

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Dec. 31, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Reduced gate hours for holidays

There will be reduced gate operations at Aberdeen Proving Ground for the Christmas and New Year holidays.

Christmas

The Harford Gate (Route 22) in the Aberdeen Area will close at 10 p.m., Dec. 24, and the Wise Road Gate in the Edgewood Area will close at 8 p.m., Dec. 24. Both gates will reopen 4 a.m., Dec. 26.

New Year's

The Harford Gate will close at 10 p.m., Dec. 31 and the Wise Road Gate (Route 755) will close at 8 p.m., Dec. 31. Both gates will reopen 4 a.m., Jan. 2.

The Maryland Gate in the Aberdeen Area and Magnolia Gate (Route 152) will be open throughout the holidays.

Holiday refuse pickup schedule

Refuse pickup schedule for all residential areas is: Dec. 30 – trash pickup
All Christmas trees will be picked up on Jan. 5.

CFC extended by OPM

The 2008 Combined Federal Campaign has been extended to Dec. 31 according to the Office of Personnel Management.

As of Dec. 22, 1,350 APG donors have raised contributions to \$461,490.

For more information, visit www.cbafcf.org or contact the organization's key worker.

KUSAHC closes for holidays

Kirk U.S. Army Health Clinic will be closed on
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Keeping the genie in the bottle

Understanding the dangers of compressed gas cylinders

Story by
ANDREW MURPHY
APG Directorate of Public Works

Aberdeen Proving Ground activities store and use thousands of compressed gas cylinders in the performance of necessary laboratory, healthcare, maintenance and training functions.

Many cylinders contain hazardous materials that can cause fire, explosions or disseminate toxic gases if accidentally released.

Compressed gases also pose potential physical dangers due to their highly compressed state. They can become missiles if valves are broken off or the cylinder walls fail due to mishandling or excessive corrosion.

The destructive power of an instantaneous cylinder rupture rivals the detonation of an explosive charge, and can readily destroy property and cause serious injury or death to nearby individuals.

Based on the potential hazards associated with compressed gas cylinders, the U.S. Department of Transportation, the Occupational Safety



Photo courtesy of APG FIRE DEPARTMENT
A fireman inspects damage to a laboratory after the explosion of small compressed gas cylinder of reactive gas.

and Health Administration and the National Fire Protection Association have issued regulations and/or directives controlling their manufacture, testing, identification, transport, storage, use and disposal.

The OSHA and the

NFPA require users to actively manage the risks associated with compressed gas cylinders and to develop and implement training and procedures to ensure their safe storage, use and handling.

Essentials include, but

are not limited to, ensuring personnel:

- Have access to material safety data sheets, or MSDS, and understand the nature and hazards of the compressed gases contained in cylinders;
- Employ the prop-

er use of personal protections, engineering controls and material handling equipment;

- Properly segregate cylinders by their respective hazard classes (e.g., flammables with flammables,

See CYLINDERS, page 4

AAFES connects military Families on Christmas with free Internet service

AAFES

There's no place like home during the holidays and for U.S. troops stationed in Iraq and Kuwait who can't be there this year, free Internet connections with Family and loved ones is the next best thing. The Army & Air Force Exchange Service and Internet service provider Resolute Partners are teaming to provide troops with free Internet access on Christmas Day.

"We know how important it is for military Families to stay connected, especially during the holidays, and we're glad to make this free service available to troops serving in these deployed locations," said Ken Moon, vice president of AAFES' Telecommunications Division.

Access to e-mail and Web chat will be provided through Resolute's 11 Internet café locations in Iraq and Kuwait known as CZee CyberZones, with more than 500 computer terminals available.

Each Internet café features dozens of PCs with Web browsers, Web cams and even on-line games. The cafés are similar to those the troops are familiar with from their bases back home and pro-

vide a much-appreciated link with home when they arrive "downrange."

Normally, there is a per-minute charge for Internet usage at CZee CyberZone Internet Cafés. For this holiday event, a special access code will be posted in the Internet Cafés allowing free access for the 24-hour period.

"We are happy to partner with AAFES to offer this gesture of thanks to our customers for their service to our country," said Michael Blanco, CEO of Resolute Partners. "And, we'd also like to wish everyone serving in deployed locations a happy holiday and a safe return home."

RESOLUTE Partners provides Internet access and Wi-Fi networks on U.S. military installations around the world under the CZee brand. The company's mission is to improve the quality of life for the men and women serving our country by delivering premium quality, convenient, recreational computing, broadband Internet access and communications services. To learn more about RESOLUTE Partners, visit www.resolutepartners.com or www.czee.net.

General Dynamics supports OMMS through \$10 million TRADOC contract

Story by
MARK MEUDT
Special contributor

General Dynamics Information Technology, a business unit of General Dynamics (NYSE: GD), was awarded a \$9.9 million, 18-month contract from the U.S. Army Training and Doctrine Command to support the Ordnance Mechanical Maintenance School at Aberdeen Proving Ground.

Through this contract, General Dynamics will provide Army-qualified, TRADOC-certified instructors to train Advanced Individual Training Soldiers and professional development students on mechanical maintenance on tanks, small arms weapons, wheeled and tracked vehicles, trucks, generators, air conditioners and other equipment.

"This contract will assist OMMS with con-

tract instructors to continue training ordnance Soldiers and Marine Corps students while moving the Ordnance School to Fort Lee, Virginia," said James A. Townsend, OMMS training specialist.

"Winning this contract again demonstrates our commitment to providing training services and strengthens our place in the training market," said Zannie Smith, senior vice president of General Dynamics Information Technology's Army Solutions Division. "We will continue to support our Army customer with quality instructors to accomplish a very challenging mission."

As a trusted systems integrator for more than 50 years, General Dynamics Information Technology provides information technology, systems engineering and profession-

al services to customers in the defense, intelligence, homeland security, federal civilian government and commercial sectors. With approximately 15,000 professionals worldwide, the company manages large-scale, mission-critical IT programs delivering IT services and enterprise solutions. More information about General Dynamics IT is available at www.gdit.com.

General Dynamics, headquartered in Falls Church, Va., employs approximately 91,200 people worldwide. The company is a market leader in business aviation; land and expeditionary combat systems, armaments and munitions; shipbuilding and marine systems; and information systems and technologies. More information about General Dynamics is available online at www.gd.com.



TRAFFIC ALERT

Aberdeen Boulevard Gate opens to construction vehicles only

Garrison Transformation Office

Aberdeen Proving Ground is undergoing a tremendous amount of change, especially in the area of new construction, to comply with the Base Realignment and Closure law.

Interior work for phase one of the Army Team C4ISR Center of Excellence, the campus being constructed alongside Boothby Hill Road, is scheduled to begin in January. To alleviate the impending traffic congestion that will occur with the influx of new construction workers, the Aberdeen Boulevard Gate to APG will reopen.

The Aberdeen Boulevard Gate is reopening ONLY to construction contractor traffic on Jan. 5. Government employees will NOT have access to the Aberdeen Boulevard Gate and will be directed to the Maryland Gate (Route 715) or the Harford Gate (Route 22) for entrance. Only construction contractors with a valid RapidGATE pass, a security verification pass used primarily for construction workers, will use the gate. All passengers in a vehicle must have a RapidGATE pass.

The gate will be operational from 6 to 9 a.m.; however, the hours are subject to change. Only cars and light trucks related to the construction at APG will use this gate, no large construction vehicles.

Visitors are NOT permitted to use the Aberdeen Boulevard Gate and must continue to use the entrance gate at MD 715.

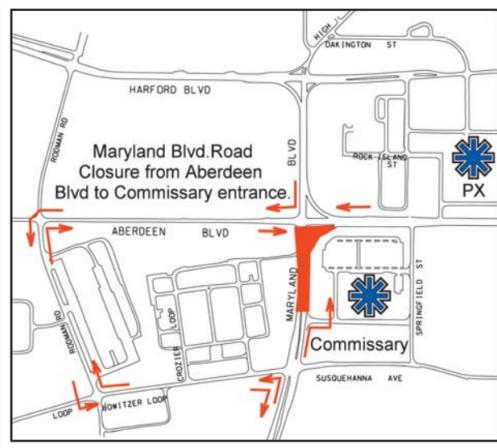
Continued patience with the construction and road closures of the past year and upcoming years as APG transforms for the future is appreciated.

