

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Dec. 17, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



KUSAHC closes for the holidays

Kirk U.S. Army Health Clinic will be closed for its staff Family holiday party, noon until 4:30 p.m., Dec. 11.

Patients should plan accordingly for any medication needs.

Since there is no emergency room at KUSAHC, call 911 for true emergencies.

For medical services needed after hours, weekends or federal holidays, contact the Staff Duty Officer, 410-278-1725, who will coordinate patient's care with the Medical Officer of the Day.

To avoid Point of Service copayment charges, patient will need authorization and/or a referral to go to any urgency clinic. Emergency Rooms do not require a referral.

Open Season extended

Due to changes in coverage, OPM has extended the Benefits Open Season through January 2009.

Changes will apply to Federal Employees Health Benefits, Federal Employees Dental and Vision Insurance and the Flexible Spending Account.

Any belated changes will be retroactive to Jan. 4, 2009, for FEHB and Jan. 1, 2009, for FEDVIP and FSA.

Any future coverage changes will be forwarded upon receipt.

For more information, call Teri Wright, Civilian Personnel Advisory Center, 410-278-4331, or e-mail teri-wright@us.army.mil.

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APG 2012

RDECOM hails new commander during change of command ceremony

Story by **STEVE ROCHETTE**
RDECOM

The U.S. Army Research, Development and Engineering Command ushered in new leadership at Aberdeen Proving Ground during a change of command ceremony Dec. 5 at the Maj. Gen. Warren D. Hodges National Guard Armory.

Maj. Gen. Paul S. Izzo assumed command of RDECOM from Maj. Gen. Fred D. Robinson, who spent 18 months leading the organization. As the senior mission commander at APG, Izzo also fills the installation's senior leadership role.

Gen. Benjamin S. Griffin, former commander of the U.S. Army Materiel Command, hosted the ceremony and presented Izzo with the unit colors.

Griffin said Izzo is well equipped to lead RDECOM.

"He's the right man at the right place at the right time," Griffin said. "He knows more about life cycle management commands and support to the Soldier than any commander that I know in the field today."

Griffin expressed his gratitude to Robinson for emphasizing his Warfighters' focus upon the strong technology foundation at RDECOM.

"General Robinson and his wife Reva have been

a fantastic command team here and have taken RDECOM to a new level," he said.

Robinson, who retired after the formal change of command ceremony, said the Army has taken significant strides throughout his career.

"I stand here with enormous pride – not self pride but pride in being part of an Army for the last thirty-two years that has accepted unbelievable challenges and moved forward at every hurdle," he said.

Robinson said leading RDECOM was a tremendous experience because of the people associated with the command.

"All of you have touched this poor Soldier's life and that of his Family. No matter where we are, y'all will always be in our hearts," he said.

He then addressed Izzo, stating that he would lead an organization with a dedicated workforce.

"They give all of themselves without concern for their own person – they build, they team, they explore and all for the Soldier of today and tomorrow," he said. "Our Army is in great hands with these individuals."

Izzo comes to RDECOM after serving as the deputy for Acquisition and Sys-

See **IZZO**, page 2



Photo by SEAN KIEF, APG DOIM

RDECOM Command Sgt. Maj. Hector Marin, center, holds the unit colors in preparation for the formal change of command ceremony. Maj. Gen. Paul S. Izzo, left, assumed command from Maj. Gen. Fred D. Robinson, far right. Gen. Benjamin S. Griffin, former commander of the Army Materiel Command, hosted the ceremony.

KUSAHC provides more opportunities for patients

KUSAHC

After listening to feedback from patients and reviewing processes, Kirk U.S. Army Health Clinic is making changes in order to serve them better.

Beginning Dec. 1, KUSAHC now remains open 7:30 a.m. to 4:30 p.m., Monday through Friday. Both Aberdeen and Edgewood area's clinics and the Aberdeen pharmacy will remain open during lunchtime, though services may be limited while personnel rotate for lunch.

KUSAHC will also remain open for Thursday training time.

"We also revised our policy concerning bringing children into the clinic to allow patients to bring their children with them to their appointment," said Deborah Dodsworth, patient advocate.

"While we still encourage patients to make other arrangements, we also realize that there are times when patients want or need to bring children with them. Supervi-

sion is always the parent's responsibility."

Hourly childcare remains an option at either Child Development Center at a reduced hourly care rate. The Aberdeen Area CDC is located in building 2485, and their telephone number is 410-278-5748. The Edgewood Area CDC is located in building E-1901, and their telephone number is 410-436-2692.

KUSAHC will continue to provide vouchers upon request.

While active duty student sick call continues to open at 5:30 a.m., permanent party service members now have more options.

"We strongly encourage you to book your own appointment using www.TRICAREOnline.com or call the appointment line, 410-278-5475," Dodsworth said. "Permanent party service members can also walk-in to the General Medicine Clinic in the Aberdeen Area or the Edgewood Clinic."

Patients will be screened

and given the first appropriate appointment that meets their needs. A same day appointment may not always be possible.

"What other changes are in Kirk's future," Dodsworth asks. "You tell us. We want you to help guide our improvements."

Additionally, Dodsworth is looking for members for the clinic's Patient Advisory Council.

"Please call me if you are interested in becoming a member of the board, 410-278-1724," she said.

OPUS East opens APG facility for business

Story by **YVONNE JOHNSON**
APG News

OPUS East, L.L.C. officially opened the first building in its Government and Technology Enterprise, or GATE campus during a ribbon cutting ceremony at Aberdeen Proving Ground Nov. 4.

The CACI Research and Development Labs, or CRaDL, is the first building completed in the Enhanced Use Lease, or EUL, development project on APG.

A 60,000-square-foot, single-story research and development facility located inside APG's secure perimeter, the CRaDL will support the

Army Team C4ISR transition from Fort Monmouth, N.J., under base realignment and closure and house the CACI Technologies' incubator program, a strategic initiative designed to support Army research and development programs with an emphasis on wireless technology.

Hosted by Bill Kendall, CACI senior manager of corporate procurement, program guests included Col. Andrew B. Nelson, APG Garrison deputy commander for Transformation; Lou Lifrieri, CACI executive vice president and manager of the C4ISR Operating Group; David Craig, Harford County executive;

See **G.A.T.E.**, page 8



Akiele Jones, 10 months old, visited Santa and Mrs. Claus for the first time, at the Aberdeen Area Recreation Center during Army Community Service's Holiday Extravaganza and Tree Lighting Ceremony held Dec. 3.

ACS event brings holiday fun for the APG community

Story and photos by **RACHEL PONDER**
APG News

A crowd of more than 750 people turned out for the Aberdeen Proving Ground 8th annual holiday extravaganza and tree lighting ceremony hosted by Army Community Service at the Aberdeen Area Post Recreation Center Dec. 3.

The occasion, which featured holiday music, games and a visit from Santa and Mrs. Claus, has become an annual tradition for the APG community.

This year's event provided additional excitement as 50 children's bikes donated by the United Services Organization were given away through a raffle.

Celestine Beckett, ACS director, greeted the crowd and welcomed all on behalf of Michael Lupacchino, director of Family and Morale, Welfare and Recreation.

Garrison Chaplain (Col.) Ruben D. Colon gave the invocation.

"We pray for all those serving overseas. May the radiance of the

See **ACS**, page 17

2008 CFC extended Two more chances to contribute—book fair, basketball game

Story by **RACHEL PONDER**
APG News

The Aberdeen Proving Ground 2008 Combined Federal Campaign has been extended by one week.

Donors are asked to bring in pledges before noon on Dec. 18 at the APG CFC Office located in the Down Under [lower level] of building 30, also known as Top of the Bay.

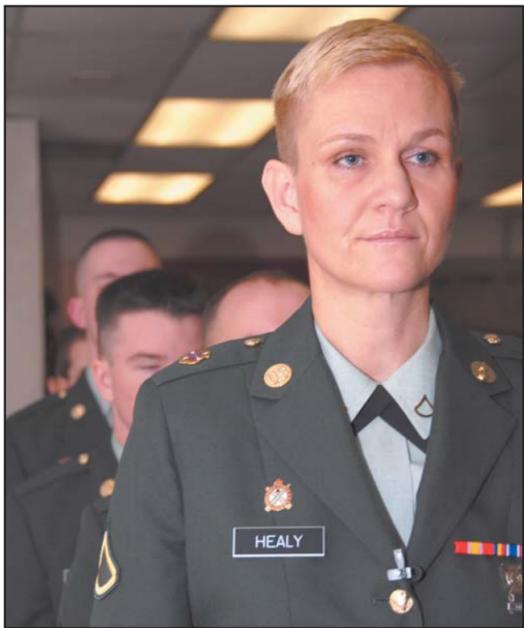
Nancy Sewell, 2008 CFC chairman, said that Col. Jeffery S. Weissman, deputy installation commander approved a request to extend CFC season by one week, to help the installation's goal to

raise \$400,000.

Currently, the APG CFC is exceeding the \$330,000 mark with 960 of the goal of 3,000 donors contacted, but there are only a few days left.

"The CFC Office congratulates the U.S. Army Research, Development and Engineering Command Contracting Center (RDECOM CC), the RDECOM Managerial Accounting Division, the U.S. Army Assembled Chemical Weapons Alternatives, APG Garrison's Directorate of Information Management and the U.S. Army Aberdeen

See **CFC**, page 8



Pfc. Siobhan Healy awaits her certificate, as she graduates from Advanced Individual Training. Healy, a mother of 13, scored 350 points on her physical training test and graduated at the top of her class. She will go on to join the 200th Military Police Company, Catonsville, Md., Maryland Army National Guard.

Mother of 13 brings new meaning to 'Army Strong'

Story and photo by
SPC LONI KINGSTON
MD National Guard

Under normal circumstances, a Soldier graduating from Basic Combat Training and Advanced Individual Training doesn't attract the attention of many people besides that of the Soldier's home unit and their friends and Family; however, Pfc. Siobhan Healy isn't a normal Soldier.

The 200th Military Police Company, Catonsville, Md., just welcomed Healy, its newest Soldier to their team.

A 39-year-old mother of 13 children, Healy not only graduated at the top of her class, she also scored 350 points on her physical training test.

"I started working out about six months before I went to basic training," she said. "I was afraid that the younger people would outrun me."

"My wife, a German native, has wanted to join the military since the age of 18," said Christopher Healy, "but she was unable to serve in the German military due to her gender and her six-foot-one-inch stature."

At the age of 39, Healy thought that the opportunity to join the military had passed her by until a Maryland Army National Guard recruiter informed her otherwise, she said.

Healy said that although she was excited at the prospect of fulfilling a lifelong dream to become a Soldier, she was a little apprehensive of being deployed and away from her children.

Ultimately, due to her appreciation and her desire to give back to her adoptive country, she decided to go for it.

Healy declined any bonuses because she didn't want to sign up for the money; she did it for her country, she said.

"It was the right thing to do for me," she said.

Healy is not finished in her endeavors, she also wishes to become a police officer for the Baltimore City Police Department and is currently earning a degree in criminal justice.

The Maryland Army National Guard's newest Soldier, this busy mother has brought a whole new meaning to: Army Strong.

Young Soldiers work hard to exceed standards

Story and photo by
ROGER TEEL
U.S. Army Ordnance Center & Schools

Most enlisted Soldiers pass from Basic Combat Training to Advanced Individual Training and then on to their first permanent duty assignment in a relatively seamless manner.

These first days in uniform are a rite of passage in which young recruits are educated in military fundamentals and taught the basic skills of their chosen career field.

Pfc. Alexander French said his entry into the Army has been just that, a rite of passage. The 19-year-old from Boiling Springs, Pa., is now beginning AIT and learning the skills of a wheeled-vehicle mechanic at the U.S. Army Ordnance Center and Schools. His training station is the Edgewood Area of Aberdeen Proving Ground.

Both of French's grandfathers are retired Army colonels and his father served in the Navy.

"Making the Family proud," he said of his decision to join. "It's been a Family tradition, so I'm just falling down the branch, you know?"

French's mother is Ann French of Boiling Springs.



Battle buddies Pvt. Jeffrey Pearsall, left, and Pfc. Alexander French are working to become vehicle mechanics at the U.S. Army Ordnance Center & Schools.

His grandfather is H. Robert Davis, M.D., also of Boiling Springs.

French is "above the curve," according to his company commander, Capt. Nicole Starr of Headquarters and Headquarters Company, 143rd Ordnance Battalion. She noted French's voluntary contributions during the unit's recent Partners in Education event at Edgewood Middle School. The event took place Nov. 5, while French was in "casu-

al status" waiting for his AIT course to start.

"Everybody went through a drill and ceremony test, and French and about ten others were selected to take part," Starr said. "It was a unique opportunity because it's our first partnership school, and an opportunity for Soldiers to see that [training] is [more than] just being in AIT for thirteen weeks.

"When the NCOs marched them around the gymnasium in front of the kids

-- who were all "ooohs" and "aaahs" -- they wanted to do it. We then ate lunch together and mingled with the kids, from kindergarten through grade 5.

"French not only did what he was supposed to do, but he and another Soldier -- Pfc. Cameron Lopez -- exceeded the standards. Not only did they know the DNC, but they had the right uniform and passed the AIT physical fitness test.

"There's more to it than just going out there and

performing," Starr continued. "You can't just be a hero in chapter one and not be a hero in chapter two of a book... you have to be a total Soldier.

"On the way back I told them everyone has their fifteen minutes of fame. I made sure every Soldier who participated was recognized," Starr said.

Those who met minimum standards received the battalion coin; French and Lopez were awarded impact Army Achievement Medals for exceeding the standards.

In pursuit of excellence

Since donning the Army Combat Uniform three short months ago, French has been promoted to private first class ahead of most of his peers.

"I'm an Eagle Scout, and that's an automatic for PFC because of all the training you receive as a scout. I also made the pre-requirements for physical fitness, you know, 1-1-1 on the pre-exemption test," he said, not fully sure he was expressing himself correctly.

"I also recruited two people into the Army before reporting to basic. So I essentially made it three times," he said.

French's battle buddy is

Pvt. Jeffrey Pearsall, 20, a sturdy looking Soldier from Houston. The two go everywhere together.

"He's a good Soldier," Pearsall said of his buddy. "He pushes me a lot. And he keeps me out of trouble."

"It's not hard to do the right thing," French said. "You just gotta stay focused and motivated."

French isn't exactly sure what he did to earn his first achievement medal.

"I think I got the award because I passed the PT test at the AIT standard -- sixty percent. I assume I made it in all three categories (push up, sit up and two-mile run)," French said. "I'm no PT stud, but my goal is eighty percent before I graduate.

"It keeps your mind active to stay good -- to stay proficient," he added. "It's all about motivation in your head."

"We were selected to perform at the school and do some basic stuff, eat lunch with the children and talk about what the Army is like," he said.

"It was motivational talking to the kids. They don't see what your job is; they don't see your rank; they just see you for what you are -- a Soldier. So it was

See **SOLDIERS**, page 7

Izzo

From front page

tems Management under the assistant secretary of the Army for Acquisition, Logistics and Technology.

Izzo vowed to build on RDECOM's reputation for serving the Soldier through innovations in science and technology.

"It is an immense privilege for me to be able to continue to serve our Army and serve you as the next commander of RDECOM," Izzo said. "I am humbled by the great care and pride which all of you in this superb organization exhibit."

Izzo added that he and his wife Kathleen were happy to return to APG after spending three years at the installation in the early 1980s.

The ceremony marked only the 3rd change of command in RDECOM's brief history.

During the event, the AMC Band's Brass Quintet performed while the Ordnance Mechanical Maintenance School, 16th Ordnance Battalion, served as the salute battery.

Following the change of command ceremony, Robinson was awarded the Distinguished Service Medal while his wife Reva received the Commander's Award for Public Service. Griffin then presented Robinson with his certificate of retirement.

Robinson became commander of RDECOM in June of 2007. Under Robinson's leadership, RDECOM fielded more than 50 technologies which provide increased capabilities to Soldiers and help save lives. He instituted a process to integrate the command's research and development portfolio and maximize the benefits of its science and technology investments.

Robinson also began implementing APG 2012 -- a series of initiatives emphasizing improvements to quality of life, facilities, infrastructure and services.

