Buy and AT&T" that civilians can relate to as well as the military.

Richard Wiltson, a historian with RDECOM, said he came to the expo to identify new technology products that could broaden and enhance the current capabilities of the command's Historical Research and Response team.

These attendees were just a few of many. According to Susan Suppa, DOIM, more than 300 attendees signed in at the door. This did not include the vendor attendees.

Some of the other exhibitors that attendees could see at the expo were AT&T Government Markets, GMRI, Army Knowledge Online, Booz Allen Hamilton, Office Eagle, Wright Line, Xerox Corp., Commercial Data Systems and more.

The next technology expo is slated to take place April 18 at Top of the Bay, Flemister said.

Anyone who missed the technology expo in October and is interested in finding out information can e-mail Flemister at dflmister@comcast.net or call toll free 877-332-3976.

SEAP expands to include spouses

Story by
MARGE FISSEL
Army Emergency Relief

Headquarters, Army Emergency Relief is expanding its Stateside Spouse Education Assistance Program in the United States to include the spouses of retired Army Soldiers and the widows(ers) of Soldiers who died while in the retired status.

The Stateside SEAP is a need-based education assistance program designed to provide spouses of active duty and retired Army Soldiers and widows(ers) of Army Soldiers who died while on active duty or in a retired status with financial assistance in pursuing educational goals. The purpose of the program is to assist spouses in furthering their education to afford them increased occupational opportunities.

Financial assistance is provided as a grant that is awarded based on financial need, as evidenced by income, assets, family size, special financial obligations and circumstances, with a maximum amount in the upcoming Academic Year of 2007-2008 of \$2,700.

The scholarships are awarded annually for up to four academic years to attend post secondary school full time as undergraduate level students. Second undergraduate or graduate level courses are not included.

Applications are now available for downloading on AER's Web Site, www.aerhq.org; at AER Sections; or by mail from HQ, AER. Recommend reading the instructions carefully before completing the Application.

TITLE 10 Soldiers must provide a copy of Mobilization Orders placing the Soldier on active duty for the entire academic year.

The deadline for receipt of complete applications for the upcoming AY 2007-2008 is March 1, 2007. Mailed applications and supporting documents must be received or postmarked by March 1, 2007 or earlier to be considered on time. Additional information on this new program may be found on AER's Web Site within the Army Emergency Relief Officer's Reference Manual (Education); at AER Sections; or by e-mailing HQ, AER, Diann Evans at diann@erhq.org.

ACA hosts Office Products Expo Dec. 7

ACA

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

This event will emphasize the Javits-Wagner O'Day, or JWOD, Program, which is a unique federal procurement program that generates employment and training opportunities for people who are blind and those who have other severe disabilities. The JWOD Program is a mandatory source of supply.

Javits-Wagner-O'Day Program nonprofit agencies participating in this year's Expo are Blind Industries and Services of Maryland, Winston-Salem Industries for the Blind, Delaware Industries for the Blind, Envision and South Texas Lighthouse for the Blind.

Rene Alonso, JWOD marketing director, Office Eagle, will present a program on the

benefits of JWOD.

Attendees will have an opportunity to become acquainted with the various vendors who have agreements under the Mandatory Army Blanket Purchase Agreement for Office Products.

A partial list of vendor's attending, who are covered under the BPA, are American Office Products - The Supply Room, Caddo Design, Chuckals, KM2, Metro Office Supply and WECSys LLC.

A representative from Defense Logistics Agency will demonstrate the use of DoD EMALL.

Everyone is invited to attend, especially those involved in the acquisition process, i.e. requestors, government purchase cardholders, billing officials.

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



Photo courtesy of SGT. MAJ. MICHAEL BENNETT

Sgt. Maj. Michael Bennett, U.S. Army Ordnance Mechanical Maintenance School, executes a successful 700-pound lift during the Amateur Athletic Union state championships in Georgia in April 2006.

OMMS leader continues breaking lift records

Story by
YVONNE JOHNSON
APG News

A senior noncommissioned officer with the U.S. Army Ordnance Mechanical Maintenance School is breaking weightlifting records within Maryland and around the country, thanks to what he learned here at Aberdeen Proving Ground six years ago.

Sgt. Maj. Michael Bennett is the senior NCO responsible for the training of 63-series Advanced Individual Training students in the 143rd Ordnance Battalion Wheel and Track Division at Downer Hall in Edgewood. Bennett is on his third tour at APG after having served as a drill sergeant and instructor from 1989 to 1993 and as a first sergeant from 1999 to 2001.

He returned to APG in August after a tour in Korea then at Fort Lee, Va., as the sergeant major of the 49th Quartermaster Group.

Most recently, Bennett won first place in the 2006 World Amateur Athletic Union 45- and older open category during the national championships in Richmond, Va., in October.

Bennett performed a successful deadlift of 705.47 pounds. He won the same competition in the 40 to 45 age group in 2005 at 710.96 pounds and made the year's Best Lifters list in the 40 to 49 category in the September 2005 issues of Powerlifting USA and Southern Muscle magazine.