Maryland Boulevard closes mid-January

All lanes of Maryland Boulevard on the southwest side of the Aberdeen Boulevard intersection, including the Maryland Boulevard exit lane onto inbound Aberdeen Boulevard will be closed in mid-January to rebuild the railroad track through the intersection.

The outbound lanes will be closed at the intersection and the inbound lanes will be closed immediately inbound of the Commissary entrance. Deer Creek Loop and Rodman Road will be the alternate traffic route to and from Aberdeen Boulevard for this closure.

For more information, call Jerry Norris, Directorate of Public Works, 410-306-1159.



General Physics shows gratitude with holiday gift giving to military Families

Story by
RACHEL PONDER
APG News

General Physics spread holiday cheer with its sixth annual holiday gift giving program Dec. 17.

Joanne Fleming, an administrative specialist, led the group of GP employees who gathered at the Headquarters and Headquarters Company orderly room to present the gifts to six 16th Ordnance Battalion Families.

Fleming said that the children and their parents were asked to create a wish list before the event. She said that she wanted to put in extra effort to get gifts that the children would really enjoy, and to also include gifts for the parents. She said that clothes, Dora the Explorer and Barbie were popular requests this year.

The gift giving program was created to express appreciation for the sacrifices that Soldiers and their Families make everyday.

Fleming said that she and her co-workers work all year to raise funds and contact sponsors for the event.

"Every month we have a lunch to raise money for the gift-giving program, and our employees are very supportive," Fleming said. "We also raised two-hundred and nine dollars through gift basket raffles."

Fleming thanked Mars Supermarket, Heavenly Ham, the APG Bowling Center, the Baltimore Ravens, the Post Exchange, the Aberdeen IronBirds, Frito Lay and Baltimore Blast for their continued support.

"With the slow economy, it was more difficult to get companies to donate, but we have people and organizations that really support and believe in this program," she said.

Capt. Luis Otero, 16th Ordnance Battalion, gave a few remarks before presents were handed out.

"I want to thank General Physics, for showing Soldier appreciation and appreciation for the Soldier's Families," Otero said. "I want to thank you all for coming and doing this."

Karen Thorpe, director of Environmental Services, also gave remarks.

"We just want to have a way to give back. We are all contractors working for the Army," Thorpe said. "We certainly appreciate the sacrifices that you all make and the sacrifices the children make. When you are away we know that it



Jacob Jr. Deshay, 2, smiles at mom and dad, Tamika and Staff Sgt. Jacob Deshay, (not pictured) while playing with a new toy car that he received during the General Physics' sixth annual holiday gift-giving program that was held at the Headquarters and Headquarters Company orderly room Dec. 17.



Sgt. Walter Hallingquest, watches as Sankira Hallingquest, 4, opens a gift that she received during the General Physics gift-giving program.



Tyler Houghtaling, 8, who was excited when he was called first to receive a gift, tears into his present while his father, Staff Sgt. Andrew Houghtaling, watches.

is tough on them, we wanted to do something to give back and just wish you all a merry Christmas."

Sgt. Walter Hallingquest, who is a father of five, helped his daughter Sankira, 4, open her gift, a Hannah Montana doll. He said that he really appreciates the work that went into the program.

"I am amazed with the amount of presents that they are giving us," Hallingquest said. "It looks like they gave us everything on the list, and they included gifts for the whole Family."

Staff Sgt. Jacob Deshay, joined by his wife, Tamika, and their son Jacob Jr., 2, said that he appreciated the gesture, as he watched his son happily playing with his gift, a Spiderman toy car.

"I have been in the Army for ten years and this is the only place I have heard of

that does a program like this," Deshay said.

He has two other children that could not make the program because of school, but they will appreciate the gifts, he commented.

After gifts were distributed, the 16th Ordnance Battalion commander Lt. Col. Stephen Cheng presented commanders' coins and ordnance key chains to the General Physics employees and corporate donors and offered thanks for the support.

"It is tremendous to me that the support comes out of a company like yours, not because I think that they are not generous people, but as busy as we are during the holidays, it is absolutely remarkable," Cheng said. "It reaffirms my faith that grassroots America believes in the Soldier and what we are doing, thank you so much."

Fleming thanked the



Six 16th Ordnance Battalion Families received large gift bags filled with presents during General Physics' gift-giving program. Joanne Fleming, an administrative specialist who helped organize the event, said in addition to giving gifts to children, they gave gifts that the whole Family will enjoy, like gift certificates to the Post Bowling Center and gas gift cards.

GP committee members in attendance that included Darlene Malick, Carl McLane, Guy Simpson and Sarah Coffey.

"I do not have any children of my own, so I enjoy seeing the eyes of

the children and their parents as they open their gifts," Simpson said. "I get involved with the program every year because I think it is important to recognize and appreciate the Soldiers and their Families.

"In our job we do not necessarily get to interact with Soldiers on a regular basis," Fleming said. The gift-giving program reminds us what is important, what the holidays are all about."

Commentary: Keeping Family close during the holidays

By
MEREDITH LEYVA
CinHouse.com

The holidays often create mixed feelings in military Families, combining the joy of the season with homesickness for extended Family and perhaps separation from a deployed service member. Some spouses forego any holiday decorating and celebrations; if they can't be with Family, why bother?

Yet that approach misses the point of the holiday spirit. The season should remind us of the gift of love and family, even when they are far away. It's especially

important that military kids learn this value of love and Family in their ever-changing world of relocation and deployment. There are many things you can do to leverage the holiday spirit to teach your children – and remind yourself – of the gift of Family.

Picture ornament exchange – Collaborate with your extended Family to have the children make Christmas ornaments out of school photos. The photos can be decorated with craft products or simple ribbon. Make one ornament for your Family and more ornaments to send to each branch of your extended Family. The cus-

ins should send your children their picture ornaments, and your Christmas tree will become a Family tree where your children can become familiar with Family faces.

Keep up the traditions – Just because you are far from home doesn't mean your children should be ignorant of Family traditions. After all, next year may see your children enjoying those traditions with extended Family. So spend some time teaching your children the favorite cookie recipes or Christmas carols. You'll create your own traditions while familiarizing your children with their Family heritage.

Decorate the house – Put on the Elvis Christmas CD and jitterbug with your kids as you decorate the house for Christmas. Even if you only do a small Christmas tree on your kitchen counter, you'll create a sense of anticipation that gets you into the holiday spirit.

Make the effort to visit – Yes, travelling with toddlers is painful for all involved, and sometimes quite expensive. Go anyway. Find a cheap or last-minute ticket on a site like **MilitaryToGo.com**. Creating memories requires sharing experiences together, so take the time to spend these mag-

ical moments with your Family while you can.

Don't be alone – If you can't visit Family, don't stay home and be miserable. Go to church, join the neighborhood potluck supper, call your family members back home. Remind yourself that you are surrounded by a loving Family, even if they are miles away. You'll be surprised how important this really is, for you and your children.

Meredith Leyva is a military wife and the founder of **CinHouse.com**, the largest Internet community of military wives and women in uniform.

APG News

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Staff

APG Commander Maj. Gen. Fred D. Robinson Jr.
APG Garrison Commander Col. Jeffrey S. Weissman
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Web site www.apgnews.apg.army.mil



NJ office 'locks on' Aberdeen Proving Ground

Story by
BRANDON POLLACHEK
PEO IEW&S PAO

In a not so ironic turn of events, the office charged with running the systems that provide location capabilities to the Army was the first of its Program Executive Office organization to relocate to Aberdeen Proving Ground.

Product Manager, Global Positioning System, part of the PEO for Intelligence, Electronic Warfare and Sensors (PEO IEW&S), began moving from Fort Monmouth, N.J., as part of the 2005 Base Realignment and Closure decision implementation, when Deputy Product Manager Chris Manning officially arrived on station in June.

The GPS office is leading the way for PEO IEW&S which is expected to complete moving its offices to APG by fall 2011.