Maj. Gen. Paul S. Izzo

Maj. Gen. Izzo is a native of Saratoga Springs, N.Y. He received his commission in 1975 as a second lieutenant in armor following graduation from St. Bonaventure University where he earned a bachelor's degree in business administration. Izzo also earned a master's degree in management science from Central Michigan University in 1987.

His military education includes Airborne School, Armor Officer Basic and Advanced Course, Command and General Staff College, Defense Systems Management College and the U.S. Army War College.

Prior to serving as RDECOM commanding general, Izzo was deputy for Acquisition and Systems Management under the assistant secretary of the Army for Acquisition, Logistics and Technology. He previously served as the commander, Joint Munitions and Lethality Life Cycle Management Command, Program Executive Officer for Army Ammunition, and Commanding General of Picatinny Arsenal, New Jersey.

Other assignments include the Deputy for Systems Acquisition for the U.S. Army Communications-Electronics Command; Project Manager for the Bradley Fighting Vehicle System; Executive Officer to the Military Deputy to the Assistant Secretary of the Army (Research, Development, and Acquisition), Operations Officer for 3-37 Armor, 1st Infantry Division during the Gulf War; Aide de Camp; Operations Officer and Company Commander 2-37 Armor, 1st Armored Division; and Battalion Maintenance Officer, Tank Company Executive Officer and Tank Platoon Leader, 1st Infantry Division.



Photo by SEAN KIEF, APG DOIM
Maj. Gen. Paul S. Izzo, the new commander of the U.S. Army Research, Development and Engineering Command, makes remarks during the change of command ceremony. Izzo assumed command from Maj. Gen. Fred D. Robinson.

Izzo's awards include the Distinguished Service Medal, the Legion of Merit (with 2 oak leaf clusters), the Bronze Star (with valor device and one oak leaf cluster), and the Meritorious Service Medal (with five oak leaf clusters).

APG News

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JRTC FAST focuses on Soldier feedback

Story and photo by
STEVE ROCHETTE
RDECOM

There is no one better to provide feedback on military equipment and technologies than the end user, the Soldier.

This concept has been a focus for the Field Assistance in Science and Technology organization, which connects the Soldier to the vast network of labs and research centers of the U.S. Army Research, Development and Engineering Center. FAST maintains a presence at 23 locations, specifically at every combatant command, corps headquarters and each of the training centers.

The FAST team at the Joint Readiness Training Center, led by Tom Theaux and Lt. Col. Carl Simon, is especially close to Soldiers. Every month, brigade-sized units rotate through JRTC prior to deploying to Iraq or Afghanistan for training and exercises.

The following scenario is a textbook example of why FAST maintains a presence at JRTC.

It started when an engineer from the RDECOM Night Vision and Electronic Sensors Directorate introduced the team to a new suicide vest detection system. Theaux and Simon thought the technology had the potential to save lives.

“We thought there would be interest in the system because of its potential to identify suicide bombers. It uses a variety of technologies and appeared to have some utility for the military operations,” Simon said.

The FAST team explained the technology and its capabilities to leaders from an incoming unit who agreed to try out the system during training. Soldiers liked the system and eventually chose to deploy it.

This process has played out numerous times with other technologies as the

JRTC FAST team has created a strong link between its parent organization, RDECOM and Soldiers going through training.

“Because of the nature of the mission and the access to Soldiers at JRTC, the team there is in a unique position to get the feedback necessary to assess technologies,” said Jim Gibson, director of FAST. “They’ve been highly effective in connecting Soldiers to the Army science and technology community.”

JRTC FAST uses a variety of methods to get the feedback. After each training rotation, the team meets with senior noncommissioned officers from JRTC to get opinions about technologies injected into the training. During training, some Soldiers spend time as mock-casualties in the personnel equipment holding areas, which has proven to be a valuable chance to gather data.

“Because Soldiers have
See JRTC, page 8



Commentary: Life's an adventure

By
BILL ARMSTRONG
APG Wildlife and Marine Law Enforcement
Division

Years ago, during a fishing foray down the treacherous Susquehanna River, a friend of mine remarked, just after we'd just made our way down through a rough section of water in the darkness, “Whenever I go anywhere with you, it's an adventure.”

Last week, we had an impromptu “gathering” of old worn-out, retired game wardens at a hunting camp over in West Virginia, and being from the “old school” and used to making do with just the bare necessities of life, we were right at home roughing it.

In between the lobsters brought down by the folks from Maine, the clam chowder put together by the guys from Rhode Island and the venison tenderloin and “turkey fries” from the folks up the holler, we managed to survive the ordeal without too much in the way of calamities.

The closest we actually came to a catastrophe was when the lights went out during the poker game and one of the guys from Rhode Island, who claimed to be an electrician, decided to analyze the problem. I'm not exactly sure what happened, but after he picked himself up off of the floor and the smoke cleared, we all sort of came to the conclusion that it was the Wild Turkey that was to blame. For some reason Wild Turkey and electrical outlets aren't compatible.

Anyway, back to life being an adventure. Now I've been around critters for more than 40 years and perhaps I should knock on wood, but up until last Thursday I could've said that I was pretty comfortable around wildlife.

It all started when one of the guys decided we'd been in camp long enough, and figured that since we'd told our wives we were going deer hunting, we probably ought to venture out and see if there were any deer to be found. Well sir, when he told me he was going up the holler, I told him I'd head on up to the ridge line, and

that way, if I saw a deer, maybe I'd run it down to him.

So there I was, high on the ridge, just under the top, leaned up against a big hickory tree with the afternoon sun a' shining down on me, enjoying life and ready for a nap. That's when I heard this faint rustling in the leaves behind me.

Seeing as how the squirrels had been playing around me all afternoon, I kinda figured it was one of them, so I turned around and took a quick look behind me, nothing there.

So turning back, I once again focused my attention on the woods in front of me, my eyes searching for something that might resemble a deer.

Well sir, lo and behold, wouldn't you know it, the rustling noise behind me started up again, only this time it was louder.

Wheeling around, thinking that I'd scare the heck out of a noisy squirrel, what do you reckon I came face to face with? Yep, you guessed it: a 200-pound black bear, not 20 feet behind me, nose to the ground and coming right at me!

Well sir, I don't know which of us spooked first, but when I let out a squall and jumped up, heading down the mountain, all I heard from behind me was a “woof” which made me want to go even faster. I figured I was a duster for sure!

Just as I rounded a large red-oak tree, I pushed the safety off on my rifle and threw a glance behind me just in time to see the bear going up over the top of the ridge in the opposite direction. I must have scared it as bad as it startled me.

Needless to say, my deer hunting was over for the rest of that day; it was time to head for the camp and wrapping my hand around a little something to sip on.

Yep, life's an adventure.

On a local note

The Maryland Waterfowl Hunting Season at APG will reopen on Dec. 16 and run through Jan. 24.

The Atlantic Canada Goose Hunting Season will reopen on Dec. 18 and run through Jan. 24 with a daily bag limit of two geese per day.

Chapel News

Holiday worship services through Jan. 1

Main Post Chapel (Aberdeen Area)

Catholic

Sun., Dec. 14 Advent mass 8:45 a.m.
 Sun., Dec. 21 Advent mass 8:45 a.m.
 Thur., Dec. 25 Christmas mass with Nativity Pageant 9 a.m.

Sun., Dec. 28 Mass 8:45 a.m.
 Wed., Dec. 31 Vigil mass 6:30 p.m.

Protestant

Sun., Dec. 14 Christmas Cantata 10:15 a.m.
 Sun., Dec. 21 Advent worship 10:15 a.m.
 Wed., Dec. 24 Combined Christmas Eve Candlelight Service 7 p.m.
 Sun., Dec. 28 Worship 10:15 a.m.

Gospel

Sun., Dec. 14 Worship 12 p.m.
 Sun., Dec. 21 Worship 12 p.m.
 Wed., Dec. 24 Combined Christmas Eve Candlelight Service 7p.m.
 Sun., Dec. 28 Worship 12 p.m.
 Wed., Dec. 31 New Year's Eve Watch Night Service 10 p.m.

Edgewood Area

Catholic

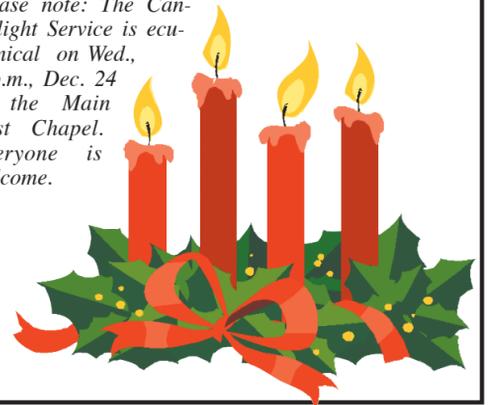
Sun., Dec. 14 Advent mass 10:45 a.m.

Sat., Dec. 20 Holiday dinner 5:30 p.m.
 Sat., Dec. 20 Post Stable Liturgy 7 p.m.
 Sun., Dec. 21 Advent mass 10:45 a.m.
 Thu., Dec. 25 Christmas mass 11:15 a.m.
 Sun., Dec. 28 Mass 10:45 a.m.
 Thur., Jan. 1 Holy Day mass 10 a.m.

Protestant

Sun., Dec. 14 Advent worship 9:15 a.m.
 Sun., Dec. 21 Advent worship 9:15 a.m.
 Wed., Dec. 24 Combined Christmas Eve Candlelight Service 7 p.m.
 Sun., Dec. 28 Worship 9:15 a.m.

Please note: The Candlelight Service is ecumenical on Wed., 7 p.m., Dec. 24 at the Main Post Chapel. Everyone is welcome.



Commentary: Home for Christmas

By
**CHAPLAIN (MAJ)
 JAMES M. LESTER**
61st Ordnance Brigade

When you think of Christmas, what do you think about? Do you picture sugar plums dancing in your head, or sleigh bells ringing? Maybe it's

all the stress from shopping for that perfect gift. Do you think of the bills that will arrive come the New Year; the toys that had made our kids so happy are now a strain on our pocket books; or, do you think of the real reason for Christmas: the birth of a baby who was destined to change a world?

Whatever you may be thinking on this Christmas, most of you would agree that it's good to be home.

On Black Friday, we didn't brave the crowds or stores, but instead pulled the Christmas tree up from the basement and began to assemble it. We dipped white chocolate pretzels, and listened to Christmas music. And, we fought with the lights, trying to get them to work.

The Season of Advent has begun. On Dec. 1, we started the 25 Day Count-

down, as my middle child likes to call it. The youngest has a pretty long wish list, and he believes that he will get everything on it. It's nice to be five, realizing that Christmas is more than a pretty tree; it's also about presents. My 11-year-old daughter has mastered the art of making gifts. I can't wait to see what she leaves me under the tree.

It's nice to be home. Two years ago, I spent a wonderful Christmas in Iraq. We listened to carols and had special food at the D-FAC. We even had gifts that our Families had sent us under our own trees. I spoke to all my children and my wife on the phone, but the next day it was back to work doing the same thing over and over.

Last year, I was home from Iraq just as we were preparing to PCS. So the

day after Christmas, with many tearful goodbyes to friends, we loaded up the truck and set out for Jackson. And now, a year later, we are here in Maryland, enjoying the cold and the rain, and the occasional snow flurry. But I'm home.

I'm home to spend Christmas with my own Family, with our own tree, and our own kid-friendly decorations; no glass balls for us.

I love seeing the smiles on my kids' faces as they think of new toys and gaze at the tree. The lights are hung, gifts still need to be bought and wrapped, but we are home.

Take this Christmas to enjoy being with your Family and loved ones, and let us not forget to pray for our military members who are still deployed.

Merry Christmas.

Protestant service serves up senior Thanksgiving

APG Chapel

The Aberdeen Area Protestant Service and Dee's Flowers of Aberdeen hosted 250 seniors during the annual Senior Thanksgiv-

ing Dinner at the Main Post Chapel Nov. 9.

More than 35 volunteers including Advanced Individual Training students and volunteers from the local community served the meals.

The seniors, who arrived and were served in two groups, were from the Aberdeen Senior Center Golden Age Club; the Fairbrooke Senior Home and Catholic Charities Senior Housing in Aberdeen; the Edgewood Senior Center and the St. John Tower Senior Housing and Center in Havre de Grace.

"Our communities are so blessed because of these kinds of humble servants," said Chaplain (Maj.) Young Kim, senior pastor of the Protestant service who also delivered "spiritual tips" and the invocation for the first group.

Lt. Col. Jeffrey Züst, command chaplain for the U.S. Army Research, Development and Engineering Command, delivered the invocation for the second group.

It was the 15th Senior Thanksgiving Dinner at the Chapel.

Commentary: Why are there shepherds in the nativity?

By
CHAPLAIN CAPT CHAD B. DAVIS
USAGAPG

I have noticed that there are a lot of people and animals crammed into nativity scenes. I sometimes think they look crowded and overdone. Beyond what I might want to see, however there are reasons for the symbols we use to depict the night of Christ's birth. Some of the symbols are easy to understand.

The star above it all, and perhaps the star on top of your Christmas tree, represents the Star of Bethlehem, in the Gospel of Matthew, that guided the Magi to Israel to see the one who was born "King of the Jews."

I doubt the star and the Magi really belong in the nativity scene. They probably were not there on the night of Jesus Birth.

The Star may have shown that night, but it was a sign to the Magi who came from the Far East, and probably arrived a year or more after Jesus' birth. Still, in all of our Christmas pageants, three little kings and some little bathrobed Shepherds parade into the manger together. There is nothing wrong with that.

Mary and Joseph are always there. Mary, shining with a sacred radiance with which we would like to remember

See NATIVITY, page 5



APG Forum

Commentary: A look at 'Green Eyes and Black Rifles Warriors Guide to the Combat Carbine'

By
**RETIRED
MAJ ERIC SHULER**
NJARNG
Special contributor

The title of the book, "Green Eyes and Black Rifles Warriors Guide to the Combat Carbine," gives a great indication what this book is about.

I was deployed in Iraq and armed with a 9mm pistol and was intrigued by Soldiers carrying the M-4 carbine.

I had the chance to fire one a few times. I was impressed with all the new electronic sighting equipment on it and attachments. I did not know what an

ACOG [advanced combat optical gun sight] was or why it had the handle attached from the barrel.

When I fired the M-4 it was easy putting steel on target. The M-4 is a lot easier to accurately shoot than the M-16A1.

Today, the M-4 has as much in common with the M-16 as the high mobility multi-purpose wheeled vehicle used in Desert Storm compared to today's armored HMMWV used in Operation Iraqi Freedom.

Reading the book, I realize I know next to nothing about tactical shooting or maintaining the M-4 weapon system properly. The

book is only 214 pages in length but it is well written and worth reading. This book was born in combat to help Soldiers survive in combat.

Author Sgt. Maj. Kyle Lamb really hits his mark when he shows the different scenarios and positions a Soldier might have to take to engage the enemy.

I did not realize how important a magazine is for your weapon system and how to check for wear and serviceability. Lamb

writes one of the biggest causes of jams is the magazine. He numbers and letters his magazines and checks them every time he

fires. Lamb also reminds the reader that your life can depend on doing this

Lamb's book is very easy to read and understand. You will truly appreciate your M-4 carbine as a weapon system and fully learn how to use all the accessories that go with it. The reader will learn more about this weapon system than any army field manual.

I highly recommend "Green Eyes and Black Rifles Warriors Guide to the Combat Carbine" by Sgt. Maj. Kyle E. Lamb

I have one regret: I wish I was issued an M-4 carbine while in Iraq.

Nativity

From page 4

this impoverished young girl who just gave birth outdoors after an arduous trip and a night of rejection since, "there was no room for them in the inn." Joseph kneels in humble adoration of his young bride and the son of God, born into his life in such a startling way. What about his ordeal and his fears? They are not visible on his face in our displays.

Camels and sheep and at least one donkey begin to make up the scene, and unlike the Maji, they probably belong there. Jesus was born in a stable, or a feed lot or a sheep pen. It's hard to say, but it certainly wasn't the rosy picture we have romanticized.