Despite a short history in weightlifting, Bennett has won just as many, if not more competitions than many lifters who have been competing for much longer. His home and office are filled with trophies and ribbons from record-breaking competitions in places like Fort Hood, Texas, Korea and several

other stateside locations.

Bennett credits APG's Morale, Welfare and Recreation with getting him started.

He said he first became interested in lifting in 2000 while serving as the first sergeant for Company C, 143rd Ordnance Battalion.

"I started training on my own and just picked up the basics reading magazines and talking to other lifters," Bennett said.

He tested himself by participating in the MWR intramural bench press and deadlift competitions while running track and leading his unit as a player-coach in flag football, soccer, volleyball, basketball and softball.

"It was around that time that I became interested in individual competition," Bennett said. "I more or less got into it just to see what I could do."

Since then he has won numerous trophies and has appeared in the "Powerlifting USA" magazine about a dozen times.

Bennett is currently ranked 9th in the United States in the Deadlift Open and 3rd in the Masters categories. He has broken seven world records for his age group and he has no plans to stop anytime soon. In fact, he plans to retire in three years with 30 years of service and hopes to achieve a 730-pound deadlift before then.

A newlywed who just tied the knot in June, Bennett is married to Master Sgt. Essie Bennett of the 22nd Chemical Battalion.

He competes next month in the AAU Powerlifting Competition 10 a.m., Dec. 9, at Dumbarton Middle School in Philadelphia. Admission is \$5. For more information call 410-265-8264 or e-mail Brian Washington at brian@usbf.net.

APG closing announcements

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

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

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

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

Chapel holds alternative Halloween activity for children



Chaplain (Maj.) Fred MacLean talks to David Morant Jr. and his father, Sgt. David Morant Sr., from the 16th Ordnance Battalion during a costume contest in the chapel.

Story by
HEATHER TASSMER
APG News

Instead of partaking in trick or treating, parents and children of Aberdeen Proving Ground participated in the Main Post Chapel's Hallelujah Carnival or "alternative Halloween."

Deneen Henson, youth ministry leader, was one of the many organizers for the Halloween activity.

"It was an alternative to trick-or-treating and something spiritual so they can enjoy the holiday," Henson said.

She said that the chapel has been holding the Hallelujah Carnival for the past seven years.

Chaplain (Maj.) Fred MacLean talked about this perspective of Halloween, staying away from sin and honoring All Saints Day while everyone was in the chapel.

The night was full of focusing on the fun and positive part of Halloween: playing games, receiving candy and a small costume contest for the few who dressed up.

Children visited several stations where they could play a small round of putt-putt, ring toss, video games, Tic-Tac-Toe, musical chairs and other games. Children also had the opportunity to get their faces painted.

The volunteers and organizers who helped out with the night were pleased with the end result.

"[There's] nobody mad but the devil because the Hallelujah Night at the chapel was truly an awesome time for our youth," said Larry Giles, a

volunteer at the carnival and a chief warrant officer with Headquarters and Headquarters Company, 61st Ordnance Brigade.

He said that the chapel had a large turnout and that the "youth had a great time in a safe environment."

Henson was thankful for all of the volunteers.

"My heart was so full last night because of the outpouring of love and devotion to our youth," she said. "May you all be blessed in such a tremendous way because of your labor of love."



Four-year-old Cassandra Spencer participates in a bean bag toss at the Hallelujah Carnival on Halloween night.

FCC visits Lohr's Orchard for fall

Story by
HEATHER TASSMER
APG News

Breezy and brisk weather, hayrides and pumpkins are just a few signs that fall has arrived.

The Family Child Care staff, providers, parent clients and children visited Lohr's Orchard to celebrate fall activities on Oct. 24.

FCC, a branch of Child and Youth Services, is a child-care agency that certifies military spouses to take care of children inside their homes.

Beverly Hartgrove, FCC training and curriculum specialist said that the FCC is "always promoting this time of year" and tailoring the activities to complement fall.

The FCC staff, providers and parents made sure that the children were all bundled up in their hats and heavy coats for the cold weather conditions.

The orchard, located on Snake Lane in Churchville, was all decorated for the season. Next to the farmhouse were several rows of pumpkins.

The hayride led the FCC group through a graveyard complete with ghost and pirate decorations.

"All of the kids that went had fun," Hartgrove said. "I think the kids will have special memories when they think about the pumpkin patch."

Hartgrove also said she was thankful to Lohr's because the owners are always "open and friendly" with FCC.



Photo by Beverly Hartgrove
Liberty Karch shows a pumpkin that her provider, Jennifer Wright, helped her pick at Lohr's orchard on Oct. 24.



Photo by Heather Tassmer
Tabitha Wright holds a small pumpkin that her mother, Jennifer, helped her pick. Instead of picking the medium or large pumpkins, the FCC children picked smaller ones.