One of the reasons PM GPS was selected to move early in the transition process was because it designed a solid transition plan early.

Manning moved into GPS' new home in July where the offices will remain until construction of its permanent facility is complete.

Manning spent nine years as a signal officer with Fort Monmouth as his last assignment before moving into a government position. He has been there since 2003 but volunteered to make the move first to ensure the transition for the unit went smoothly.

About a year ago Manning, along with representatives from the U.S. Army Communications-Electron-

ics Research, Development and Engineering Center traveled to APG to see the facilities they were going to move into.

"We came through and looked at the building and the way it was configured and realized it wasn't going to work for our organization," Manning said. "So, we went through a number of suggestions of what renovations were needed to fit the maximum number of people, while maintaining the ability to work the way we needed to."

After working with the U.S. Army Research Laboratory, PM GPS is being housed in a refurbished building.

As the first representative from GPS to make the move, Manning and his wife didn't have the opportunity to discuss with others the relocation process.

They spent time preparing for the move by researching numerous areas around APG.

"I did a lot of research on the Web as far as real estate was concerned," Manning said. "For about a year before we received orders we were driving down there every other weekend. We just came down to drive through the neighborhoods which gave us a good feel for the different areas."

In determining which areas suited his Family best, Manning and his wife created a priority list of factors to consider in choosing the location of their new home.

They took into account the quality of school systems, proximity to hospitals in the area (Manning's wife

works in health care), the commute to APG, the price range of houses, amenities and many other issues.

Manning and his Family purchased a home in Cecil County, approximately three miles north of Chesapeake City.

Manning made it a point to participate in the relocation fairs and found them to be helpful especially in terms of finding employment in Maryland.

At one of the meetings, Manning made contact with representatives from Union Hospital, which eventually led to a job for his wife.

"The most useful thing I found was going to the AMC BRAC Web site with all the examples of the documentation you need to submit for reimbursements for all of your entitlements," Manning said. "It is one thing to tell someone to fill out a voucher, but it is another thing to say here is an example of one filled out which makes it much simpler."

One of the lessons learned during his relocation to Maryland, which Manning said he would advise others against, was trying to move his household items directly from his New Jersey residence to his new home in Maryland.

"The hardest thing for me was that I had houses in two locations at the same time, which I did deliberately because I wanted my household goods moved and delivered directly so that they wouldn't go into storage," he said. "So I had to have possession of both properties and it just made it really hard to make that drive back to clear out

my property in New Jersey, turn back around and get it cleaned and inspected which I couldn't do until after the movers had cleared out and in the meantime the movers are arriving in Maryland.

"In retrospect it might have been easier if I would have had them pick up my household goods, cleared out of my place in New Jersey and then showed up in Maryland instead of all the back and forth, which made for a very stressful month," he said.

Mike Vincelli, an integration engineer who is assigned to PM GPS from CERDEC, also made the move to APG and found that gaining advice from others who moved before him including Manning was very helpful in making the transition.

Vincelli, a life-long New Jersey resident who was born and raised in Long Branch, began working at Fort Monmouth in 2003.

In preparing for the move from the only place

he has worked since college, Vincelli said he preferred to visit the BRAC Knowledge Center Web site and BRAC WIKI's instead of attending relocation fairs.

"I'm a 'find it out for myself' kind of guy," he said.

A major challenge Vincelli faced was selling his condominium in New Jersey. For help with selling his home, he participated in the Defense National Relocation Program, which purchased his house.

A piece of advice Vincelli would share with others considering using the DNRP is, "if you find them

a buyer, that saves them the whole process of having to find somebody. I didn't know how important that was because not only do you usually get a higher price because they forecast out that period they are making your mortgage payments, so if it is a down market as it is now they are going to forecast downward. You'll get an appraisal value for your house as it is now but they will offer you what it will be in four months."

Those looking for additional information on the DNRP program can visit <http://www.nab.usace.army.mil/dnrp/DNRP.pdf>.

Holiday worship services through Jan. 1

Main Post Chapel (Aberdeen Area)

Catholic

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

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

Gospel

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

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

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.

Preventing substance abuse on APG

Playoff games every bit as dangerous as Super Bowl Sunday

Pass keys to a sober, designated driver before playoff games begin

There are five playoff dates prior to Super Bowl XLIII on Feb. 1:

- Wild Card Playoffs-Jan. 3 and 4
- AFC & NFC Divisional Playoffs-Jan. 10 and 11
- Conference Championships-Jan. 18

Each of these game days is as dangerous as Super Bowl Sunday on the nation's roadways due to impaired driving. Annually, 51 percent of all traffic fatalities occur during the playoff and Super Bowl weekends due to impaired drivers with blood alcohol concentration levels of .08 and higher.

But alcohol-related crashes—and fatalities—can be prevented. Designating a sober driver before the playoff games and Super Bowl party will make the difference and help save lives.

If hosting a playoff party:

- Remember, the host can be held liable

Tips to prevent consequences of drunk driving

APG ASAP

The Aberdeen Proving Ground Army Substance Abuse Program staff would like to remind everyone that there are rules to the follow if planning on attending a playoff game party or watching at a sports bar or restaurant.

Avoid drinking too much alcohol too fast and participating in drinking games.

Pace yourself—eat enough food, take breaks and alternate with non-alcoholic drinks.

Designate a sober driver before the party begins and give that person the car keys. If a designated driver is not available, ask a sober friend for a ride

home; call a cab, friend or family member to assist; or stay put and sleep it off until sober.

Always buckle up—it's still the best defense against other impaired drivers.

"Impaired driving is deadly dangerous," said Cindy Scott, ASAP Prevention Coordinator. "Too many people still don't understand that alcohol, drugs and driving don't mix. Impaired driving is no accident—nor is it a victimless crime."

According to the National Traffic Safety Administration, nearly 13,000 people died in highway crashes involving an impaired driver or motorcycle operator

and prosecuted if someone served alcohol ends up in an impaired driving crash.

- Make sure all guests designate their sober drivers in advance, or help arrange ride-sharing with other sober drivers.
- Serve lots of food—and include lots of non-alcoholic beverages at the party.

• Stop serving alcohol at the end of the third quarter of the game and begin serving coffee and dessert.

- Keep the numbers for local cab companies handy, and take the keys away from anyone who is thinking of driving while impaired.

For more information contact Cindy Scott, ASAP prevention coordinator, 410-278-4013, or e-mail Cynthia.Scott1@conus.army.mil.

Pass keys to a sober, designated driver before the game begins.

with an illegal BAC level of .08% or higher.

"The consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant," Scott said.

The tragedies and costs from drinking and driving impaired do not just end at potential death, disfigurement, disability or injury. Violators who are caught will be spending their money on bail, court fees, lawyers and towing fees.

For more information contact Scott, 410-278-4013 or Cynthia.Scott1@conus.army.mil

Fans Don't Let Fans Drive Drunk. Act responsibly—and pass your keys to a sober driver before the big game begins. The life you save might just be your own.

Cylinders

From front page

corrosives with corrosives, oxidizers with oxidizers, etc);

- Secure in-use or stored cylinders in the upright position with a chain or similar retaining device, inspect cylinder bodies, fittings, connections, valves and regulators to ensure their integrity, proper function and operation, and keep valve protection caps in place when cylinders are not in use;
- Follow specific fire, safety and environmental procedures regarding the selection and maintenance of storage locations, the use of specific tools, appropriate fire extinguishing equipment and emergency response procedures;
- Maintain accurate cylinder inventories and promptly return damaged, excess, expired shelf-life,

and empty cylinders to the cylinder vendor, or seek assistance from the activity safety or environmental representative if vendor return is not possible; and

• Understand vendor cylinder lease/rental agreements and acceptable conditions of cylinder receipt, only order quantities needed, and insist on purchasing refillable versus single-use cylinders as much as possible to avoid unnecessary cylinder disposal costs.

- Almost all compressed gas cylinders in use on the proving ground are provided by private vendors and are delivered directly to APG customers.

When these cylinders are empty, defective, or otherwise deemed excess to the customer, they are to be promptly returned to the vendor for refilling, retrofitting, or scrapping, as appropriate. If this is not possible, the activity should immedi-

ately contact the DPW-Environmental Division's Hazardous Waste Branch for assistance.