There is a manger in every Nativity scene. It usually looks more like a crib than a feed trough but a manger is a vessel from which animals eat. Filled with straw and the baby



Jesus, the manger is a sign to us, as are the strips of cloth he is wrapped in.

Angels sometimes make an appearance in Nativity scenes. There is usually just one, the Herald, the Angel of the Lord, announcing with angelic voice the arrival of the baby wrapped in swaddling clothes.

Then there is the baby Jesus himself. We do the best we can with this. We make him look like we do, except cleaner. He represents God in human flesh, the plan of God for our redemption, the Savior of

the world.

But we would not have been able to see that had we been there. He was a human child, a homeless person, newborn into a world without compassion.

I have tried to remove the glitter and pageantry to make a point. Jesus is most like the shepherds. He didn't have or need gold, frankincense and myrrh, at least not at his birth.

He was born to be a Savior to the shepherds. They were dirty and slept in the straw of a sheep pen, or an open field.

Like Jesus later said of himself, The Shepherds had no place to lay their heads. God saw them, and loved them and sent his Son to save them.

Jesus was born in the poorest circumstances because he came to save the poor and dispossessed.

All of the people of the world were spiritually impoverished and dispossessed of God's kingdom until Jesus divested himself of his eternal majesty and was born in a stable down here with us, dirty, impoverished us. Do you want a sign that God loves you? The sign has already been given, in the straw of a manger, in Bethlehem. Just as the Angel said, "Do not be afraid. I bring you good news of great joy that will be for all people. Today in the town of David a Savior has been born to you; he is Christ the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."



Christmas tree safety for the holidays

Story by
RON KRAVITZ
Installation Safety Office

According to the National Fire Protection Association, on average one in every nine reported home Christmas tree fires results in a death. Statistics show nearly 600 fires are started by a Christmas tree with the tree lights usually being the cause.

Housing residents are reminded of the installation requirements concerning Christmas trees.

“There are no live trees allowed in any offices or indoor assemblies on the installation,” said Fire Protection Specialist Barry Bennett. “Lights should not be left on when no one is in the office, and decorations should be removed as soon as possible after the holiday.”

And if a real tree is going to be put up in the home this Christmas, the following tips will help make the holiday a safe one.

- Get a tree that is freshly cut. It will stay green longer and be less of a fire hazard.
- Always test for freshness before buying. A tree with high moisture content is safer. Very few needles should fall when the butt of the tree is tapped on the ground; needles should bend, not break; and the stump should be sticky with resin.
- If buying a tree early, keep it outside. Store it away from wind and sun. Keep the bottom in a bucket of water so it can continue to drink and stay fresh.
- Before setting up the tree, make a fresh cut 2 inches from the bottom and drill a hole 2” deep by 1/4;” this will help the tree drink. Keep the tree stand filled

with water. As a general rule a fresh tree will drink more than a gallon of water in the first 24 hours and 1 or more quarts a day thereafter.

- Spray the tree with water all over every day until it’s decorated. Substantial intake is through the foliage just like flowers.
- Use a tree stand that has widespread legs for better balance and a large water reservoir in which to immerse the tree butt. If necessary, use guy wires to steady the tree. Maintain the water supply.
- Do not set a tree up near any heat source such as a radiator, television, fireplace, heating duct or sunny window. It should not block doors or windows.
- Use only UL Standards certified light strings/sets.
- Use the proper light strings for the environment. Do not use outdoor lights as they get too hot.
- Inspect light sets before use. Check for cracked bulbs and for frayed, broken or exposed wires, and discard if faulty.
- Do not use electric lights on metallic trees. A faulty system could energize the tree and shock or electrocute anyone coming into contact. Illuminate metallic trees with colored floodlights placed at a safe distance from the tree.
- Turn off all tree and display lights before retiring at night or leaving the home.
- Choose decorations that are flame-retardant, non-combustible and non-conductive.
- If there are young children or pets in the home, avoid decorations that are very small.
- Avoid using angel hair (glass wool) together with spray-on snowflakes. This combination is highly combustible.

- Do not use metallic ornaments on the tree. If they make contact with defective wiring they could become a shock hazard.
- Never use lighted candles on a tree.
- After the holidays, remove the tree to the outdoors as soon as possible.

Adventures in driving decision making



Panic on the highway!

Installation Safety Office

“Adventures in driving decision making” is brought to everyone by the Installation Safety Office.

Read the following scenario and then from the options provided, select the best answer. The correct response is printed upside down.

Situation #12

Imagine you’ve been driving for a while and you’ve become tired, but you’re trying to make it to the next town. You suddenly realize you have had your eyes closed and had dozed off. What should you do?

A. Open all the windows, turn on the radio, and talk or sing to yourself.

B. Locate a safe place to pull off the road, park and take a nap.

Answer B. You’ve done the right thing by deciding to “Locate a safe place to pull off the road, park and take a nap.” You may sometimes find yourself sleepy and yet know that you really ought not to be — that there’s no real reason for it. What’s happened is that you’ve lowered your blood pressure and pulse rate by inactivity. You could wake yourself up by parking the car and doing some exercises until you feel awake. But, if you know you have good reason to be sleepy, then your best bet is to just pull off and have some sleep.

Answer A. It’s a little late for this choice, sleeping beauty! You have already permitted yourself to attain a sleepy physical state. You can do these things to keep you awake, but they won’t wake you up. Once your blood pressure and pulse rate go down, you have to either build them back up or give in and take a nap. If you’re really tired and need the sleep, don’t fool around: “Locate a safe place to pull off the road, park and take a nap.” But, if there is no reason for you to be sleepy, you can “wake up” by building up your blood pressure and pulse rate. Park, get out and do some exercises for a few minutes. Then keep yourself awake by keeping the window open, turning on the radio, and talking or singing to yourself.

Commentary: Shop 'til you ...

By
**MAJ
KIRSTEN M. ANKE**
*U.S. Army Center for Health
Promotion and Preventive
Medicine*

“Ninety-eight billion dollars.” According to the Nielsen Company, that is how much money U.S. consumers [you and me] are expected to spend during the 2008 holiday retail season.

How much do you plan to spend? Plan, what plan?

Take a moment to look at your finances. The investment market may be on a roller-coaster ride, but your leave and earnings statement is on a stable course. To access your latest and previous LES, log in at <https://mypay.dfas.mil/mypay.aspx>.

Get out a calculator. Add up your mid-month pay and end-of-month pay to see your total monthly pay received. This is the bottom-line amount deposited into your account after required deductions such as taxes, Service Group Life Insurance and personal allotments.

Gather paper and electronic statements to figure your monthly living

expenses. Add up the amounts you need every month to pay for your rent or mortgage; remember to include the renter or homeowner insurances and utilities such as water, electric, gas, oil and propane. Additional costs may include trash removal and association fees. Now add in the costs for phones, TV and computer access.

Include food in your calculations. Remember to add meals eaten out and the daily stops for coffee or refreshments. Put in cars—add up your loans, insurances, and monthly gasoline and maintenance costs.

What is your existing debt? The minimum amount due on each of your credit cards is also a monthly expense.

Now subtract all of these expense amounts from your total pay.

How are you doing? Need some assistance working out the details? Check out the following FREE resources to figure out your finances, balance your personal budget and develop a plan for your future.

- Military OneSource: <http://www.militaryonesource.com>, or by telephone, 800-342-9647. This free, 24-hour service provided by the Department of Defense is available to all active duty, Guard, and Reserve members and their Families.

- Army: Army Community Service Financial Readiness Program, <http://www.myarmylifetoo.com>. Click on “Money Matters.” Each command has a command financial specialist and personal financial managers.

- Marine Corps: Marine Corps Community Services Personal Financial Management Program, <http://www.usmc-mccs.org/finance/index.cfm>. Click on “Personal Financial Management Program.”

- Navy: Fleet and Family Support Center Personal Financial Management Program, <https://www.nffsp.org/skins/nffsp/home.aspx>. Click on “Military Members” or “Families,” then on “Money Matters!” then on “Personal Planning.” Also click on “FFSC programs,” then on “Personal Finances.”

Soldiers

From page 2

motivational to go there and march for them. We did a little PT in cadence to show them how we do everything as one in the Army. It's all about what you do as a team.

“Then we got the kids involved. Our sergeants got them doing “about faces” and “right faces.” It was really cool to see all the kids there and to talk to them.

“I think he'll be okay,” Starr said, assessing French's future in the service. “He has a good background, and he's smarter than the average Soldier who comes through. He understands the military and wants to be part of it versus a smart kid just trying to sneak through.”

Enlisted ambassadors

Both French and Pearsall are excited about becoming Army mechanics.

“I've been working on trucks my whole life on the farm... anything with a motor,” French said.

Even if they choose to

leave the service after their initial tour of duty, the two said they would take the training and the discipline they're learning in the Army and apply it to become “high-speed civilians.”

“I think a lot more people should join the service,” French said.

What does he tell those considering military service?

“It's hard to make yourself do things that could potentially injure you, but at the same time, Army training is the most fun I ever had in my life,” he said.

“I see myself changing as a person, both physically and mentally. When we go to the main PX and interact with civilians, I'm more respectful in a general manner, more polite and more aware of my surroundings.

“In general you feel yourself becoming a better person. And when you wear the uniform in public, the way people look at you in uniform -- and they come up to you and shake your hand. That is the most rewarding thing, I think, that has ever happened to me. When someone comes up and says, “Thank you for serving our country. God Bless You,” you almost don't know what to say back to them.

“It's rewarding to think that what you're doing is the right thing to do,” he added. “I think more people should be doing what we're doing because [we're] definitely doing something that we can be proud of our entire lives.”

JRTC

From page 3

downtime when they're in the PEHA, it's a natural opportunity for us to get information," Simon said. "So we set up a trailer nearby where Soldiers can take Web surveys – it's fast, simple and immediate information for our use."

JRTC FAST strives to gain feedback whether it's positive or negative.

"For us, a good result is getting honest opinions about the technology and equipment we inject into training rotations here. Even if it turns out to be bad, it's important to find out sooner rather than later to avoid pursuing something that isn't useful," Theaux said.

The feedback from Sol-



Staff Sgt. Melvin Thomas, Joint Readiness Training Center Field Assistance in Science and Technology noncommissioned officer, demonstrates speech to speech translation software to a private industry representative as FAST Science Advisor, Tom Theaux looks on. This technology was tested by Soldiers during training at JRTC as a result of the FAST team's efforts.

diers at JRTC has helped the FAST team make recommendations on a wide

variety of technology and equipment.

"Our office has worked

to provide input on equipment ranging from T-shirts to body armor,"

Theaux said.

One of the recent technologies tested at JRTC is speech to speech translation, which is a software program that allows Soldiers to speak a phrase while the program translates and voices the phrase in the chosen language.

Other technologies with FAST input include cultural relations software programs developed by the U.S. Army Research Laboratory as well as the Soldier Wearable Acoustic Targeting System, which helps Soldiers detect snipers. Many of the technologies have deployed or have undergone improvements as a result of the feedback.

In addition to working on technologies meant for deployment to Iraq and Afghanistan, JRTC FAST undertakes projects

to improve training conditions at JRTC. They are now helping to develop ground control robots that can be used to move mannequin targets in the training battlefield. This will significantly improve the realism compared to a stationary target.

Simon added the FAST approach in many ways mimics practices in the business world and should be replicated.

"Private industry does extensive customer research when determining which products to develop and send to market," said Simon. "It's a concept we've really pushed here and we need to continue to do more of it in the Army acquisition community."

(Editor's note: FAST is an element of the U.S. Army Research, Development and Engineering Command.)

CFC

From front page

Test Center for exceeding organization goals," Sewell said.

She asked for those who have not previously donated

to consider donating through the CFC to help a cause that is personal to them.

"We thank all the people who have already submitted their pledges but hope to reach out to those who are still thinking about it," she said. "Our goal this year was to try to get more

people donating post wide. The donors this year have been extremely generous, but just so few in number. Please assess your own finances this year – there are more than three thousand charities listed in the CFC booklet, whether to help Soldiers, children, animals, health or even political causes – all are included in the CFC."

Donating online

This is the first year that selected organizations on APG can donate to the CFC online.

Michael Graziano, who works for the Directorate of Information Management and is the CFC vice chair for this year's campaign, was in charge of the test program for online pledging and said that the test was successful.

"CFC began a test program this year for online pledges. This method is secure, easy to use and provides an excellent receipt for the users," Graziano said. "We were not sure how donors at Aberdeen Proving Ground would accept this change, but they responded in generous fashion. More than one hundred thousand dollars was donated through online pledging."

To donate online, go to www.cfcnexus.org then click on the Chesapeake Bay Area CFC banner. Click on 'first time e-donor' to create an account. After an account is created, donors can type in the name of a CFC charity or

charities that they wish to donate, and then the computer will bring up the five digit charity code and put in the annual amount that they wish to give. Donors will then get a print out of their information.

Sewell said that donors should carefully check their printout before clicking the submit button.

She said that if a donor is experiencing problems donating online, they should go to their key person for help or call the CFC office.

"A great advantage of donating online is that it will cut down on mistakes," Sewell said. "A common problem that happens during this campaign is that some people transpose their letters on the charity code or do not write legibly and they end up donating their money to the wrong charity. The printouts provided online will help eliminate this problem."

(Editor's note: For more details on donating online see the Oct. 9 issue of APG News at www.apgnews.apg.army.mil.)

Fundraising

The CFC staff is also raising money by holding a book and movie fair. This is the last week for the fair, and all paperback books are now three for \$1 or \$.50 each. Hardback books, DVDs and all tapes are two for \$1.

The CFC will also host its second APG CFC charity basketball game Dec. 12. The 16th Ordnance Battal-

ion versus the 143rd Ordnance Battalion begins at 3 p.m. at the Hoyle Gym in the Edgewood Area. Attendees will have a chance to win a door prize. Donations are suggested for admission.

The CFC staff will also sell drinks, baked goods, candies and other snacks, to raise money for the CFC.

Raffles

To participate in the raffle drawings, place contributor's name, organization and phone number on the back of the tear off portion of the contribution form and submit it to a CFC key worker. Raffles can also be picked up at the CFC Office in Top of Bay, Down Under building 30. The final drawing will be Dec. 15.

Sewell asked that APG employees who have not made a contribution to CFC to consider making a donation to help those in need.

Contractors may also donate through cash or check, although only active duty military and federal employees may use the

payroll deduction option.

"This is the time of year to reach out and support those in need," she said. "You only need to talk to people to realize need – an elderly federal retiree selling jewelry to make ends meet; fires forcing out Families in the city of Aberdeen last week; pleas for help from the local Salvation Army.

"Help the CFC reach its goal this year. Remember, just because you have not used a charity today does not mean you or someone in your Family won't need them in the future. Donations of \$1, \$5, \$10 or more may not seem a lot, but when thousands of people donate, the goal of helping others in need will be met and surpassed," Sewell said.

For more information, contact the CFC Office located in the Top of the Bay, Down Under, at 410-278-9913/9917.

"Make the holidays a little happier both for you and others," Sewell said.

Organizations eligible for Chesapeake Bay Area Online Pledge

- U.S. Army Garrison, Directorate of Information Management and IRACO
- U.S. Army Research Laboratory
- U.S. Army Research, Development and Engineering Command Headquarters (excluding ECBC, RDECOM AC, RDECOM Management Accounting)
- U.S. Army Chemical Materials Agency
- U.S. Army Center for Health Promotion and Preventive Medicine
- U.S. Army Aberdeen Test Center
- U.S. Army 20th Support Command (CBRNE)
- U.S. Army Developmental Test Command

G.A.T.E.

From front page

Scott Brody, vice-president and general manager, OPUS East, L.L.C.; and Aberdeen Mayor Michael Bennett.

Nelson praised CACI for,

"moving forward to become part of the new team APG is building," and Greg Kuester, APG Garrison EUL program manager, for overseeing coordination with the Army Corps of Engineers, OPUS East, L.L.C. and other organizations.

"This is a great example of what can happen when people work together," Nelson said.

Lifrieri said that the CRaDL facility provides valuable resources and low-cost, low-risk solutions for mission continuity.