The abandonment or improper disposal of cylinders is unacceptable.

Almost all vendor-supplied cylinders are rented and users can incur demurrage fees that may sometimes exceed the costs of certain gases if the cylinders are not promptly returned.

Additionally, orphaned cylinders left improperly stored or out in the elements for extended periods of time can pose serious risks to APG personnel and property, and their disposal can cost thousands of dollars if severely degraded and their contents are not readily identifiable.

Per the DPW-Environmental Division, a contractor-operated HAZMART—or hazardous materials pharmacy—tracks the receipt, whereabouts and disposition of compressed gas cylinders on APG. The HAZMART provides both a physical and virtual hazardous materials inventory management system that employs the use of barcodes, physical and electronic identification, physical inventory and a large database to track the storage, use and disposition of compressed gases and other hazardous materials.

The system is comparable to those used in the retail, supply and warehousing industries. As cylinders are received, HAZMART workers or receiving APG customers apply barcode labels and enter pertinent identification, organizational and location data into the HAZMART database. When customers return cylinders to the vendor, or otherwise dispose of them via some other authorized means, they

either record the action in the HAZMART's Hazardous Inventory Tracking System, or HITS, or notify the HAZMART of the cylinders' disposition so that the HAZMART can remove them from the active inventory.

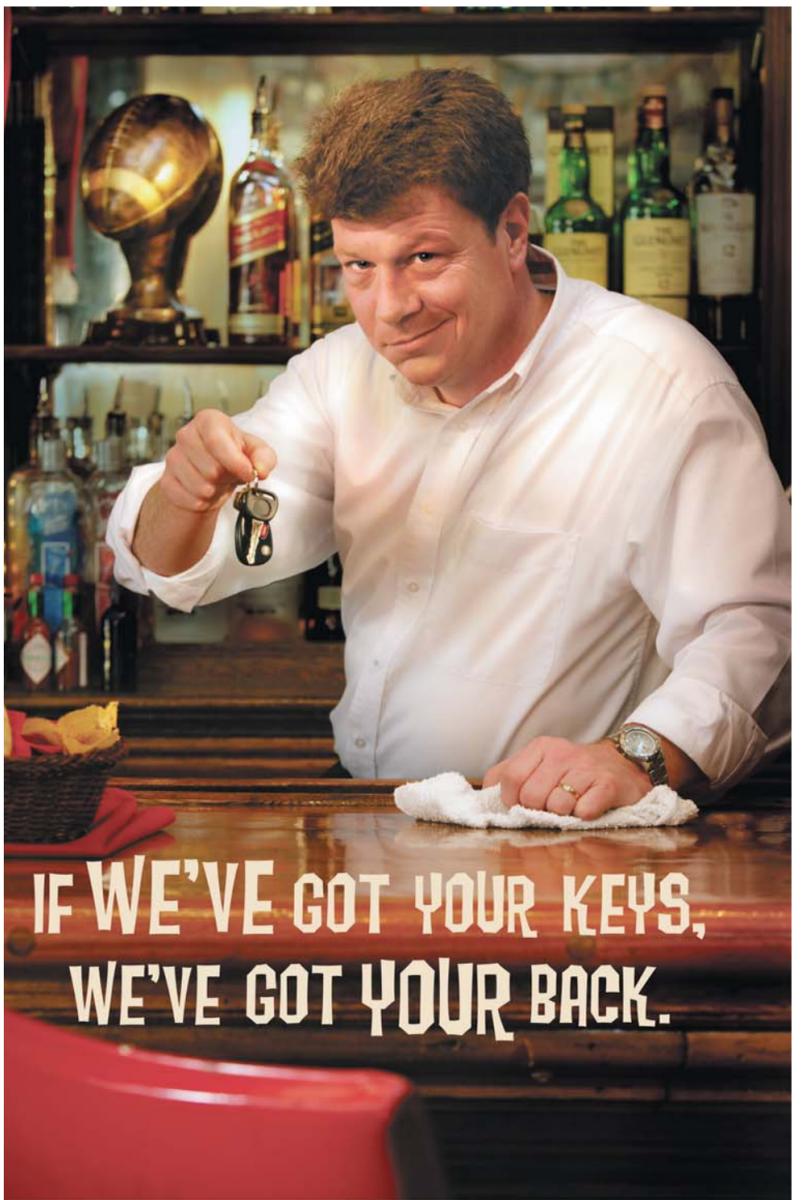
While the APG HAZMART periodically conducts field verifications of customer inventories, the ability of the system to accurately track gas cylinders is greatly dependent on the diligence of APG customers to make as needed updates to the HITS or HAZMART personnel on the status of their hazardous materials inventories. If this does not occur, the likelihood of cylinder mismanagement increases.

Compressed gases provide many useful and constructive functions; however, the mismanagement of compressed gas cylinders can result in extensive damage to property, injury and even death.

There are numerous documented cases of mishaps around the world involving compressed gas cylinders that have resulted in fires, explosions and the release of toxic substances.

The Army and APG are not immune. Just a couple of years ago, a cylinder in an unoccupied APG laboratory exploded costing the Army hundreds of thousands of dollars in emergency response and restoration costs, but no one was hurt.

Activities requiring compressed gas cylinders safety information or assistance are asked to contact the Installation Safety Office, 410-306-1090 or the APG Fire Department, 410-306-0572. For HAZMART or HITS queries, call 410-436-9637/9655. Persons requiring disposal assistance should contact the DPW-Environmental Division's Hazardous Waste Branch, 410-436-8424.



IF WE'VE GOT YOUR KEYS,
WE'VE GOT YOUR BACK.

Fans Don't Let Fans
DRIVE DRUNK.

Designate a sober driver for your Super Bowl party.

Children learn about holiday safety during a 'Jabbin' with Jenelle' session



Jenelle Ferguson, right, a safety and occupational health specialist from the Installation Safety Office, speaks to school-aged children about holiday safety at the Edgewood Area Youth Center Dec. 18. This is part of an ongoing monthly series of sessions called "Jabbin' with Jenelle." Ferguson said that she came up with these sessions as a way to educate school-aged and middle school children about safety issues, while having fun. From left to right: Samantha Devorak, 8, Kayleigh Devorak, 5, and Jaden Lindsay, 5.

Story and photos by
RACHEL PONDER
APG News

For many, the holidays are a special time of year that brings fun and excitement. The holidays also bring a variety of safety concerns, especially for children.

Jenelle Ferguson, a safety and occupational health specialist from the Installation Safety Office, hosts "Jabbin' with Jenelle" every month at the Edgewood Area Youth Center, for middle school and school-aged children. This month's session, held Dec. 18, was about holiday safety.

Ferguson said that earlier this year she had the idea to start a safety program that would open the lines of communication with children.

She said that Renee Main, the EA Youth Center site supervisor, and Norma Warwick, EA Youth Center director, were very supportive of having a safety program at the Youth Center, and Main came up with the name "Jabbin' with Jenelle."

The sessions began in the summer when she started weekly presentations during this year's summer camp program at the Edgewood and Aberdeen Youth centers. She taught the children about safety issues that were "hot topics" during the summer like pool, heat and insect safety.

Ferguson decided to con-

tinue "Jabbin' with Jenelle" by visiting the Edgewood Area Center monthly, with topics that are relevant to the children, like Internet safety, school bus safety and bullying. She said that she usually quizzes children on safety issues and awards them prizes for correct answers.

During the session about holiday safety, Ferguson talked to the children about staying home alone. She said that it is best to be cautious when staying home alone, as crime is high during the holiday season.

"There are times during the holiday season where the Youth Center is closed, so you might have to stay home alone," Ferguson said.

"When you are home, close the blinds and lock all the doors. When you are home alone never open the door for strangers," she said.

She added that a large number of packages are delivered during the holiday season and some criminals take advantage of this occasion to gain entrance into the house and commit crimes by pretending to be a delivery person. She said that one of the reasons that break-ins are so common during the holiday season is that criminals hope to find expensive gifts in the home.

Ferguson said the safest thing to do is to let the delivery person leave the package at the front door or return

with the package when their parent's are home. She advised the children to "not answer the phone unless you know the number."

She also recommended turning on the television, radio or extra lights to give the appearance of more people at home.

Ferguson stated that holiday decorations can also be unsafe when not properly displayed.

She advised children to help their parents make sure that wires for lights are not in a place where people can trip, and to remind parents to water the Christmas tree. A dry Christmas tree is a fire hazard, especially when the tree is close to hot lights.

She also asked the children to remind their parents to be cautious when using candles, which can be a serious fire hazard.

"During the holiday season you might have guests stay at your house," Ferguson said. "If you have guests with small children, go around the house and make sure that the house is safe for them."

She reminded them that wrapping paper is fun but dangerous for young children, who tend to put it in their mouth, so they [children and parents] should pick up plastic wrap quickly after gifts are unwrapped. Balloons can also be a danger to small children for the same reason.

She told the children

to also think about safety when they use the toys received as gifts.

"Do not shoot darts or BB guns at other people," Ferguson said.

She said to always wear a helmet and pads when riding a bike or skateboarding, rollerblading or roller skating.

"On post you are required to wear a helmet in those situations," Ferguson said.

She added that Maryland law requires all bicyclists under the age of 16 to wear a bicycle safety helmet when riding on public property. This includes roadways, trails and sidewalks.

Ferguson said that wearing a helmet prevents serious injury and should be worn by everyone when riding a bike.

She also told the children that they should consider wearing gloves when biking or skating because hands often break a fall.

Ferguson said that the most common injuries for children under 18 are lacerations, contusions and abrasions.

"Don't worry about looking cool, be safe!" Ferguson told the children.

After the presentations Ferguson said that she wanted to create an atmosphere where children can talk about safety issues in a fun and informative way.

"The children will open up and tell you all kinds of stories, and I try to guide



Brianna Lloyd, age 10, looks at an activity book that teaches children about bike safety that Ferguson gave to school-aged children after a "Jabbin' with Jenelle" session on holiday safety.

them to make the best decisions concerning their safety," Ferguson said.

Main said that she feels that as a result of the "Jabbin' with Jenelle" sessions the children are very informed about safety issues.

"The children will be playing and a safety situation will arise and somebody will say, 'remember what Ms. Janelle said.' I

love hearing that – it shows the children are really paying attention during the sessions," Main said.

"We are very blessed to have Jenelle take time to talk to the children about safety issues. She presents the information in a way that the children can relate to and is interesting to them, and that they will remember," she said.

BOSS treated to a free holiday show in NYC

Story by
RACHEL PONDER
APG News

Nine Aberdeen Proving Ground Soldiers were treated to a free show at Radio City Music Hall in New York City Dec. 13.

Family and Morale, Welfare and Recreation paid for Soldiers involved in the Better Opportunities for Single Soldiers, or BOSS, program to attend the Radio City Christmas Spectacular, a show performed by the Rockettes, a world-renowned precision dance company.

Pfc. John Torres, who works at the U.S. Army Center for Health Promotion and Preventive Medicine, said that the opportunity for BOSS to attend the popular Christmas show was definitely appreciated by the Soldiers. Torres said that Garrison Command Sgt. Maj. Pedro Rodriguez, who manages the BOSS program, got authority for FMWR to buy the tickets to give to the Soldiers.

"FMWR gave us the tickets as a way to give back to Soldiers during the holidays," Torres.

Torres added that he has been involved with BOSS for eight months, and wishes that more Soldiers would get involved in the program.

"Being part of BOSS gives us opportunities, like going to NYC for free, that we would not otherwise have," he said.

The BOSS program involves engaging Soldiers with three mindsets: life/well-being, recreation and leisure and community service.

Torres said that BOSS goes on trips throughout the year, like ski trips, museums and amusement parks.

"BOSS gives us a chance to have fun outside of work, and it builds morale," Torres said.

He said that throughout the year BOSS will have fundraisers to raise money for trips, like the annual BOSS haunted house. Upcoming fundraisers include a poker tournament and a basketball tournament.

BOSS also gives back through community service projects like coat drives and visiting senior citizens

in nursing homes.

Torres added that BOSS events are publicized through e-mail, flyers and word of mouth.

Torres said that each unit on post has a BOSS

representative, so those that wish to be involved in the program should contact their representative.

"All Soldiers are invited to participate in BOSS activities," Torres said.



Apply for scholarships now

Scholarships offer 'free' money for education

AER

Education assistance is a secondary mission of Army Emergency Relief. The AER Education Program is designed to help Army Families with the cost of vocational training, preparation for service academies, and undergraduate college for dependent children and spouses.

Anyone interested in applying for the upcoming 2009-2010 academic year should begin putting together their application and submitting it in sufficient time to reach AER headquarters.

To be eligible for a scholarship in the upcoming 2009-2010 academic year, the completed application must be received at AER HQ's by March 2 or postmarked NLT March 2.

'MG James Ursano Scholarship Program'

The 'MG James Ursano Scholarship Program' is for dependent children of active, retired and deceased

Soldiers offering scholarships based on financial need, academics and leadership/achievement.

To be eligible, applicants must maintain a cumulative GPA of a 2.0 on a 4.0 grading scale; be full time undergraduate students for the entire academic year at a school accredited by the U.S. Department of Education; and be dependents of a Soldier on federal active duty, a retiree, or a deceased active or retired Soldier. Dependents must be under the age of 23, registered in DEERS and unmarried for the entire academic year.

The 2009-2010 application is available on the AER Web site, www.aerhq.org and is due by March 2. Hardcopy applications may be requested by contacting Kasey Phillips, 703-428-0035, e-mail kasey@erhq.org or by mail to: HQ, Army Emergency Relief, MG James Ursano Scholarship Program, 200 Stovall Street, Alexandria,

VA 22332-0600.

Stateside Spouse Education Assistance Program

The Stateside Spouse Education Assistance Program is a needs-based education assistance program designed to provide spouses of active duty and retired Soldiers, and widows(ers) of Soldiers who died either on active duty or in a retired status, and residing in the United States, with financial assistance in pursuing educational goals. The purpose of the program is to assist spouses/widows(ers) in gaining the education required to allow them to qualify for increased occupational opportunities.

To be eligible, applicants must maintain a cumulative GPA of a 2.0 on a 4.0 grading scale; be full time undergraduate students for the entire academic year at a school accredited by the U.S. Department of Education; and be dependents of a Soldier on feder-

al active duty, a retiree, or a deceased active or retired Soldier. Dependents must be registered in DEERS.

The application is available on the AER Web site, www.aerhq.org and is due by March 2. Hardcopy applications may be requested by contacting Diann Evans, by calling 703-325-2091, e-mailing diann@erhq.org or mailing to: HQ, Army Emergency Relief, Stateside Spouse Education Assistance Program, 200 Stovall Street, Alexandria, VA 22332-0600.

The 2009-2010 Student Aid Report is needed for both the MG James Ursano Scholarship and the Stateside Spouse Education Assistance programs listed above.

The process to obtain the SAR is started by submitting the Free Application for Federal Student Aid.

After analyzing the data on the FAFSA, the Student Aid Report is produced and

sent to the applicant.

"Since AER is not an education institution, we will not receive a copy of the SAR unless the applicant mails us a copy after they receive their copy," said Marge Fissel, Aberdeen Proving Ground AER officer.

Overseas Spouse Education Assistance Program

The Overseas Spouse Education Assistance Program is a need-based education assistance program designed to provide spouses, residing with active duty Soldier's in an overseas command only, with financial assistance in pursuing educational goals. The purpose of the program is to assist spouses in gaining the education required to allow them to qualify for increased occupational opportunities.

To be eligible, applicants must maintain a cumulative GPA of a 2.0 on a 4.0 grading scale; be an undergraduate student at

a school accredited by the U.S. Department of Education; be dependents of a Soldier on federal active duty and reside with active duty Soldier in an Overseas Command. Dependents must be registered in DEERS.

The application is now available on the AER Web site, www.aerhq.org.