"We are firmly dedicated to supporting the Army's C4ISR mission and expanding our support to meet relocated missions at Aberdeen Proving Ground, while maintaining the same high level of service to our remaining New Jersey missions," he said.

The CRaDL

CACITechnologies, Inc. expanded its support base to meet Army Team C4ISR mission requirements while relocating from Fort Monmouth, N.J., to APG. The CRaDL was designed from the ground up to facilitate the early relocation of Army Team C4ISR programs, assist in the continuity of operations during the transition period and reduce uncertainties associated with the relocation.

With close proximity to the new Army Team C4ISR campus and immediate access to other APG facilities, CRaDL facility features include a modular design to accommodate separate, yet complementary functions; office, laboratory, and integration (high bay) space in a single facility; and secure space for classified work.

CACI is a \$2.4 billion Fortune 1,000 international technology solutions and services company headquartered in Arlington, Va., with approximately 12,200 employees in more than 120 offices worldwide. More than 90 percent of its business is in defense, intelligence and homeland security.



FAMILY, MORALE, WELFARE & RECREATION

FMWR services now classified

Story by
YVONNE JOHNSON
APG News

From furniture to cars to punch bowls, the Directorate of Family and Morale, Welfare and Recreation is now offering a classified ad service for Aberdeen Proving Ground customers who want to unload their unwanted.

The new APG FMWR classified ad service is accessible through the FMWR Web site at <http://www.apgmwr.com>.

Simply click on 'Shop' on the toolbar at the top of the page to access the categories and ad options. Users can place ads to sell merchandise, make

announcements, post personals, do a job search, offer services and buy and sell automobiles.

The service has been online just over a month, according to Dan McCoy, FMWR marketing assistant and Webmaster who created the site, aided by Matthew Aughey, FMWR graphic artist and designer of the InDemand newsletter.

McCoy used the Microsoft Access database and a scripting program called .ASP to design the site and store information. He said it took about six weeks to write the entire application. "This is sort of a test concept. If it catches on,

we can enhance it or go with a commercial package," McCoy said.

Aughey added that certain items and services, such as alcohol, tobacco and pornography, are not permitted on the site.

"We view all ads and approve them before they're posted," he said.

Ads will be posted within 24 hours. There also is access to customer service for those needing help or offering suggestions.

Users can view item or service descriptions and the advertiser's e-mail information but cannot contact the advertiser through the site.

"They will have to copy

the e-mail address and contact them on their own," McCoy said.

Fees

Ad packages include Standard: \$15 for 4 weeks with exposure to more than 12,000 visitors; Enhanced: \$25 for 12 weeks with exposure to more than 30,000 viewers; and Deluxe: \$40 to run until item sells with exposure to up to 144,000 viewers.

"We do have enough traffic to make this work," McCoy said, adding that one ad for Beanie Babies had 50 hits within the first week. "You do have visibility," he said.

Posting ads

To post an ad, click on "Place Your Classified Ad" and then fill in the information on the "Enter Your Classified Ad Information" page. Users will need an e-mail address, phone number and Visa or MasterCard to post an ad.

Categories

Categories and suggested uses include:

- Announcements & Public Notices: Weddings, meetings, special events, opportunities
- Computers & Electronics: Equipment and software
- Merchandise: furniture, clothing, collectibles
- Personals: Birthday or

farewell messages, personal greetings

- Recreation: Hobbies and travel, sports competitions,

- Automobiles: New and used cars

- Employment: Job search and resources

- Miscellaneous: Various and sundry

- Real Estate: buying, selling, renting

- Services: Consumer and business

For more information about the APG MWR Classified Ads site and services, contact McCoy, 410-278-1364 or visit the Web site, <http://www.apgmwr.com/Store/classifieds/>.

SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail stacie.umbarger@conus.army.mil.

Drawing and sketching

Drawing and sketching classes will be held 7 to 8:30 p.m., Mondays and Thursdays, Jan. 12 through March 12, for ages 10 to 15 at Aberdeen Area Youth Center, building 2522. No class on Jan. 19

Students will explore the concepts of value, proportion, perspective, composition, and foreshortening in this drawing class. Class topics include materials used in drawing and sketching, memory drawing, contour drawing, grid drawing, tonal drawing and matting of completed works.

Students are required to have an 11" x 14" drawing pad.

Class costs \$120 per student for eight weeks.

Toddler Art

Calling all young Picassos. Toddler Art lessons will be given 5:45 to 6:30 p.m., Thursdays, Jan. 15 through March 5, for ages 2 through 4 at Aberdeen Area Youth Center, building 2522.

Hands-on creativity is the theme as children explore, paint, clay, color, texture, and shapes. Dress little ones in old clothes or smock and be prepared for a messy good time. Parent participation required.

Cost is \$60 per student for eight weeks.

Private guitar lessons

Private guitar lessons for ages 7 through 18 will be held 3:30 to 7 p.m., Dec. 16, Tuesdays, at the Aber-

deen Area Youth Center, building 2522.

An award-winning singer/songwriter will instruct students. No experience necessary.

Cost of the lessons is \$132 per student and includes one 30-minute session per week for four weeks. Students must provide their own guitar and also are required to purchase books required for the course as recommended by the instructor.

Books are a one-time purchase. Parents can choose which time frame session they want to sign up for when they register their child. Open to all DoD ID card holders.

Private voice lessons

Ages 7 and older can register for private voice lessons, 3:30 to 7 p.m., Tuesdays, through Dec. 16, at the Aberdeen Area Youth Center, building 2522.

An award-winning singer/songwriter will instruct students. No experience necessary. Singing lessons cost \$132 per student and includes one 30-minute session per week for four weeks. Parents choose which time frame session they want to sign up for when they regis-

ter their child.

Open to all DoD ID card holder Family members.

Tae Kwon Do

Join the Unity Tae Kwon Do School of Martial Arts at APG. Tae Kwon Do promotes discipline, as well as muscle toning and conditioning.

Classes will be held at the Child, Youth and School Center, building 2522, Monday and Wednesday, Jan. 5 through Feb. 2; Feb. 29 through March 18; and March 30 through April 22, 5:30 to 6:15 p.m. (ages 6 to 12). Cost is \$65 per student for a one-month session or \$150 per student for a three-month session.

Students must wear a white T-shirt and sweat pants.

Class size is limited so register early.

Brazilian Jujitsu

A Brazilian jujitsu program will be held at the Noncommissioned Officer Academy, building 4505, Suite C. Sessions will be held on Tuesdays and Thursdays, Jan. 6 through Feb. 5 and Feb. 17 through March 19.

Beginner classes will be held 6 to 6:45 p.m., ages 7

to 18.

Through the practice of jujitsu and kickboxing, students will learn the best form of self-defense, how to defend themselves against bigger, stronger and faster opponents and develop leadership and teamwork skills. All students will advance their skills no matter their gender, size or natural ability.

Cost is \$85 per student. Open to all DoD ID card holder Family members. Each session requires a minimum of six students registered. Registration ends one week prior to the start of class.

Dance Programs for pre-k through high school students

Pre-K

Pre-ballet and creative movement will be offered, 4:30 to 5 p.m., Jan. 9 through June 1, Fridays, at the Aberdeen Area Child Care Center, building 2485 or at the AA Youth Center, building 2522.

Pre-K registrants need birth certificates to verify age.

Kindergarten and first grade

Ballet and pre-tap will

be held 6 to 6:45 p.m. at the AA Youth Center.

Second and third grades

Ballet, tap and jazz will be held from Jan. 5 through June 1, Mondays, at the AA Youth Center for students in the second and third grades. Ballet will be held 7 to 7:30 p.m.; tap will be held 7:30 to 8 p.m.; and jazz will be held 8 to 8:30 p.m.

Fourth through sixth grades

Ballet, tap and jazz will be held from Jan. 6 through June 1, Tuesdays, at the AA Youth Center. Ballet will be held 7:30 to 8 p.m.; tap will be held 8 to 8:30 p.m.; and jazz will be held 8:30 to 9 p.m.

Hip hop and pre-pointe will be held from Jan. 8 through June 1, Thursdays. Hip hop will be held 7:30 to 8 p.m. Pre-pointe will be held 8 to 8:30 p.m. – students must have five years experience and must audition.

Seventh and eighth grades

Ballet, tap, jazz, hip hop and pointe will be offered Jan. 5 through June 1, Mondays, at the AA Youth Center. Ballet will be held 6:30

to 7 p.m.; tap will be held 7 to 7:30 p.m.; jazz will be held 7:30 to 8 p.m.; hip hop will be held 8 to 8:30 p.m.; and pointe will be held 8:30 to 9 p.m. – students must have 8 years of experience and must audition.

High school dance program

Ballet, tap, jazz, hip hop and point will be offered Jan. 7 through June 1, Wednesdays, at the AA Youth Center. Ballet will be held 6:30 to 7 p.m.; Tap will be held 7 to 7:30 p.m.; jazz will be held 7:30 to 8 p.m. hip hop will be held 8 to 8:30 p.m.; Pointe will be held 8:30 to 9 p.m. – students must have 8 years of experience and must audition).

All classes cost \$110 per student and \$75 for each additional discipline.

This is a tentative schedule. Classes may be added or deleted according to attendance. Sign students up for what disciplines they want to take.

A minimum of five students are needed for class to be held. No more than 12 students per class. Students must be registered by Dec. 19.

Looking for a job?

Visit FMWR Jobs Available at www.apgmwr.com. All jobs for Aberdeen Proving Ground are listed at <http://acpol.army.mil/employment/naf.htm> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

Grab a bite on the way to work

The Aberdeen Proving Ground Bowling Center, building 2342, is now serving breakfast 7 to 11 a.m., Monday thru Friday.

Menu items include bacon, egg, and cheese sandwich \$2.25; bacon, egg and cheese bagel \$2.50; Steak, egg and cheese sandwich \$2.75; steak, egg and cheese bagel \$3.50; plain or cinnamon-raisin bagels \$1.25; chocolate, chocolate chip, banana nut or blueberry muffins \$2.35; hash browns \$.50; and coffee \$.70 medium and \$1.40 large. Subject to change. Orders can be eat-in, carry out or made in advance by calling 410-278-4041 after 7 a.m.

CWF 2008 Calendar

Dec. 13 - 'Radio City Music Hall Christmas Spectacular' in New York City

A favorite among many, starring the famous Rockettes, this trip includes time for shopping, sightseeing and lunch after the 11:30 a.m. show. See the "Big Apple" decorated for Christmas. The price is \$150 and includes a ticket for the show and charter bus transportation. Due to the overwhelming response, additional tickets and a second bus is now available. Be sure to call as soon as possible.

For more information or to make reservations, call the Civilian Welfare Fund Office, 410-273-2075 or e-mail Patti Harkins at patti.harkins@us.army.mil.



12 great stocking stuffer ideas from FMWR

Christmas is right around the corner only 16 days away!

1. Atlantic City, NJ Bus Tickets (daily run)
2. Freedom Pass, Annual - One year pass to Colonial Williamsburg, VA
3. Disney World Tickets
4. National Aquarium Tickets
5. Loews/AMC Movie Theaters & Regal Movie Theaters tickets
6. Medieval Times Dinner and Tournament tickets - Arundel Mills Mall & Hanover
7. B & O Railroad Museum Tickets, Baltimore, Md.
8. Hippodrome tickets
9. NYC Day Trip Bus tickets
10. 2008 White House Christmas ornaments
11. How about adult group piano lessons? For yourself or a Family member.
12. How about a Family vacation? FMWR has lots of different destinations available.

For more information, contact FMWR Leisure Travel Services, 410-278-4011/4907 or stop by building 3326.

Activities/Events

Purchase Hippodrome Theater tickets online

To purchase advanced tickets for shows at the Hippodrome Theater, visit www.BroadwayAcrossAmerica.com/groupsales and enter the password "105MWRAPGMD" for available discounted tickets.

Tickets are offered for a limited time. Check the Web site frequently for prices, show times/dates, seat availability and offer expiration.

For more information, call 410-278-4011/4907, or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Youth Sports Bowling League

The Youth Sports Bowling League is open to all boys and girls ages 6 through 16 (age determination date is Jan. 1). The bowling program builds character while promoting integrity, hard work, qual-

ity Family time and good sportsmanship.

Youths will compete on bowling teams, 5:30 to 7 p.m. on Mondays beginning Jan. 12.

Cost to join is \$45 for six weeks.

Volunteer coaches are needed to make the program a success.

To volunteer to coach, call 410-306-2297.

Register at Central Registration, building 2752, Rodman Road or call 410-278-7571.

Hoop shoot free throw contest

The Elks National Free Throw Contest "Hoop Shoot" will be held 4 p.m., Jan. 3, at the Aberdeen Area Youth Center, building 2522.

Participation is free to all boys and girls ages 8 thru 13 (as of April 1) through local, district, state, regional and national levels.

The program builds character while promoting integrity, hard work, qual-

ity Family time and good sportsmanship.

Sign up the day of the event at 3 p.m.

ACS hosts meeting of Family Information Network

Army Community Service hosts a Family Information Network meeting 6 to 7:30 p.m. the second Tuesday of each month in building 2754. The next meeting is Jan. 13. This support group is designed to assist military members who have Family members with special needs. Its goals are to provide a supportive network as well as assist with community resources.

For more information, call 410-278-2420.

Holiday golf sale at Ruggles

Stop by Ruggles Pro Shop through Dec. 24 and save on a great selection of apparel and equipment.

The sale includes 50

percent off of all Ashworth apparel; 40 percent off select group of Footjoy Outerwear; and 50 percent off select group of men's short-sleeved shirts.

All regular priced irons, wedges and bags are 10 percent off. Gift certificates for lessons are a great stocking stuffer.

For more information, e-mail david.correll@us.army.mil. Hours of operation are 7 a.m. to 5 p.m. every day.

APG Bowling Center Snack Bar specials

Week of Dec. 8

Special #1: Egg salad sandwich with potato chips, cookie and soda for \$3.75.

Special #2: Chicken tender sub with potato chips, cookie and soda for \$6.95.

Week of Dec. 15

Special #1: American hero with ham and bologna, potato chips, cookie and soda for \$6.25.

Special #2: Open face hot turkey sandwich with gravy, french fries, potato chips, cookie and soda \$6.75.

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





Gift boxes make holiday giving easy

Story by
KEVIN L. ROBINSON
DeCA public affairs specialist

Commissary customers who want to help members of their community in need or donate to their favorite charity have an option at their local commissary.

The Defense Commissary Agency is stocking pre-made holiday gift boxes containing products including stuffing mix, coffee, mixed nuts, gelatin, macaroni and cheese, a cheesecake mix, and a special \$3 coupon good for a future purchase.

The gift box program was born from an idea by DeCA East Deputy Director Robert Vitikacs to sculpt a commercial store concept into a one-time promotion special for military commissaries in the United States, said Rick Page, DeCA's chief operating officer.

"We recognize that at this time of year our customers want to help those in their communities who are less fortunate," Page said.

"These gift boxes are a convenient way for our authorized customers to give during the holidays."

Stateside stores have already started dis-

playing pallets of gift boxes, situated near the cash register for customer convenience.

"One package has been opened to show the customers what is inside the box," said Tammy Spickler, Aberdeen Proving Ground store director. "We hope the convenience of purchasing one item to donate will make the donation process easier and more people will donate."

Once customers purchase the boxes, they can take them home or donate them to a military activity, such as the base Chaplain's Fund, which has arranged with the commissary to accept the gifts.

The product mix bears the advantage of having a long shelf life while helping to make the holidays a bit more enjoyable for those who receive the gift boxes, said Charlie Dowlen, promotions manager for DeCA's sales directorate.

But, he advised customers not to wait to purchase their boxes.

"Once a store's supply is exhausted there will not be a resupply," he said, "This is a special one-time buy for DeCA, and we owe thanks to our industry partners for helping our customers simplify their holiday giving."



Photo courtesy of DeCA

Pre-packaged holiday gift boxes containing products including stuffing mix, coffee, mixed nuts, gelatin, macaroni and cheese, a cheesecake mix, and a special \$3 coupon good for a future purchase are available for purchase at the APG Commissary making gift giving easy.