Spouses must renew every term. The deadline for each term application, renewal form and/or supporting documents to AER for AY 2008-2009 is:

- Term 1 = July 21, 2008
- Term 2 = Sept. 29, 2008
- Term 3 = Dec. 22, 2008
- Term 4 = March 2, 2009
- Term 5 = May 11, 2009

Hardcopy applications may be requested by contacting Kristin Chapman, 703-325-0313, e-mailing kristin@erhq.org or by mail to: HQ, Army Emergency Relief, Overseas Spouse Education Assistance Program, 200 Stovall Street, Alexandria, VA 22332-0600.

Commentary: 2009 Scholarships for Military Children Program open

By

CAROLINE WILLIAMS
DeCA

This is a great time of year for many reasons – cool, crisp weather, tailgating at football games, Thanksgiving and fall colors, to name just a few. If you're a high school or college student and the child of a military Family, you might want to add free college money to your list of favorite things because the 2009 Scholarships for Military Children Program opened Nov. 3.

Scholarship applications are available in commissaries worldwide and online through a link at <https://www.commissaries.com> and directly at <http://www.militaryscholar.org>.

The program kickoff each year in November coincides with National Military Family Month, and the scholarships are a great way for commissaries to get involved with the community and demonstrate support for the contributions of military Families.

According to Defense Commissary Agency Director and Chief Executive Officer Philip E. Sakowitz Jr., the program has awarded more than \$6.4 million in scholarships to more than 4,000 of the best and brightest children of military Families since the program began in 2001.

"We know that education is the key to a better future," Sakowitz said, "and we're thrilled to be a part of something that makes it a little more affordable for military Families."

Commissaries are known for the savings they provide authorized customers who shop regularly – savings averaging 30 percent or more. In fact, commissaries have always sold groceries at cost, allowing them to pass a substantial savings on to their customers.

The scholarship program is emblematic of DeCA's commitment to improving the quality of life of America's service members and their Families by making military paychecks go further in today's uncertain economy. The program awards \$1,500 scholarships to well-rounded, accomplished children of military Families, meaning these Families don't have to dig as deep into their pockets to pay for tuition.

Only dependent, unmarried children (under the age 23) of active duty personnel, reserve/guard and

retired military members, survivors of service members who died while on active duty or survivors of individuals who died while receiving retired pay from the military may apply for a scholarship.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already be attending, an accredited college or university full time in the fall of 2009, or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants should submit an essay on the following topic: "What would you place inside a time capsule

to help people in the next century understand military life today?"

Applications must be turned in to a commissary by close of business on Feb. 18, 2009. At least one scholarship will be awarded at every commissary location with qualified applicants.

Every dollar donated to the program by manufacturers, brokers and suppliers that sell groceries in commissaries, and the public at large goes directly to funding the scholarships.

Fisher House Foundation underwrites the cost of administering the program, which is handled by Scholarship Managers, a national, nonprofit, scholarship management services organization.

DLIFLC activates free online language materials shopping cart

DLI

The Defense Language Institute Foreign Language Center activated its new Language Materials Distribution System Web site July 1, making available hundreds of language survival kits and other materials free of charge to deploying service members. To view the shopping cart, go to: <https://lmds.dliflc.edu>.

The Web site offers Language Survival Kits - pocket size booklets with audio CDs, in over 30 languages, ranging in topics from public affairs, cordon and search, to medical terminology.

DLIFLC also offers new headstart language DVD programs that use cutting-edge technology and computer animation to teach 80-hours of self-paced lessons and are designed to teach survival phrases in Iraqi Arabic, and Afghan Dari and Pashto.

Language materials can be viewed, downloaded, and ordered at www.dliflc.edu under the Products tab. Users must register and receive DLIFLC account approval before placing an order. Some products are not available for download to the general public.

For more information, call Maj. Scott Swanson, 831-242-5376, or e-mail scott.t.swanson@us.army.mil.

APG Outdoor Journal

Commentary: So much for modern medicine



Photo by GEORGE "BART" ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT

By **BILL ARMSTRONG**
APG Wildlife and Marine Law Enforcement Division

A couple of days ago a friend of mine called to wish me Merry Christmas and to tell me that a friend of ours, Bill, who'd retired from APG a couple of years ago, had recently been hospitalized.

That evening when I got home, I called to see how he was doing.

"Hey you old reprobate, Merry Christmas," I began when he answered the phone. "How you doing? Heard you was in the hospital."

"Yeah, well I'm okay... now!" he said. "But it was touch and go for awhile."

"What's the matter with you?" I asked.

"Well, it all started back a month or so ago. You

know how it is, you see all them shows on the TV a'talkin about your health and the latest miracle remedies," Bill said. "Well, I was watchin' Oprah and they was doing this thing about colon cancer, about needin' to get yourself tested. Well, I got to thinkin' about it and the more I thought about it, I figured I better go down and see old Doc Woodrow.

"Well, first thing old Doc did was make me pull down my drawers and bend over, with my elbows flat on the table, and he went to pokin' and proddin.' Now, you know old Doc, he's a pretty good size old boy and them hands of his, well they'd make two of mine. For a while there, I thought that he had his whole arm up there. Anyway, after he was done, he said he thought everything was okay, but said he wasn't a hundred percent. Said he thought I needed to have one of them colonoscopies.

"Yeah, that's about right...that way they can catch something before it gets serious."

"Well, that's what got me in the hospital. When I went down there for the exam, the nurse gimme a shot a something and told me that I wouldn't feel a thing. Well sir, when I

woke up I had the awful-est case of hiccups you ever heard tell of. Couldn't get 'em to stop. The nurses told me not to worry, that they'd quit after a while, but I just kept hiccuppin.' They had me drinking water and orange juice and suckin' on ice till I thought I was going to float away. Didn't help none though, I got so tired from hiccuppin' I thought I was gonna die. Them doctors was a mite worried too, they was afraid I was gonna hurt myself."

"Made me stay in the hospital overnight. It was awful! They tried all kinds of medicines but none of 'em worked. I'd go to sleep hiccuppin' and wake up hiccuppin.' Couldn't eat proper or nothing. Finally they told me to go on home and probably, when I got back in my own house and in my own bed, they'd quit.

"Well, they didn't, and I'm here to tell you, I got plum wore out. Everybody thought it was funny, 'ceptin' me...heck I couldn't eat or nothin."

"Well, you ain't hiccuppin' now," I said laughing. "What'd you do?"

"Well sir, after about a week of hiccuppin', I went back to old Doc Woodrow and told him I needed some relief...told him

I just couldn't handle it anymore. So he gave me a prescription and told me not to worry about 'em; that they'd go away by theirself."

"Man," I said, "a week of hiccuppin' would make anybody feel bad."

"Feel bad?" he said. "I thought I was going to die!!!"

"So, did the medicine help none, huh?"

"Hell no! The next morning I drove down to the drug store to get the prescription filled and while I was standing there in line, old man Butcher showed up. You remember old man Butcher, don't you? Retired E-8; we used to soldier together up at Aberdeen; he was the first sergeant over at the motor pool. Drives a tow truck now...good old boy. Anyway, he was there picking up some stuff for his wife. While we was a'talkin' and a'waitin' for our prescriptions, old Butcher asked me how I was doing, and I told him I had these hiccups and couldn't get shed of 'em. Told him I'd had 'em for over a week and that they was getting me down."

"And old Butcher agreed, said that was an awfully long time. Told me that if I really wanted to get rid of them, to stop by his

house. That he had something that would cure 'em.

"Well, I thanked him and went on home, but the more I got to thinkin' about it, the more I figured, what the heck? Them "high filutin" doctors and nurses wasn't helpin' me none... might just as well see what Butcher had to offer.

"Well sir, that evening I drove over to Butcher's place; he was sitting out on the front porch when I pulled up. 'Hey Butcher,' I yelled, 'I come to see you about these hiccups. You said you had something that might cure 'em.'

"Howdy there sarge," he yelled back, waving me to come on up.

"Well sir, old Butcher took me into the living room and then disappeared. Come back a few minutes later with a bottle of something in his hand and a soup spoon."

"Handed them to me, and said for me to, 'Take a swaller of this. It'll cure them hiccups.'