Holiday shipping deadlines released for Virtual Commissary

Story by
TA'LISHA BROWN
DeCA

The Defense Commissary Agency's Virtual Commissary currently has 53 items available for purchase including seasonal holiday packages.

Cutoff dates for holiday ordering are as follows:

- Dec. 15 for orders to arrive by ground transportation
- Dec. 15 for orders to APO addresses
- Dec. 22 for orders within the United States to arrive by two-day air
- Dec. 23 for orders within the United States to arrive by next-day air

Most items can be shipped to any address in the continental United States, including APO addresses. Gifts containing cheese items have restrictions noted on the Web site.

To access the extended commissary, shoppers must pass through a secure portal found under the shopping link at <http://www.commissaries.com>. Personal information entered by the customer is validated against data to ensure they are an

authorized shopper. Access is dependent on whether the customer is entered in the Defense Enrollment Eligibility Reporting System, known as DEERS.

Authorized customers, who include command-sponsored DoD civilians assigned overseas, can make selections and fill in their payment and shipping information in one easy and secure step, before being transferred to the manufacturer's site where they can get total cost for the product (including shipping) and finalize their purchase.

Shipping and handling charges are paid by the customer, just as at most other Internet shopping sites, and charges will vary depending on the item size or weight, method of shipping, location and speed of delivery. Customers can check for availability of delivery to APO and FPO addresses as well as get more information on what's in the gift baskets by clicking on the image of the gift basket at Virtual Commissary. Payment for orders can be made with any credit card accepted in actual commissaries. Customer information is not archived by DeCA.

Commentary: 5 tips to help you watch your weight on the way to grandma's house

By
LT COL KAREN E. HAWKINS
DeCA

The holidays are here and the eating is on. Enjoying this time of year with family and friends can lead to weight gain without much thought to it.

Here are a few tips to help you prevent gaining the average 5 to 10 pounds this time of year:

Eat small portions. You can eat all those delicious foods that you love and avoid the guilt by eating smaller portions or using a smaller plate. Growing evidence shows that using smaller plates leads to eating less which can lead to less weight gain over the holidays.

Planning a party at the office or at home? Then remember to buy the appetizer-size plates – and call it a Tapas party. Make it trendy and fun while controlling the portion sizes.



Eat before you go. Going hungry all day so you can "eat more" at the party is a sure way to overindulge, leading to feeling guilty later. Instead of skipping meals try eating a light meal or a snack at home before going out. This way you can enjoy the food at the party without overdoing it.

Go for the greens. If you feel the urge to splurge, go for the veggies and fruit first, especially the fresh ones. These have less calories and more fiber than many of the tempting dishes.

Write it down. That is,

write down everything you eat and drink for a few days. If you haven't done this before you may be amazed at how much you eat and drink over the holidays. This is a good way to help you remember all those little morsels you mindlessly eat during the festive season.

Eat what you love. If you love the three-layer chocolate cake and bake it every year then take it to the party. When heading out the door after the dinner or party is over, leave the cake behind so you will not be tempted to eat it all.

AAFES NEWS

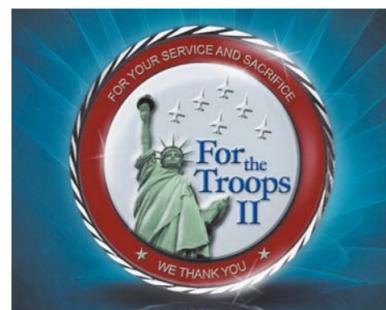
Music industry partners with AAFES to offer the gift of music to military Families

AAFES

From the brass bands of the civil war to blaring music from a loudspeaker before a battalion run, American troops "move out" to a soundtrack that is all their own.

Recognizing that good music is integral to morale, Grammy Award winners/nominees and multi-platinum selling recording artists Maroon 5, Keith Urban, Daughtry and Five For Fighting, along with 10 other artists, have teamed up with the Army & Air Force Exchange Service to deliver a special gift to troops this holiday season: a free compilation of songs produced exclusively for Soldiers, Airmen, Sailors and Marines called "For the Troops II," <http://www.flickr.com/photos/aafes/3059984898/sizes/l>.

Now available for free download at



www.aafes.com. "For the Troops II" can be downloaded by all U.S. active duty, Reserve and National Guard personnel, military retirees and their families.

"This is the second 'CD for the Troops' that Grammy-nominated, platinum-sell-

ing singer/songwriter John Ondrasik of Five for Fighting has put together for the military community," said AAFES' Chief of Communications Lt. Col. Dean Thurmond. "We're thrilled to offer the fourteen songs that John was able to secure 'for the troops' through AAFES' Web site. As the Department of Defense's largest and oldest retailer, this command is uniquely positioned to ensure everyone in uniform has an opportunity to receive this special gift."

The complete track listing of "For the Troops II" is:

- 3 Doors Down – "When I'm Gone"
- Daughtry – "Home"
- Five For Fighting – "Freedom Never Cries"
- Good Charlotte – "I Don't Want to Be

in Love (Dance Floor Anthem)"

- Gretchen Wilson – "California Girls"
- Isaac Hayes – "Theme From Shaft"
- Joe Perry – "Shakin' My Cage"
- Josh Groban – "Machine"
- Jude – "I Think It's Time (Everything's Alright)"
- Keith Urban – "Everybody"
- Maroon 5 – "Won't Go Home Without You"
- Ray Orbison – "In Dreams"
- Alan Jackson – "Where I Come From"
- Trace Adkins – "Fightin' Words"

This CD is the follow-up to the first "For the Troops" released last fall. Songs from the CD "For the Troops" were downloaded more than 350,000 times at www.aafes.com.

Economy not weakening support of America's troops

AAFES

Concerns about a slow economy have not deterred the American public when it comes to supporting the troops. In fact, contributions to the Department of Defense authorized phone card initiative, "Help Our Troops Call Home," this year has reached \$878,399.

Available to the public since April 2004, "Help Our Troops Call Home" allows anyone, even non-authorized exchange shoppers, to send Military Exchange Global Prepaid Phone cards to troops stationed in operations Enduring and Iraqi Freedom.

"The generosity of the Amer-

ican public and the consistency with which they continue to support the troops is truly heartwarming," said AAFES' Senior Enlisted Advisor Chief Master Sgt. Jeffrey Helm. "With the holidays approaching, it is important to maintain communication support by providing Soldiers, Sailors, Airmen, Marines and their families the means to stay in touch with their loved ones."

Since the program's inception, 163,340 individual orders for more than 298,000 phone cards have been purchased. More than 27,000 have been earmarked for "any service member" and distributed via charities such as the American Red Cross,

Air Force Aid Society, Fisher House Foundation, Navy-Marine Corps Relief Society, Soldier & Family Assistance Center and USO.

By logging on to <https://thor.aafes.com/scs/default.aspx> or calling 800-527-2345, friends, family members and even civic groups can take part in the "Help Our Troops Call Home" effort by sending any one of three Military Exchange Global Prepaid Phone cards, including a 550-minute denomination card capable of providing more than two hours of call time from any of 69 phone centers in Iraq, Afghanistan or Kuwait to the United States.

AAFES gives troops chance to win Disney cruise

AAFES

The Army & Air Force Exchange Service will provide military Families the opportunity to win a four-night Disney Cruise for four.

The total value of this "AAFES-only" prize package, which offers this vacation experience is about \$10,000. "The 'happiest place on Earth' is now giving AAFES shoppers the opportunity to experience the wonder at sea," said Chief Marketing Officer Mat Dromey. "One lucky Family will pack a treasure trove of magical memories into an unforgettable four-night getaway."

Until Dec. 24, authorized exchange shoppers at participating stores worldwide can register for their chance to win AAFES' Disney cruise getaway, which will be awarded on or about Jan. 28.

No purchase is necessary as shoppers need only fill out an entry form at participating locations for their chance to win. Personnel with exchange privileges can find contact information for the PX/BX nearest them by logging onto the store locator link at www.aafes.com.



Community and APG: Partners in Education

ANOC students recognized during playground dedication

Story by
RACHEL PONDER
APG News

Halls Cross Roads Elementary School's students, faculty, parents and visitors can now enjoy a new playground and walking trail. The school dedicated the new playground on Nov. 5, in a ceremony that recognized sponsors and volunteers that made the new playground and walking trail possible, including the Advanced Noncommissioned Officers from Aberdeen Proving Ground.

Students and teachers attended the ceremony, along with sponsors, volunteers and local dignitaries like David Craig, Harford County Executive.

The ceremony was held in the school's auditorium due to inclement weather.

Gwendolyn B. Jones, the school's principal, gave opening and welcoming remarks.

"We are very excited,

and we have been waiting a long time for this day," Jones said.

Christian Slattery, a vocal music teacher, led the 4th and 5th Grade chorus in a special version of "We Are Family," which included dance moves.

"We are Family, together; we grow and succeed," sang the students.

Kyra Acello, a 1st grader; Drake Garner, a 3rd grader; and Jaleel Edwards, a 5th grader, read thank you letters to Craig. These letters were later presented to Craig by Marcellus Carroll, a 3rd grader, and Jennifer Andrews, Parent Teacher Association president.

Craig, Jones, Reginald Perry, assistant principal, and Andrews, took part in a ribbon cutting ceremony to commemorate the occasion.

Craig thanked attendees for the letters of appreciation.

"At this age, play is an

important part of a child's education," Craig said.

Construction for the new playground and walking trail broke ground in June 2007, and was completed in June 2008, and is open to the public. Approximately 430 students attend Hall's Cross Roads. The school has a high population of students in military Families, due to the fact that the school is located in Aberdeen, close to APG.

Under Partners in Education, which is a formal partnership between Harford County Public Schools and APG, Hall's Cross Roads has formed a relationship with the Noncommissioned Officers Academy's ANOC.

Master Sgt. Tracy Rosebrock and Sgt. 1st Class Garvin Jackson were present at the ceremony to represent APG's NCOs.

Rosebrock said that this past summer he was an

instructor of an ANOC class of 20 students who were involved in a landscaping project at the school, planting 43 trees that line the one-mile walking trail.

"It is important to support the community," Rosebrock said, "We wanted to be involved in a project that would improve our community."

Jones said that having the new playground and walking trail has brought their school closer to the community.

"Parents often use the walking trail when they pick up their children after school," Jones said. "I enjoy seeing people in the community using our playground and walking trail."

Jones added that part of the new playground project included leveling the field.

"Before the field was unlevel, this made it difficult for the children to play. Now the field is used for T-ball and soccer games,"

she said.

Jones thanked the NCOs that helped with the project.

"I really love the partnership that our school has with the NCOs," Jones said. "They are always willing to

help. To be able to have that partnership is truly unique. We treasure the partnership and hope it continues. Besides all the work that they do for our school, the Soldiers are good role models for the students."

Recognized contributors

- David Craig, County Executive
- Pat Skebeck, HCPS Executive Director of Elementary Education
- Harford County Public Schools Board of Education
- Harford County Public Schools Facilities Department
- Ginny Popioleck, HCPS Supervisor for Physical Education and Health
- Arden McClune, Harford County Parks and Recreation
- Joe Pfaff, Harford County Parks and Recreation
- Grace Fielder, G.E. Fielder & Associates, Chartered
- APG Noncommissioned Officers
- Chief Randy Rudy, Aberdeen Police Department
- Officer Karen Keirns, Aberdeen Police Department
- Fred Simmons, former Aberdeen mayor
- Little Tikes Corporation

U.S. Army launches Virtual Judge recruitment for eCYBERMISSION

Volunteers needed to support Web-based science, math and technology competition for youth

RDECOM

The U.S. Army's eCYBERMISSION program announced the launch of its Virtual Judge recruitment campaign for the 2008-2009 competition year Nov. 1.

Dr. Michael Doyle, eCYBERMISSION program manager, urges Americans to serve their country by registering to volunteer.

"America's future competitiveness and national security rests partly on our leadership in



science, math and technology," Doyle said. "eCYBERMISSION Virtual Judges are in a position to promote these skills among the next generation of America's leaders."

Virtual Judges have diverse backgrounds in science, math and technology disciplines and work

in the academic, private industry, government and non-profit sectors. They are of vital importance to eCYBERMISSION's success, choosing to volunteer because they:

- Believe promoting science, math and technology to young students is important to

our nation's continued global competitiveness;

- Enjoy supporting education-related community service activities;

- Want to contribute their expertise in an innovative way to the next generation of America's leaders; and

- Enjoy the flexibility of volunteering on-line from any location with Internet access when it fits into their schedule.

"eCYBERMISSION Volunteers are able to contribute their

knowledge in a fun and unique way to the next generation of America's leaders. It's a great way to support both the U.S. Army and your country and I urge Americans to volunteer," Doyle said.

Prospective Virtual Judges can learn more and register to volunteer at www.ecybermission.com using the code ARMY. More information is also available by calling 1-866-GO-CYBER or by e-mailing volunteerprogram@ecybermission.com.

New UMUC Scholarship Fund will aid service members, spouses

UMUC

University of Maryland University College announced a new scholarship fund earmarked to assist active duty, enlisted service members and their Families.

The \$200,000 fund will provide financial assistance to UMUC's military students and their spouses in Asia, Europe and the Middle East, as well as stateside. It will cover the cost of textbooks for enlisted, active-duty members of the U.S. armed forces, as well as tuition assistance in the form of scholarships to spouses of enlisted, active duty service members.

All awards will be need-based, renewable, and contingent upon the student maintaining satisfactory academic standing. The initial endowment will be disbursed over four years, but the fund will remain open to additional contributions.

"Given UMUC's long history of service to members of the military and their Families, we are especially proud to announce this new military scholar-

ship fund," said Dr. Susan C. Aldridge, president of UMUC. "It promises to lessen the financial burden on our brave women and men in uniform—and their Families—and bring them one step closer to earning a valuable UMUC degree that will open doors and broaden horizons for years to come."

Currently, UMUC enrolls an estimated 60,000 military service members, dependents and veterans each year. Under contract with the U.S. Department of Defense, the university is currently positioned to be among the first institutions to offer classes face-to-face to service members stationed on the ground in Iraq.

For more information, service members and their spouses stationed in Asia may contact Michael Kulyk at mkulyk@asia.umuc.edu; those in Europe may contact Edna Roy at eroy@ed.umuc.edu.

EDITOR'S NOTE: The university's official name is "University of Maryland University College" or the acronym "UMUC" only.

MOAA offers interest-free loans, grants and scholarships for undergraduate study

Military Officers Association of America

More than 1,600 students will receive up to \$5,000 each in interest-free loans from the Military Officers Association of America's, or MOAA, Scholarship Fund for the 2008-2009 school year. More than 515 of the students will be first-time recipients.

Students can apply online at MOAA's web site for the loans, which are awarded annually for up to five years of undergraduate study. Students under age 24, who are children of former, active or retired officers or active or retired enlisted military personnel, are eligible to apply. Active duty, retired, Reserve, and National Guard officers and warrant officers of the seven uniformed services are eligible for MOAA membership.

If a child served in a Uniformed Service before completing college, however, his or her maximum age for eligibility will be increased by the number of years he or she served, up to five years. Applicants may be graduating high school seniors or full-time college students working toward their first undergraduate degree.

Qualified students with a grade point average of 3.0 or higher on a 4.0 scale are considered for selection based on their scholastic ability, potential, participation in extracurricular and community activities, as well as financial need.

"For more than 60 years, our educational assistance programs have assisted military families in meeting the challenge of paying for college," says Laurie Wavering, Program Manager of the Educational Assistance Program.

In addition to the more than 1,600 interest-free loans, MOAA will award 19 grants to college seniors who are current loan recipients in the Program, 8 grants to children of deceased retired officers, and at least 50 grants to children whose military parent died in active service. All of the 19 senior grants will be for at least \$5,000 each. Also, 793 of those receiving the interest-free loan are Designated Scholars who receive a \$5,000 interest-free loan and a \$500 grant.

A Designated Scholarship is a permanent named grant that will continue in perpetuity. Each year both a grant and an interest-free loan are awarded in honor of the loved one, friend, or colleague designated by the donor.

The MOAA Scholarship Fund has given nearly 10,000 students interest-free loans totaling more than \$71.2 million since its inception in 1948.