"Well sir, I looked at the bottle. It was one of 'em old bottles; you could tell jest by lookin' at it. Had a cork stuck down in it. Anyway, I pulled the cork out and started to lift it up to my nose. That's when old Butcher took a'hold of my hand and told me not to smell it...to just pour out

a spoon full and swaller it. Well sir, like I said it was in one of 'em old-timey green medicine bottles and even though I wasn't too keen on the looks of it, I poured me out a spoon full of it."

"What was in it?" I asked.

"Only the good Lord knows! It was thick and black; nasty lookin' stuff. I asked Butcher what was in it, but he said he didn't know, that his grandma had brewed it up years ago. Told him that if he ever got down and all else failed, to take a spoonful of it... said it would cure most anything."

"What'd it taste like?" I asked.

"Well sir, it was kinda thick and black lookin' stuff; had kind of a licorice taste to it. Tasted horrible!!! Anyway I swallered a big spoon full of it, and you know what? I ain't hiccupped since! No sirree, not the first time. I don't know what was in that bottle, but whatever it was, it sure made a believer outta me."

"Now that's funny!" I said, still laughing.

"Goes to show you, don't it? Hell, them doctors don't know everything, do they?"

Laughing, he continued, "Merry Christmas warden! Come see me sometime."

Community Notes

SATURDAY

DECEMBER 27 TRAIL CHALLENGE TREASURE HUNT

With map and compass, search the park for treasures. This program will be held 10 to 11:30 a.m. for ages 10 to adult. The cost is \$2. Registration is required.

For more information, to register or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

HIKE BACK INTIME AT SWAN HARBOR

Join a naturalist for a discovery hike at this history-packed park. Dress for the weather and prepare to step back in time. Meet at Swan Harbor Aging Center parking lot. This program will be held 1 to 3 p.m. for ages 8 to adult. The program is free but registration is required.

For more information, to register or for direc-

tions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY

DECEMBER 28 HIGH AND DRY MOBILE

Search the high tide line for flotsam to build an estuary mobile. This program will be held 10:30 a.m. to noon for ages 6 to adult, 6 to 10 with an adult. The cost is \$3 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.

MEET A CRITTER

Check out one of the live critters in Leight Park up close while discovering what makes that animal special. This free program begins at 2 p.m. for all ages. No registration is required.

For more information or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

WEDNESDAY

DECEMBER 31 "NOON" YEAR'S EVE CELEBRATION

The Bel Air Athletic Club, located on 658 Boulton Sreet, Bel Air, will host the 3rd Annual "Noon" Year's Eve Celebration, 10 a.m. to 1 p.m. The count down to noon Family celebration is presented by Harford County Kids Magazine. Activities include balloon sculptures, demonstrations, magic show, BAACyard Treehouse. Crafts will be offered to guests under 12 years of age. Refreshments, a DJ, and special activities will make this a fun way for parents and kids to celebrate the New Year together and not be up too late.

"Snowballs" will be

dropped from the ceiling at noon. Participants include Photo Jane Studios, Extreme Family Entertainment, Growing Smiles, Point Breeze Credit Union, Wee-cycle Mart, Bel Air Bakery, Open Door Cafe, professional DJ Frank Spears, BAAC-Stage Dance Company and more. Cost is \$5 per person, children under 2 are free. Advance registration and payment is required.

For more information or for registration, call 410-838-2670.

DUCK DROP RINGS IN THE NEWYEAR

The Havre de Grace Recreation Committee will hold a fireworks show and "Duck Drop," midnight at the Havre de Grace Middle School located on Lewis Lane. The illuminated duck will be dropped by the Susquehanna Hose Company's 102-foot ladder truck,

Firehouse #4. Fireworks can be viewed from various locations in Havre de Grace.

For more information, call Brigitte Layton, 410-939-2100, 410-939-8300 (fax) or Carolyn Narvelle, 410-939-5108.

SATURDAY

JANUARY 3 BASKET BINGO

The Good Shepherd Catholic School, located on 810 Aiken Avenue, Perryville, will hold basket bingo 7 p.m. Doors open 6 p.m. Two early bird cash games start at 6:45 p.m. Tickets cost \$12 each for a 20 game packet. Extra packets cost \$5 each. Food and drinks will be available for purchase. Bring a non-perishable food item for a free ticket for a special drawing.

For more information or tickets, call Brenda Conjour, 410-273-7332 or the Good Shepherd

School, 410-642-6265.

SUNDAY

JANUARY 4 ALL DAY BINGO

The American Legion Auxiliary Unit of Susquehanna Post 135 located on 300 Cherry Street, Perryville, will hold All Day Bingo, 12:30 p.m. Doors open 11 a.m., early bird games begin at 11:45 a.m. Cost is \$25 per person and includes 50 games (all paper cards), meal and free coffee. A 50/50 raffle will be held for early birds. No one under 18 years of age is allowed in the Bingo Hall. No smoking is allowed.

For more information, call 410-642-2771.

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

Post Shorts

Dec. 25 for Christmas and Dec. 26 for a training holiday. The clinic will reopen Dec. 29.

The clinic also will be closed on Jan. 1 for New Year's Day and on Jan. 2 for a training holiday. The clinic will reopen Jan. 5.

Patients should plan accordingly for any medication needs.

For evenings, weekends and federal holidays, for routine medical assistance, call Staff Duty, 410-278-1725. The Staff Duty Officer will coordinate with the Medical Officer of the Day and initiate a referral, if needed.

Without authorization, patients may be responsible for copayments for care provided at other facilities.

Since there is no Emergency Room at KUSAHC, call 911 with any true emergency situations.

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.

APG Railroad Club open house

The Edgewood Model Railroad Club, building E-5173 on Webster Road in the Edgewood Area will host its holiday open house 1 to 4 p.m., Dec. 28. The HO scale model railroad display simulates railroad operations as they occurred in the 1960s with a variety of freight and

passenger trains connecting eastern U.S. cities.

Visitors should use the Magnolia Road Gate to enter the Edgewood Area. Building E-5173 is located between Black Hawk and Webster roads. A RR crossing symbol on the white door marks the entrance.

For more information, call David Renard, 410-838-5331 or e-mail david.renard@verizon.net.

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.

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.)

Holiday closures on APG

The APG Army Education Center will be closed through Jan. 4, 2009. The Education Center will reopen Jan. 5.

The Commissary will be open on Dec. 22 and will close at 3 p.m., Dec. 24; the commissary also will be closed Dec. 25 and 26 and Jan. 1. The Commissary will reopen Jan. 2.

The Top of the Bay will be closed through Jan. 2 and will reopen Jan. 5. Light fair lunch will be served Jan. 5. Top of the Bay will be closed Jan. 6 and will reopen for regular lunch Jan. 7.

The Defense Reutilization and Marketing Office Scrap yard, Aberdeen Area, building 277 and Edgewood Area building E-5707 will be closed Jan. 2, 7:30 a.m. to 4 p.m. and will reopen Jan. 5.

The U.S. Army Aberdeen Test Center will be closed on Dec. 25 and 26 and Jan. 1 only. ATC will be open all other work days for business as usual over the next two weeks.