For more information or to apply online, visit www.MOAA.org/education or e-mail edassist@MOAA.org. The deadline for submission is March 3, 2009 and winners will be notified in May.

2008 Gift Wrap Program

FMWR

The 2008 Christmas Gift Wrap Program is sponsored by AAFES and coordinated by APG Army Community Service Volunteer Corps Coordinator.

Many Aberdeen Proving Ground Family Readiness groups, APG non-profit organizations and APG volunteer activities are participating in this year's program.

Through Dec. 24, volunteers will be available at the Post Exchange to wrap gifts. Gifts are wrapped for donations. All funds raised benefit the organizations wrapping the gifts.

AAFES will provide the wrapping supplies and the organizations will be providing the labor.

For more information, call Marilyn Howard, ACS, 410-278-9669.

December	Organization
11, 11 a.m. to 7 p.m.	HHC 61st Ordnance Brigade FRG
12, 11 a.m. to 5 p.m.	MRICD
12, 5 to 7 p.m.	Edgewood Area Youth Services
13, 11 a.m. to 7 p.m.	20th Support Command (CBRNE) FRG
14, 11 a.m. to 7 p.m.	9th Area Medical Laboratory FRG
15, 11 a.m. to 7 p.m.	HHC 61st Ordnance Brigade FRG
16, 11 a.m. to 7 p.m.	APG Sergeant Major Association
17, 11 a.m. to 7 p.m.	APG Catholic Women of the Chapel
18, 11 a.m. to 7 p.m.	22nd Chemical Battalion FRG
19, 11 a.m. to 5 p.m.	20th Support Command (CBRNE) FRG
19, 5 to 7 p.m.	Aberdeen Area Youth Services
20, 11 a.m. to 7 p.m.	22nd Chemical Battalion FRG
21, 11 a.m. to 3 p.m.	APG Federal Employed Women's Group
21, 3 to 7 p.m.	BOSS
22, 11 a.m. to 7 p.m.	20th Support Command (CBRNE) FRG
23, 11 a.m. to 7 p.m.	29th Combat Aviation Brigade FRG
24, 11 a.m. to 7 p.m.	MRICD

Retired astronaut speaks to Aberdeen Area youths



Photo by RACHEL PONDER, APG NEWS
Retired NASA astronaut Don Thomas demonstrates to children at the Aberdeen Area Child Development Center how a rocket launches into space by using a model rocket during his visit Oct. 9. Thomas is the director of the Hackerman Academy program, which is a part of Towson University. This program works to attract more students to science, technology, engineering and mathematics, or STEM disciplines.



Army News

TroopTube gives morale boost to deployed service members

Story by
GERRY J. GILMORE
American Forces Press Service

Overseas-deployed service members can receive video "shout-outs" from home, as well as senior-leader messages, thanks to the new TroopTube online information service, according to military officials.

TroopTube is a new Web site managed by the Defense Department's Military OneSource online information network. It is patterned after YouTube, the popular commercial video site, said Gail Lovisone, who works with DoD's Office of Military Community and Family Policy. It can be accessed at www.MilitaryOneSource.com, which connects service members and

Families to assistance programs that deal with moving, finances, deployment, childcare and other military-life issues.

The TroopTube concept is right for the times, Lovisone said during a Nov. 14 interview with the Pentagon Channel. Today's Soldiers, she said, "like the ability to connect through technology."

TroopTube is expected to raise troop morale by providing near-real-time communication to loved ones back home, said Army Col. Brick T. Miller, U.S. Army Family, Morale, Welfare and Recreation Command's deputy commander and chief of staff. The in-house communications system, he added, also helps the military to conserve Internet bandwidth.

Deployed service mem-

bers can access TroopTube to view their children's stateside high school graduations, birthdays and other notable Family events, Miller said. Single Soldiers, he added, can keep current with parents, siblings and friends back home.

Sites like TroopTube exemplify and provide "what the younger Soldiers want today to be able to communicate with their Families," Miller said. TroopTube helps to ease the minds of overseas-deployed service members, he said, while helping Family members stay in touch.

"We see it as a way of lowering the stress level," Miller said. "This is a way of getting closer to real-time gratification, which is what the millennium generation is used to."

Defense Media Activity officially stands up with Pentagon ceremony

Story by
STAFF SGT MICHAEL J. CARDEN
American Forces Press Service

The Defense Media Activity gives public affairs within the Defense Department a new structure to move forward as a consolidated and integrated team, Deputy Defense Secretary Gordon England said during the organization's activation ceremony at the Pentagon Oct. 20.

"This is where jointness really pays off," England said. "But this is an area where jointness has real dividends, and it's hugely important that we do this."

Born out of the Base Realignment and Closure Commission's 2005 conclusions, the Defense Media Activity will unite DoD internal information programs - the Army Broadcasting Service, Soldiers Radio and TV, the Soldiers Media Center, the Naval Media Center, the Air Force News Agency, Marine Corps internal information assets and the Army and Air Force Hometown News Service with the American Forces Information Service - under one roof at Fort Meade, Md., in 2011. Meanwhile, the new activity will operate with its components in place at their current locations.

American Forces Radio and Television Service, American Forces Press Service, the Pentagon Channel, Stars and Stripes and the Joint Combat Camera Center are among the offices that transferred to the new activity.

The activity will work under the direction of the assistant secretary of defense for Public Affairs.

"[The new structure] helps consolidate organizations to do a better job in terms of the quality [and] timeliness of a product," England said. "Now we have a consolidated organization where we can bring people from all these different functions together in one place, under one organizational structure, and my judgment is that this will be vastly superior to how we have operat-

ed in the past."

Army Col. Michael S. Galloucis, chief of staff for the Defense Media Activity, and Marine Master Gunnery Sgt. Al Moore, the activity's senior enlisted advisor, unfurled the new organization's colors marking the activity's official activation.

Robert T. Hastings Jr., principal deputy assistant defense secretary for Public Affairs, said the activation is one of the most significant changes to happen to public affairs in a lifetime because of the opportunities for improvements it affords to DoD public affairs.

"What we have is the opportunity to fundamentally look at the way we deliver news and information to the men and women of the armed forces and their Families, and determine if that's right, and look at how we can make improvements," Hastings said.

The change in how the DoD provides news and information "represents the fact that we are one defense department, and we do operate jointly," he said.

The idea is that teams of reporters, photographers, videographers and TV producers will deploy to an area and send command information products back. Experts at the activity can package the reports for distribution by any media.

"The DMA is how we will deliver that," he said.

The concept of operations for the new activity is still developing, Hastings said. The activity's focus will be more on information and audience, and less about the medium used.

"[With the DMA], we're able to improve efficiencies in the back office," he said. "It'll free up resources to support the Soldiers, Sailors, Airmen and Marines who are delivering. No one can even imagine yet what the DMA can provide."

(Editor's note: For more background, see article on page 2 of APG News issue Oct. 16, 2008, www.apgnews.apg.army.mil.)

Purple Heart eligibility expanded for POWs

American Forces Press Service

A policy change to expand eligibility for the Purple Heart award to prisoners of war who died in captivity represents the right decision that recognizes their sacrifice, a senior defense official told American Forces Press Service.

The Pentagon announced the new policy the week of Sept. 29 that will extend criteria for receiving Purple Hearts to prisoners of war who have died in captivity since the attack on Pearl Harbor on Dec. 7, 1941.

The revision maintains the integrity of the award while allowing a reasonable presumption that service members who die in captivity did so as a result of enemy action or complicity, he said.

It was noted that the conditions and circumstances of capture and captivity are difficult to document. But unless compl-

ing evidence indicates otherwise, the policy assumes that the death resulted from enemy action or from wounds incurred as a result of enemy action during capture.

The new policy will allow retroactive award of the Purple Heart to qualifying POWs since World War II. This will cover the large number of American POWs who died in captivity during that war, Pentagon spokeswoman Eileen Lainez said.

Extension of the Purple Heart to these POWs does not constitute dual recognition for the same act or service, Lainez emphasized.

Each military department will publish application procedures for retroactive Purple Heart awards. Family members with questions may contact the services directly: Army, 703-325-8700; Navy, 314-592-1150; Air Force, 800-616-3775; Marine Corps, 703-784-9340.



Photo by FCS

The rocket-propelled grenade defeat test of the FCS Active Protection System for Manned Ground Vehicles was the first time that any vertical launch APS defeated an incoming rocket RPG while mounted on a moving vehicle.

FCS Active Protection System in 'Top 50' inventions

Story by
JOHN R. GUARDIANO
Army News Service

The Army's new Active Protection System, designed to safeguard Soldiers and vehicles from incoming fire, has been named one of the best inventions of 2008 by Time magazine.

"Think of [it] as Star Wars for Soldiers," said Time magazine in its Nov. 10 edition. The APS "will automatically detect an incoming round and then launch a missile to destroy it, all within a split second."

The Army is developing APS as part of its Future Combat Systems ground-force modernization program. FCS is designed to bring Soldiers into the 21st century by equipping them with state-of-the-art vehicles, communication capabilities, sensors and protective systems.

The APS is actually part of a more comprehensive "hit-avoidance system" that the Army is building into a suite of eight new FCS Manned Ground Vehicles types. This more comprehensive hit-avoidance system will give the Soldiers in the MGVs "full-scale 360-degree hemispherical protection," said FCS Program Manager Maj. Gen. Charles A. Cartwright.

Current Army vehicles lack this level of protection because, he said, they were designed more than a generation ago, before the information technology revolution of the past quarter century.

Metastasizing threats

According to the U. S. Army's Training and Doctrine Command, American servicemen and women face a proliferating array of new and more sophisticated threats, which, if not addressed, will jeopardize American lives and mission success.

"The threats are getting more dangerous," said TRADOC's Deputy Commanding General, Lt. Gen. Michael A. Vane. "Technology proliferation is creating a dangerous mix of state-of-the-art technology, radical extremists and irregular tactics."

"Future Combat Systems, the MGVs, the hit-avoidance system, APS," he added "these all will protect our Soldiers against a variety of changing threats and address current force limitations."

The Army's Active Protection System is still in development, but has proven itself in live-fire testing, said Maj. Lewis Phillips, assistant product manager. Hit-avoidance prototypes, moreover, are scheduled for delivery in 2011.

Current force limitations

In the meantime, elements of the FCS hit-avoidance system are being incorporated into current Army vehicles on a limited basis, Cartwright said. He said it can only be done on a limited scale because current Army vehicles were not designed with a hit-avoidance system in mind.

In addition to being equipped with active protection, the new Army vehicles, or MGVs, also are being designed with an independent hull structure, in

which armor is bolted onto the vehicle. This allows for frequent armor upgrades to accommodate technological advances, Army officials said.

The armor on current-force vehicles, by contrast, is integrated throughout the structure of the vehicle. Army officials said this seriously limits their ability to equip current-force vehicles with better and more modern armor protection.

IED protection

Current force vehicles -- the Abrams Tank, Bradley Fighting Vehicle, and Stryker Interim Armored Vehicle -- also were not specifically designed to withstand attack from improvised explosive devices, Army officials said.

The new FCS vehicles, by contrast, are being designed with a v-shaped hull, specifically to help diffuse IED blasts. And the seating inside the MGVs will be suspended from the ceiling of the vehicle to further reduce the shock and trauma of an IED blast.

Army officials said this is significant because, for many of America's enemies, IEDs have become the weapon of choice.

IED attacks, in fact, account for the majority of U.S. casualties in Iraq and Afghanistan and are a leading cause of brain injury to American servicemen and women. By separating occupants from the floor of the vehicle, which absorbs the blast, Soldiers will suffer much less trauma and injury, Army officials said.

Quick kill

The FCS Active Protection System is being developed by Raytheon. Raytheon won the contract from the FCS program after participating in an open competition that involved other key competitors and competitor systems.

A team of 21 technical experts from various U.S. government agencies, the Army and private-sector industry evaluated competing Active Protection Systems. According to the Government Accountability Office, the team reached "a clear consensus... [that] Raytheon's Quick-Kill system was the best alternative."

Army officials said that one key advantage of the Raytheon APS is that it is a vertical launch system. Consequently, it protects against top-attack rounds and thus provides true 360-degree hemispherical protection.

The FCS Active Protection System "is the only available vertical launch system that I'm aware of," Lewis said. Other Active Protection Systems out on the market employ horizontal launch systems.

A vertical launch system, Phillips said, allows for redundant protection from all sides of the vehicle. That way, if countermeasures on one side of the vehicle fail or are disabled, countermeasures from another angle, or side of the vehicle, can still defeat the incoming round.

(Editor's note: John Guardiano serves in the Plans Division of Army Public Affairs and is a frequent contributor to the Army News Service.)

Policy change allows experienced Soldiers to serve longer

Story by
C. TODD LOPEZ
Army News Service

A recent extension of retention control points means Soldiers in the rank of staff sergeant and above will be allowed to serve the Army longer, should they desire.

An All Army Activities message, or ALARACT, dated Nov. 8, spelled out the changes to retention control points. The changes, which became effective Nov. 1, increase RCPs for E-6s and above by as many as three years

in some cases. The ALARACT also changes the maximum age for enlisted Soldiers to 62 years.

The increase in RCP - called "high year of tenure" in the Air Force and Navy - is a force-shaping measure meant to allow experienced noncommissioned officers to stay in the Army longer.

"This is not designed to address any specific shortage," said Master Sgt. Patrick Johnson, retention operations NCO with Army G-1 at the Pentagon. "Rather, it is to provide an ave-

nue for our experienced NCOs to stay in longer if they wish, and to stabilize the force longer. It's good for the Army and good for readiness."

The change to RCP applies to active duty Army Soldiers and to reserve component Soldiers in the Active Guard Reserve program. Changes have been made to the RCP for Soldiers in the grade of E-6 and above, and include:

- Staff sergeant, 23 years
- Staff sergeant (promotable), 26 years

- Sergeant first class, 26 years
- Sergeant first class (promotable), 29 years
- First sergeant/master sergeant, 29 years
- First sergeant/master sergeant (promotable), 32 years
- Command sergeant major/SGM, 32 years

The RCP defines the maximum time a Soldier may stay in the Army at a certain rank. For instance, the RCP for a promotable staff sergeant is now 26 years - up from 24.

If a Soldier in the rank of staff sergeant has served 26 years and hasn't been promoted to sergeant first class, he or she must retire. The ALARACT additionally says a Soldier must leave Army service at the time of their RCP or age 62, whichever of the two comes first.

Johnson said that the change to the RCP does not mean a Soldier must now stay in the Army longer. In fact, Soldiers may apply for retirement any time after becoming eligible.



Health Notes

Active listening can save lives

Story by
JAMES W. CARTWRIGHT
U.S. Army Center for Health Promotion and Preventive Medicine

Spc. Morgan has been deployed to Afghanistan for eight months. While on a recent 'R&R,' he learned that his girlfriend had been cheating on him. When he tried to talk to her about their relationship, she informed him that she no longer wanted to be his girlfriend.

Morgan was devastated over the loss of his girlfriend. When he returned to Afghanistan, he told his battle buddy what had happened. He said that just thinking about his girlfriend had helped him to cope with his deployment, and added, "I can't see

myself living without her." His battle buddy was preoccupied with a video game but glanced at Morgan and blurted out that he ought to just, "forget the b----."

Does this sound familiar? It should, because, while not based on a real-life Spc. Morgan, it is based on common experiences. Some individuals experience suicidal thoughts in response to life events. They frequently give warning signs or clues.

In this example, Morgan's battle buddy was a good Soldier and friend. But, he was not a good listener. He didn't really "hear" what Morgan was saying. He missed the clue, a possible warning sign that Morgan was in emotional distress and might even

be thinking of suicide. He didn't "get the message" and lost his opportunity to help prevent a possible loss of life.

The overall goal of the Army Suicide Prevention Program is to reduce Soldier suicides. It is founded on a belief that many suicides are preventable and that with proper awareness, caring and a little training, anyone can help a Soldier who is thinking of suicide.

There are many reasons to be invested in preventing Soldier suicides. The loss of a Soldier to suicide is an individual and Family tragedy; it is also a devastating event for the military unit. It affects unit cohesion and seriously disrupts the unit's ability to sustain its mission.

Learning and practicing a simple technique called "active listening" can save lives. Below are the basic steps to active listening.

1. Look your battle buddy in the eyes; suspend other things that you are doing.
2. Listen not merely to the words, but the feeling content.
3. Be sincerely interested in what your battle buddy is talking about.
4. Talk to your battle buddy alone in a private setting.
5. Allow your battle buddy to talk freely.
6. Restate what your battle buddy said.
7. Ask clarification questions once in a while.
8. Be aware of your own feelings and strong

opinions.

9. When talking to your battle buddy, give him and yourself plenty of time.

10. Stay calm and objective.

11. Don't criticize or argue with your battle buddy's thoughts and feelings, but listen and allow time for him/her to find words.

Suicide prevention is everyone's responsibility. It is imperative that every leader and Soldier learn how to intervene on behalf of a Soldier or battle buddy who is thinking of suicide.

Actively listening to a suicidal Soldier will provide relief from the pain. It is a sign of strength when Soldiers seek help for emotional problems that they may be encountering. Listen for cries of help and

intervene to benefit the Soldier, leader and unit.

If you've read this far, you may be asking, "What do I do next?" No one can read another person's mind.

Be prepared to ask directly if your buddy is thinking of killing himself/herself. Then escort your buddy to the chaplain or behavioral health services. The Army has easy-to-learn suicide prevention training programs. Ask your leadership or chaplain how to get involved.

Suicide prevention materials from the Army Center for Health Promotion and Preventive Medicine are available on the Web at <http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx>.

Body piercing can be dangerous

Story by
MARCIE BIRK
U.S. Army Center for Health Promotion and Preventive Medicine

Israeli media reports that a tongue piercing caused the September death of a young Israeli soldier who developed a brain infection and then liver failure.

While death is rare, piercing body parts can lead to allergic reactions, disfiguring scars and infections.

In the past 25 years, body piercing's popularity has increased dramatically as a fashion statement or a form of self expression. The earlobe and upper-ear cartilage are commonly pierced sites. Other piercing sites include eyebrows, nose, lips, tongue and navel.

On Army installations or other places under Army control, U.S. Soldiers are subject to specific regulations regarding body piercing both on and off duty.

Army Regulation 670-1, 1-14c states, "Soldiers may not attach, affix, or display objects, articles, jewelry, or ornamentation to or through the skin. ..."

Female Soldiers may wear prescribed earrings while in uniform, but even ear piercing poses risks.

Infections are a com-



mon risk of body piercing. In various surveys, the rate of infection from earlobe piercing alone has been estimated at 11 to 24 percent. Other risks of body piercing include blood-borne diseases like hepatitis B, tetanus, or human immunodeficiency virus, or HIV, which can be passed from one customer to the next by contaminated equipment.

Piercings to the orofacial region can carry risks and lead to complications, according to Col. Tim Mitchener, an Army public health dentist at the U.S. Army Center for Health Promotion and Preventive Medicine. Along with

infections and blood-borne diseases such as hepatitis B or C, individuals with orofacial piercings can run the risk of prolonged bleeding, nerve damage and endocarditis, Mitchener said. (Endocarditis is a serious inflammation of heart tissues and valves.) Damage to teeth and gums also is common when wearing tongue piercings.

Despite the health risks, body piercing continues to be popular. Those who insist on body piercing should see a healthcare provider if any of the following occur:

- Redness or swelling that extends more than a

quarter-inch from the piercing site

- Soreness
- Thick yellow or green discharge
- Continuous oozing or bleeding
- Warmth/heat at the piercing site
- Red streaks coming from the piercing site

If infection occurs, see a healthcare provider before removing the jewelry. When the jewelry is removed, a new body piercing closes very quickly—within hours or days—and may seal an infection in your body.

Risks of body piercing can be decreased but not eliminated. A piercing may only take a minute to get but could cause a lifetime of regret.

For more information, visit:

- Journal of the American Medical Association, <http://jama.ama-assn.org/cgi/content/full/291/8/1024>
- Mayo Clinic, Piercing <http://www.mayoclinic.com/health/piercings/SN00049>
- Association of Professional Piercers, <http://www.safepiercing.org/index.html>

Army researchers try to regrow fingers from 'pixie dust'

Story by
ELAINE WILSON
FORT SAM HOUSTON

A powder that regrows limbs sounds like the stuff of fairy tales, but medical experts at the U.S. Army Institute of Surgical Research are hoping they can use it to make magic happen for wounded warriors.

Doctors are trying a regenerative medicine powder in hopes of stimulating tissue growth in Soldiers with missing extremities.

"The powder is FDA approved and is already being used for hernia repairs and other applications," said Dr. Steven Wolf, chief and task area manager of clinical trials at ISR. "But it has never been used for this reason in people."

ISR researchers are working with Steve Badylak at the Pittsburgh Tissue Engineering Initiative Inc., whom they found while seeking medical innovations that could benefit wounded warriors. They were particularly interested in medical advances that could aid in combating the loss of extremities, which is a "common problem" on today's battlefield, Wolf said.

"This is a topic the Army and Department of Defense are interested in because when injuries happen in war, most of them are extremity injuries," the doctor said. "With burns in particular, we commonly end up with loss of digits."

Based on studies, ISR doctors were intrigued by what they nicknamed "pixie dust," and the idea of a new application for an existing innovation.

"Since the powder was FDA approved and safe for use we figured we would try it," Wolf said. "The idea was out there that it might work for this application but it had never been tried on humans."

The "pixie dust" is far from magic. It is actually a substance, in this case, derived from pig bladder. To create what Wolf refers to as extracellular matrix, scientists take a mix of protein and connective tissue, "spin" it to remove the cells, and then mash the remaining material into a powder.

"When put onto open wound, it seems the body starts to regrow normal tissue," Wolf said.

The theory is that when the powder is applied, circulating stem cells see the matrix, stop and differentiate into whatever they are near, Wolf said. For instance, if by a bone, then the cells become bone; if by a blood vessel, then they become a blood vessel; or if by a nerve, they become a nerve.

In other words, the regenerative medicine powder acts as a stop sign for stem cells, which are undifferentiated cells everyone has circulating throughout their blood stream.

Wolf likens the concept to regrowth of a severed tail in a salamander

"You pull a tail off a salamander and it regrows," Wolf said. "The end of the tail forms what is called a blastema, and that blastema elongates. We think that's what happens when we put this powder on."

"This process of growing your fingers has happened to you before, in your mother's womb," Wolf said. "The code is there, the DNA is there. What we're trying to do is trick your body into doing that again."

Application of the powder involves surgery to open the wound and apply it, a procedure that can be done in conjunction with an already scheduled surgery. Other than the normal risks of surgery, Wolf said trials of the powder are practically harmless.

"If it doesn't work, there is no downside," Wolf said. "That's why we're testing it on fingers versus legs. If we apply it to a leg amputee, the downside is the Soldier won't be able to walk for several months, and it may not work."

So far, doctors have applied the powder to two Soldiers with missing fingers.

"The first time, we saw an increase in length of the finger, but the wound closed before further growth could occur," Wolf said. "The other case is too soon to tell."

Wolf emphasized the concept is referred to an innovative surgical technique. "It's not a sure thing," he said. "It's a possibility."

However, "We're hoping for increased length with bone support," Wolf said. "But we're not sure how long it will take or if it will even work."

The odds may be high, but Wolf is hoping to take a complex scientific innovation and yield magical results.

"If we have a Soldier who was blown up by an IED and missing fingers, and we have a chance to give him his fingers back, increase his function, how can we not try?" he said.

Commentary: Choosing xylitol protects teeth from decay, weakness

Story by
BETHANN CAMERON
U.S. Army Center for Health Promotion and Preventive Medicine

What else can you do to fight tooth decay after brushing and flossing your teeth, seeing the dentist, avoiding sugary foods and treats and drinking fluoridated water? Dentists now tell us to chew xylitol (zy-li-tall) gum after every meal to help prevent cavities. Xylitol-sweetened mints can be used by people who can't or prefer not to chew gum.

Xylitol protects teeth by:

- Decreasing the levels of cavity-causing bacteria,
- Decreasing the amount of plaque, and
- Improving hardening of weakened teeth.

If you don't brush and floss regularly, you are at higher risk for cavities. Chew sugar-free gum, eat sugar-free mints and candies, and use toothpaste made with xylitol.

Xylitol is a natural sugar found in fruits and vegetables. It comes from

hardwood such as a birch tree. The taste is as sweet as sugar, with no artificial aftertaste. Xylitol blocks the production of acid that causes tooth decay. It has been approved for use as a food additive in "sugar-free" products by the Food and Drug Administration since 1963.

Reasons to chew xylitol gum are:

- It makes your mouth feel fresh and cool.
- It is a natural sweetener that tastes as sweet as sugar with no aftertaste.
- It has 40 percent less calories than sugar.
- It is readily available—you can buy it at the candy counter.
- It is safe.
- It relieves "dry mouth" by increasing saliva.
- It provides an alternative to sugar for people with diabetes.
- It lowers rates of ear infections in children who chew gum by approximately 40 percent.

Deployed Soldiers are at higher

risk for tooth decay and other oral diseases because of reduced flossing and tooth brushing and more frequent sugar intake. In order to help fight the dental disease that is caused by the foods and drinks that Soldiers consume, the Army distributes xylitol gum in dining facilities. Xylitol gum is also in Soldiers' Meals Ready to Eat.

To find xylitol gum or mints, read labels. Look for xylitol first. It should be the first ingredient listed on the label before other sweeteners such as sorbitol. In chewing gum, xylitol should appear before the gum base.

People who chew xylitol gum and/or eat xylitol candies and mints can reduce their risk of cavities. Protect your teeth and your Family's teeth from cavities. Choose your gum, candies and mints wisely. Chew the ones made with xylitol.

For more information, visit the U.S. Army Center for Health Promotion and Preventive Medicine's oral fitness pages at <http://chppm-www.apgea.army.mil/dhpw/OralFitness-Main.aspx>.

Commentary: Keeping appointments, 'no-shows' hurt everyone

By
DEBORAH DODSWORTH
KUSAHC

In September, more than 260 patients did not show up for scheduled appointments at Kirk U.S. Army Health Clinic.

The KUSAHC staff wants to encourage everyone to keep their appointment. Taking care of your

health needs is vital time that you and your physician have set aside to discuss the best course of action for your medical care. In a time when access to appointments at KUSAHC is limited, it is essential that you keep your scheduled appointment.

If you no longer need the appointment or have a

conflict in your schedule, call to cancel it by calling the Call Center at 410-278-5475, or you can cancel it using TRICARE On-line at <https://www.tricareonline.com/>.

The courtesy of your call will open up appointments for other patients when the KUSAHC Call Center knows in advance.

Unlike the private sector that charges when a patient misses an appointment, KUSAHC does not add that additional hardship to you.

If you need to change an appointment, the Triage Nurse or the Call Center will assist you.

(Editor's note: Dodsworth is the KUSAHC patient advocate.)

Community Notes

THURSDAY

DECEMBER 11 AMERICAN SOCIETY OF MILITARY COMPTROLLERS

The American Society of Military Comptrollers, Chesapeake Chapter, will hold a Happy Holidays Get-Together, starting at noon, at Baldwin's Seafood Restaurant, Joppa. Lunch costs \$25.95 per person and includes choice of Crab Cake or Chicken Alfredo. Entrée comes with cream of crab soup, baked potato, salad, coffee or iced tea, rice pudding or ice cream. Everyone who attends will receive a special gift. There will be a gift exchange called "The Gift Game," a basket raffle, door prizes and cash donations towards military Families in need.

For more information, call Rhonda Rielly, 410-306-1333 or Pat O'Shea, 410-436-4262.

FRIDAY, SATURDAY AND SUNDAY

DECEMBER 12, 13 AND 14 EXTREME MAKEOVER HOME EDITION CHRISTMAS OPEN HOUSE

Join the Luther Family for light hors d'oeuvres and desserts at the Freedom Hills Therapeutic Riding Program, Inc. Christmas Open house 5 to 8 p.m. Dec. 12; 2 to 8 p.m., Dec. 13; and 2 to 8 p.m., Dec. 14.

Freedom Hills has been providing therapeutic horseback riding to the physically, mentally and emotionally challenged in the Tri-state Area of Maryland, Delaware and Pennsylvania.

Tickets cost \$25 in advance or \$35 at the door. All pro-

ceeds to benefit Freedom Hills Therapeutic Riding Program, Inc.

Freedom Hills is located at 55 Rolling Hills Ranch Lane, Port Deposit.

For more information or for directions, visit www.freedomhills.org/contact.html or call 410-378-3817.

FRIDAY

DECEMBER 12 LATE NIGHT HIKE WITH YOUR TIKE

Give the kids some caffeine and come on a late night hike. Join a naturalist for an exploration of the estuary's trails in the dark. Bring a thermos or mug, hot chocolate will be provided. This program will be held 8 to 9:30 p.m. for ages 3 to adult, 3 to 14 with an adult. The cost is \$1 per person or \$3 per Family and registration is required.

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

SATURDAY

DECEMBER 13 BREAKFAST WITH SANTA

The Mt. Ararat Lodge, Nelson J. Briggs Demolay Chapter located on 136 East Gordon Street, Bel Air, will hold Breakfast with Santa, 8 to 11 a.m. There will be gifts for the children from Santa and a gift table available for holiday shopping. Proceeds from gift table supports muscular dystrophy and demolay youth.

Breakfast costs \$6 for adults and \$3 for children ages 12 and under. Photos taken with Santa cost \$6 each and include card and envelope.

Proceeds to benefit boys demolay youth organization.

For more information, to purchase tickets or to reserve a table, call 410-420-1002.

HOLIDAY PAPERMAKING

Create festive handmade papers using natural and recycled items and wrap those last minute gifts or craft holiday greeting cards. This program will be held 10:30 a.m. to 1 p.m. for ages 12 to adult. The cost is \$5 and registration is required.

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

BACKYARD BIRD BUFFET

Need something to brighten up the back yard? How about a handmade birdfeeder? Join a naturalist for a short discussion of bird habitat and food then build a feeder for the back yard. This program will be held 2 to 3:30 p.m. for ages 4 to adult, 4 to 14 with an adult. The cost is \$4 and registration is required.

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

SUNDAY

DECEMBER 14 CHILDREN'S CHRISTMAS PARTY

American Legion Susquehanna Post 135, located on 300 Cherry Street, Perryville, will hold a Children's Christmas Party, 1 p.m. The event will include pictures with Santa, presents and refreshments.

For more information, call 410-642-2771.

OUTDOOR LIVE NATIVITY

The Churchville Presbyterian Church youth

and adults will provide an Outdoor Live Nativity 5:30 to 7 p.m. This event is a gift to the Harford County community and will include live animals. Complimentary hot beverages and cookies will be served in the church's Fellowship Hall. Free parking will be available in the church parking lot adjacent to the nativity scene. Churchville Presbyterian is located at 2844 Churchville Road (on the corner of Routes 22 and 136).

For more information, call 410-836-2146.

HEALING HERBS – EUCALYPTUS BATH SALTS

Explore the medicinal and therapeutic values of herbs and wild plants and make an herbal product. Pamper yourself or gift a friend with these restorative bath salts. This program will be held 2 to 3 p.m. for ages 14 to adult. The cost is \$4 and registration is required.

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

THURSDAY

DECEMBER 18 SAME HOLDS MONTHLY MEETING

The Society of American Military Engineers Chesapeake Post Monthly Meeting for December is scheduled for 11:30 a.m. at the Wetlands Golf Club, Aberdeen. Gary Schilling, U.S. Army Corps of Engineers Aberdeen Proving Ground Integrated Program Office, will present a briefing titled, "USACE Construction Projects at Aberdeen Proving Ground." Space is limited and reservations are required NLT Dec. 15 online at <http://www.same-chesapeake.org>.

SCHOOL LIAISON

Elementary school redistricting information

Harford County Public Schools will embark on a comprehensive elementary redistricting process in order to balance enrollment.

The superintendent and technical advisory committee scheduled four information sessions, the remaining two are 7 to 8:30 p.m., Dec. 11, at Southampton and Aberdeen Middle schools

During the sessions, information will be shared on the redistricting process and timeline and other data that will be used to assist with the development of a plan.

Parents are invited to attend any meeting date or location that is convenient for them.

More information will come in the future eSchool-newsletter e-mail system.

Visit www.eschoolnewsletter.com to sign up e-mail addresses or to receive information and updates via e-mail.

For more information on any APG school related topic, contact Eileen Campbell, 410-278-2857 or e-mail eileen.campbell@apg.army.mil.

FRIDAY, SATURDAY
AND SUNDAY

DECEMBER 19, 20 AND 21 SEND HOLIDAY GREETINGS VIA INTERNET

As a public service to the community, AVIO Productions will be recording and sending Family holiday greetings over the Internet, noon to 8 p.m. at the Shops of Londonshire located in North East, Md.

For any Family member this will be a good opportunity to express their best wishes to the men and women in the armed forces. Santa will be there Dec. 20.

For more information, call John Malatesta, 877-567-4572, 410-658-4699, or 302-545-4810 or visit www.avioproductions.com or e-mail avio@zoo-minternet.net.

SATURDAY

DECEMBER 20 WHITETAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth, and not just with humans. So, come help to determine if the deer population of Leight Park is a healthy size. Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the park home. This program will be held 9 a.m. to noon for ages 16 to adult and registration is required.

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

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

Post SHORTS

CFC book, movie fair continuing

Due to popular demand, the first annual Combined Federal Campaign book and movie fair will continue through Dec. 12.

The fair is located in building 30, Top of the Bay/Down Under.

Soft cover books will sell three for \$1 or \$50 each; hard cover books, VHS, DVDs and books on tape cost two for \$1. There are several hundred books, many mystery or romance, nearly new. Gatorade, water, health bars and chocolate cookies are also for sale.

Profits from the sales will go to the Catholic Charities, which helps the needy.

Anyone who enjoys both reading and bargain prices should stop by between 8 a.m. and 4 p.m. For more information, call CFC, 410-278-9913/9917.

Garrison HHC holds coat, outer- wear drive

The Garrison Headquarters and Headquarters Company is sponsoring a post wide coat and outerwear drive. The company is collecting all they can for needy Families on post, then whatever is remaining will go to aid those in the local communities around APG.

Items needed include coats, jackets, pullovers, etc., shoes, boots, winter clothing of any kind, gloves, hats, scarves for all sizes and ages.

Used clothing donations should be clean and serviceable. Drop off boxes will be set up at the PX, Recreation Center and Commissary in the Aberdeen Area and the Shoppette and Recreation Center in the Edgewood Area.

For more information, e-mail mathieu.petrarais@us.army.mil or call 410-278-2104.

CPR Classes

Aberdeen Proving Ground Fire and Emergency Services offer CPR classes on APG.

Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednesday of each month.

In the Edgewood Area, classes will be held at the Conference Center, building E-4810, Feb. 18, April 15, Aug. 26, Oct. 21 and Dec. 16.

In the Aberdeen Area, classes will be held at the Post Theater Jan. 21, March 18, May 20, July 15 and Nov. 18.

Class size will be limited to 30 participants and will be filled on a first-come first-served basis. Pre-registration is required.

For more information or to register, call Ray-

mond Campbell, 410-306-0566, or e-mail raymond.b.campbell@us.army.mil.

Thrift Shop closes for holidays

The APG Thrift Shop will close its doors for the holiday at 2 p.m., Dec. 18 and will reopen 11 a.m., Jan. 14.

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

Army Leadership Symposium

Registration is open through Dec. 17 for the Army Management Staff College 4th Annual Leadership Symposium: Navigating New Challenges, Jan. 27 to 29. The AMSC is located on 5500 21st Street, building 247, Fort Belvoir, Va.

Guest speakers will share their perspectives on leadership and executive development. World-renown authors, motivational speakers and government officials will conduct workshops on effective communication, understanding an individual's importance to the organization, and finding balance in life. Participants can learn to make a difference in their organization and the federal government.

Cost of the workshop is \$50 per person and includes admission, meals, busing and workshop materials. Professional attire for military is ACU and business casual for civilians.

For a schedule of speakers, travel information, registration cost and more, visit <http://amsportal.belvoir.army.mil/Symposium/index.jsp>.

For more information, call AMSC Operations, 703-805-4747/4744, or e-mail amscsymposium@conus.army.mil.

Dining facility presents Holiday Block Leave Super Supper Specialty Meal

The Holiday Block Leave Super Supper Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5 to 7 p.m., Dec. 19. During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.85 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.30 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The menu includes: hearty chicken noodle soup, grilled strip loin steaks with fried onions and mushrooms, king crab legs, fried shrimp, chicken wings (short order), baked macaroni and cheese, seasoned freedom fries, lightly but-

tered corn, broccoli with cheese sauce, hot dinner rolls, assorted salad bar, old fashioned cole slaw, Italian broccoli salad, assorted desserts, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

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

Dining facility presents Christmas Specialty Meal

The Christmas Specialty Meal will be held in the Aberdeen Area dining facility, building 4219, for lunch, noon to 1:30 p.m., Dec. 25. During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$6.35 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$5.40 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The menu includes: chicken vegetable soup, roast prime rib of beef, baked lasagna, roast turkey, baked macaroni and cheese, garlic mashed potatoes, savory corn bread dressing, buttered peas and mushrooms, buttered corn, chicken gravy, hot dinner rolls, assorted salad bar, assorted salads, Christmas cookies, assorted desserts, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject

to change without prior notification.

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

D.A.R.E.® Dance program begins in January

All ages are welcome to participate in the D.A.R.E. Dance program, 4 to 5:15 p.m., Jan. 12, 13, 14, 16, 20, 21 and 22 at the Aberdeen Area Youth Center, building 2752 to learn hip-hop, jazz and more. There will be eight dance sessions throughout a two week period.

Students need to be on time and be dressed to dance (sneakers and sweatpants, no jeans).

The final dance performance will be held 4:30 to 5 p.m., Jan. 23. Space is limited, sign up soon. Students should arrive for the D.A.R.E. dance 4 p.m. to prepare for the performance.

For more information or to get permission slips, stop by the Youth Center or call Angie Chronister, 410-278-9061.

MLK commemorative breakfast

The APG Garrison will host a commemorative breakfast in honor of Dr. Martin Luther King Jr., 7 to 9 a.m., Jan. 14, at Top of the Bay. Albert J. Williams, a Northeast Region school transition specialist, will be the guest speaker. Tickets cost \$8 per person, advance sales only, no sales at the door.

For more information, call Sgt. 1st Class Elwood Veney, RDECOM, 410-436-4810.

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

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.

ACS

From front page

lights sparkling on this tree bring a message of hope, peace and good will to all of the world," he said.

Prior to the tree lighting, Maj. Gen. Fred D. Robinson Jr., commander of APG and the U.S. Army Research, Development and Engineering Command, and Col. Jeffery Weissman, APG Garrison and deputy installation commander, gave remarks.

"2008 has been an exciting year at APG. We have lots to be thankful for," Weissman said. "There has been much progress in improving our installation and our quality of life. Please enjoy this holiday season with your friends and loved ones, but do it safely.

"And as we celebrate, let us remember all of those service members serving overseas during the holidays and their Families missing them here at home," he emphasized.

During Robinson's remarks, he thanked the 389th U.S. Army Material Command Band for adding a special touch to the ceremony.

"Army Community Services sponsors this event to bring us all together to kick-off the holiday season," Robinson said. "I see the entire APG community represented—military, civilians, retirees, contractors, Family members and guests gathered to share some holiday cheer, food and fellowship."



Santa Claus says hello to Ciara Forbush, 2, at the Army Community Service Holiday Extravaganza and Tree Lighting Ceremony at the Aberdeen Area Recreation Center held Dec. 3.

Photos by RACHEL PONDER

Robinson asked attendees to remember the Soldiers, especially those serving overseas, as they enjoy this holiday season.

"We must remember those on the front lines and those serving away from home and their Families. We live in the greatest nation in on earth and still enjoy unparalleled freedom

and prosperity. The dedicated efforts of our Soldiers—active, reserve and National Guard—enable us to enjoy these rich blessings.

"Let the lights on this tree remind us of the peace and freedom we enjoy because of our Soldiers, and hope for a brighter future for people around

the world," he said.

Robinson and Weissman were joined onstage for the tree lighting by the Non-commissioned Officer of the Year Sgt. 1st Class Stephen Spohn, his wife, Staff Sgt. Wendy Spohn, both from the AMC Band, and their 4-year-old son Lukas.

The tree lighting symbolized the simultaneous lighting of the holiday tree in front of the Edgewood Area chapel.

"I was very excited and proud to get to light the tree," Lukas later said.

After the tree lighting, holiday music was provided by the AMC Band's brass quintet until the arrival of Santa and Mrs. Claus.

Beckett thanked the program's sponsors, Johns Hopkins Medicine and USAA.

Throughout the evening attendees enjoyed light refreshments while participating in holiday themed activities like pin-the-nose on the reindeer, cookie decorating and holiday themed face painting.

Cynthia Scott, Army Substance Abuse Pro-

gram prevention coordinator, was on hand to give attendees information about celebrating the holidays while abstaining from alcohol. She handed out samples of alcohol-free drink recipes, and gave samples of an alcohol-free punch called "Open House Perk-A-Punch."

"People really love this punch," Scott said. "The people that come here every year have asked for it by name."

During the extravaganza bikes and gift certificates to Bill Bateman's Restaurant were handed out to raffle winners.

Children and parents lined up to see Santa and Mrs. Claus and they gave each child a present.

Angie Cumming, whose husband Maj. Louis Cumming, commander of Air Force Detachment 1, brought her two-year-old daughter Evie to the event, and said that her daughter was very excited to win a bike.

"Her birthday is next week, so this is like an early birthday gift," Cumming

said.

Parents and children said that they enjoyed attending this year's event.

Tom Haney, retired Air Force, said that he likes to bring his grandchildren to APG's activities.

"A few years ago I took my children to an FMWR event, and they had a blast, so now I try to take them to events on post that I think that they will enjoy," Haney said. "I hope that the camaraderie will rub off on them, and it will inspire one of them to serve in the military, to keep our country safe."

Evelyn Hawkins, attended with her four grandchildren and her husband Master Sgt. Lonzia Jr. Hawkins, who works for Joint Personal Effects Depot.

"I have attended this event for the past five years," Evelyn said. "It is an event that brings the community together, and I get to see people who I don't normally get a chance to see. This year seems like the biggest turnout [I've seen]."

She added that she really appreciates all the community service that ACS provides for the Soldiers and their Families.

"This year the economy is bad, so I am so glad that ACS is still able to provide this free event for the APG community and hand out gifts. It really means a lot to the Families."

Witnessing his first APG tree lighting, new FMWR director Lupacchino said he was impressed with the organization, support and turn out of the community.

"A great way to kick off the holiday season," he said.

"ACS would like to thank the many volunteers who helped make the event a success," said Diana Hayes, ACS information referral/outreach program manager.



Lt. Duane McDonald, from Company E, 16th Ordnance Battalion, paints a snowflake on Alexiis Riley, 8.



Alexander White, 3, is all smiles riding on the new bicycle he received because his father, Sgt. Alvin White, 22nd Chemical Battalion, had a winning raffle ticket. Fifty bicycles were donated from the United Services Organization to give out to raffle winners during the event.



Staff Sgt. Keith Lampkin, Basic Noncommissioned Officer Course, watches as Curtis Buck, 12, plays pin-the-nose on the reindeer.



Lt. Dan Marshall, from Company E, 16th Ordnance Battalion, puts a temporary tattoo on Trevor Haney, 8.



Insight on Fort Monmouth organizations in new Spectra magazine

CECOM LCMC

In August, Fort Monmouth's CECOM Life Cycle Management Command published the inaugural edition of a magazine that includes in one place overviews, news and events concerning the organizations moving to Aberdeen Proving Ground from the New Jersey installation.

And that magazine, Spectra, can now be found online at the APG Web site, www.apgnews.apg.army.mil.

The initiative to publish a new magazine was discussed by the CECOM LCMC Commanding General Maj. Gen. Dennis L. Via, with Henry Kearney, CECOM LCMC chief of Public Affairs in September 2007, according to Kearney.

The magazine takes its name from a plural word describing visible and invisible electromagnetic waves – something at

the heart of Army C4ISR (command, control, communications, computers, intelligence, surveillance and reconnaissance) science and engineering. The word "spectra" can also be used to describe interrelated ideas, and that, according to the magazine's editor fits nicely with the fact that many projects from many organizations at Fort Monmouth all relate to Soldiers.

"The contributors from all the [Army Team C4ISR] organizations made Spectra," said Timothy Rider, Spectra editor. "My job was to tie it all together in an enjoyable, accessible form." The language used to describe networks can be daunting, and networks are complex by nature, so an accessible publication about C4ISR was a challenge, said Rider.

"It's real easy to present C4ISR technology in a way

that is...well boring," said Rider, "to look at, it's boxes of hardware, radios, wires, sensors, monitors. And there are things there you can't see working, like software, data, waveforms and standards of exchange."

In military operations, however, thousands of Soldiers interact with networks simultaneously, said Rider.

"It's how Soldiers get information, act, react, synchronize, make decisions and of course, communicate. And these interactions can be as important as life versus death, failure versus success. That's interesting. That's important to people who care about Soldiers. That's what we wanted to get across with Spectra," Ryder said.

"What we tried to do in the inaugural edition was to mix facts about the organizations - like missions, key leaders and descriptions - with news and feature arti-

cles to put the facts in context and hopefully promote a fuller understanding for the reader," Kearney said.

"I hope that Spectra can serve to be part reference and part learning tool for people at APG who want to learn more about the Fort Monmouth organizations moving there," he added.

Profiles of organizations that will relocate to APG include the CECOM LCMC and its subordinate organizations at Fort Monmouth—the Logistics and Readiness Center, Software Engineering Center and Acquisition Center.

Other CECOM LCMC subordinate organizations profiled include the Central Technical Support Facility, Fort Hood, Texas; Tobyhanna Army Depot, Tobyhanna Pa.; and the U.S. Army Information Systems Engineering Command, Fort Huachuca, Ariz.



Also profiled in the magazine are the Program Executive Office for Command, Control and Communications Tactical and the Program Executive Office for Intelligence, Electronic Warfare and Sensors, both of

which will also relocate to APG. Another Army Team C4ISR organization, the Program Executive Office for Enterprise Information Systems, was also profiled in the inaugural issue.

Housing office recommends Automated Housing Referral Network for BRAC moves

Story by
YVONNE JOHNSON
APG News

Military Families needing to rent, buy or sell a home or apartment should take advantage of trusted resources available on the Automated Housing Referral Network; a Department of Defense-sponsored Web site at <http://www.AHRN.com>, according to the Aberdeen Proving Ground Housing Referral Office.

Shannon Huffman, off-post housing referral counsel-

or, said [AHRN.com](http://www.AHRN.com) saves time and is more convenient for service members, especially those changing duty stations due to base realignment and closure.

The site has been up for about a year, Huffman said. It caters to current or would-be military renters, owners or property managers and allows them to search for or manage properties.

"Users can search for or set rental fees at the prices they want, look for property based on the number of bedrooms, list homes

or apartments for sale or rent, and you can even show pictures of your property," Huffman said.

"The big advantage is that it eliminates the "middle man" and any referral on the site puts you in touch with the owner, not a realtor," she said. "And you don't have to be government to use the site. It's military based but anyone can use it."

According to [AHRN.com](http://www.AHRN.com), the site is a trusted source for members of the Army, Air Force, Navy, Marines and Coast Guard

who need to find available housing fast. [AHRN.com](http://www.AHRN.com) listings include off-post rentals, on-post housing, shared rentals, temporary lodging and military for-sale-by-owner listings.

Site features include detailed descriptions with photographs, maps, message capabilities, free rental ads and for sale postings and is available 24 hours-a-day.

"It's really easy to use, and it's great for people coming in who don't know the area," Huffman said, noting that she is the point

of contact for those with questions about the site or the local area.

For more information, visit Housing Referral, building 4305, second floor, or call 410-306-2002.

AHRN.com

The Automated Housing Referral Network is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military members and their Families.