FAMILY, MORALE, WELFARE & RECREATION

FMWR facilities holiday hours

ACTIVITY	WED 24-Dec	THU 25-Dec	FRI 26-Dec	SAT 27-Dec	SUN 28-Dec	MON 29-Dec
ARTS & CRAFTS EA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
ATHLETIC CENTER	6 a.m.-2 p.m.	CLOSED	6 a.m.-6 p.m.	10 a.m.-6 p.m.	10 a.m. - 6 p.m.	6 a.m.-6 p.m.
AUTO CRAFTS CENTER	CLOSED	CLOSED	9 a.m.-5 p.m.	9 a.m.-5 p.m.	9 a.m.-5 p.m.	CLOSED
ODR RENTAL CENTER	10 a.m.-6 p.m.	CLOSED	CLOSED	CLOSED	10 a.m.-6 p.m.	10 a.m.-6 p.m.
FITNESS CENTER AA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
HOYLE GYM/FITNESS CTR	6 a.m. - 2 p.m.	CLOSED	6 a.m.-6 p.m.	10 a.m. - 6 p.m.	10 a.m.-6 p.m.	6 a.m.-6 p.m.
LIBRARY	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
MWR LEISURE TRAVEL	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
RECREATION CENTER AA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
RECREATION CENTER EA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SOUTH SIDE GRILL (Lunch)	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	11:30 - 1 p.m.
TOP OF THE BAY	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING	CLOSED	CLOSED	5 - 10 p.m.	1 - 10 p.m.	1 - 6 p.m.	11 - 3 p.m.
RUGGLES	8 a.m. - 4 p.m.	CLOSED	8 a.m. - dusk	8 a.m. - dusk	8 a.m. - dusk	8 a.m. - dusk
EXTON	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
CHILD, YOUTH & SCHOOL SERVICES+	Reduced hours*	CLOSED	CLOSED	CLOSED	CLOSED	Reduced hours*
ARMY COMMUNITY SERV	Regular hours	CLOSED	Regular hours	CLOSED	CLOSED	Regular hours

ACTIVITY	TUE 30-Dec	WED 31-Dec	THU 1-Jan	FRI 2-Jan	SAT 3-Jan	SUN 4-Jan
ARTS & CRAFTS EA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
ATHLETIC CENTER	6 a.m.-6 p.m.	6 a.m.-2 p.m.	CLOSED	6 a.m.-6 p.m.	10a.m.-6 p.m.	10 a.m.-6 p.m.
AUTO CRAFTS CENTER	CLOSED	CLOSED	CLOSED	9 a.m.-5 p.m.	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.
ODR RENTAL CENTER	10 a.m.-6 p.m.	10 a.m.-6 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
FITNESS CENTER AA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
HOYLE GYM/FITNESS CTR	6 a.m.-6 p.m.	6 a.m.-2 p.m.	CLOSED	6 a.m.-6 p.m.	10 a.m.-6 p.m.	10 a.m. - 6 p.m.
LIBRARY	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
MWR LEISURE TRAVEL	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
RECREATION CENTER AA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
RECREATION CENTER EA	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SOUTH SIDE GRILL (Lunch)	11:30 - 1 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
TOP OF THE BAY	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING	11 - 3 p.m.	CLOSED	CLOSED	11 - 11 p.m.	1 - 11 p.m.	1 - 6 p.m.
RUGGLES	8 a.m. - dusk	8 a.m. - 4 p.m.	CLOSED	8 a.m. - dusk	8 a.m. - dusk	8 a.m. - dusk
EXTON	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
CHILD, YOUTH & SCHOOL SERVICES+	Reduced hours*	Reduced hours*	CLOSED	CLOSED	CLOSED	CLOSED
ARMY COMMUNITY SERV	Regular hours	Regular hours	CLOSED	Regular hours	CLOSED	CLOSED

All hours are subject to change. Visit www.apgmwr.com for the most up-to-date hours.

+CYSS Facilities: Child Development Centers, Youth Centers/School-Age Services programs and Family Child Care homes.

*Reduced hours request based on historical data collected from attendance reports and parent surveys.

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.

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.

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.

Private guitar lessons

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

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 devel-

op 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.

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.

Activities/Events

Talent Show auditions

Auditions for the APG Talent Show will be held 5:30 to 7:30 p.m., Jan. 15 at the Edgewood Area Recreation Center, building E-4140; 5:30 to 7:30 p.m. at the Aberdeen Recreation Center, building 3326; and 2 to 6 p.m., Feb. 7 at the Post Theater.

The Talent show is open to the public; anyone who can sing, dance or play an instrument can audition. Individuals must be 18 or older to participate, individuals or groups.

The APG Talent Show will take place Feb. 21, at the Post Theater, 7 p.m. Doors open 6 p.m.

Tickets cost \$5 for active duty military and \$7 for non-military.

For more information or to purchase tickets, visit Family and Morale, Welfare and Recreation Registration, building 3326, 410-278-4011/4907 or visit Hoyle Fitness Center, building E-4210,

410-436-7134.

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, quality 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, quality 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 all Ashworth apparel; 40 percent off select group of Footjoy Outerwear; and 50 percent

APG Bowling Center Snack Bar specials

Building 2342

Week of Dec. 22

No specials this week.

Week of Jan. 5

Special #1: Double bacon cheeseburger with french fries, cookie and soda for \$7.45.

Special #2: Lasagna with salad, garlic bread, cookie and soda for \$9.95.

Week of Jan. 12

Special #1: Ham and cheese wrap, potato chips, cookie and soda for \$5.95.

Special #2: Turkey club, potato chips, cookie and soda for \$7.45.

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





Commissary News



4 foods to enjoy during the holidays

Story by

LT COL KAREN E. HAWKINS
DeCA

'Tis the season to indulge in some favorite foods and beverages while enjoying some of the health benefits. Wine, grape juice, dark chocolate and cocoa, often enjoyed during the holidays, all have something in common: resveratrol.

Growing evidence shows that resveratrol has many health benefits such as keeping the heart healthy and helping prevent certain cancers. Some of the newest research shows that resveratrol may be helpful in preventing or treating obesity. So when reaching for another glass of red wine, a glass of dark grape juice or a cup of hot cocoa, do something healthy.

It's in the skins

Why is red wine or red grape juice higher in resveratrol than white or rosé? It's in the skins: When red wines or red grape juice are made, the grape skins are left on longer. Resveratrol is in the skins, so the longer they are in the mix, the more there is in the wine and juice.

Fungus is a good thing

Fungal infection on grapes is a good thing when it comes to them producing resveratrol. No fungicide is sprayed on organically grown grapes so their resveratrol levels are usually greater than those sprayed with pesticides. The resveratrol protects against fungal infection in the grapes; leading to the health benefit.

Sparkling cider ingredients:

- 2 1/2 cups chilled red grape juice

- 4 1/2 cups chilled lemon-lime soda
- Frozen, seedless grapes

Directions: In a pitcher, combine grape juice and soda. Pour into glasses. Add a few frozen grapes to each glass – makes about seven servings.

The next party

Impress guests by matching a red wine or sparkling grape juice with a cheese or two. Brie, Camembert, Gouda or strong cheddar go well with a cabernet sauvignon. "Gentle" cheeses like mild cheddar or provolone complement a merlot well and are available at significant savings in the commissary.

Go for the cocoa powder, dark chocolate

Gram for gram, cocoa powder has the highest amount of resveratrol followed by baking choco-

lates, dark chocolates, semisweet chips, milk chocolate and then chocolate syrup, according to a study published in the Journal of Agricultural and Food Chemistry in September 2008.

When making hot chocolate or baking those holiday treats, to get the most resveratrol, choose the plain cocoa (not Dutch) and add a favorite sweetener and low-fat milk for a healthy change.

As with all good things, moderation is the key; however, it may be challenging when there are numerous parties with lots of food and drink available. After splurging, enjoy the health benefits of a walk or an hour at the gym the next day.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post questions on the DeCA Dietitian

Forum https://www.commissaries.com/healthy_living/dietitian/forum/index.cfm. Be sure to look for other useful information in the Dietitian's Voice archive https://www.commissaries.com/healthy_living/dietitian/column/index.cfm. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to cell phones today. For delicious recipes, check out Kay's Kitchen https://www.commissaries.com/kays_kitchen.cfm. And to enjoy all the commissary has to offer, sign up for the Commissary Connection <https://www.commissaries.com/subscribe.cfm>.

Nutrition tip: If drinking red wine, drink in moderation. For the maximum health benefits, only drink two glasses a day. It may be just as good to drink red grape juice for good health.

Commissary gift certificates help Family, friends show support for military

Story by

TA'LISHA BROWN
DeCA

One way friends, Family and the public can show their support for military Families is to give commissary gift certificates as gifts, or donate them directly to military charities that assist Families.

During the holidays in particular, gift certificates have been proven to be handy for food basket programs by allowing recipients to

purchase the groceries they need and prefer, rather than getting food items they might not be able to use.

"And, since commissaries sell food at cost, military Families save an average of thirty percent or more by using their commissary benefit," said Philip E. Sakowitz Jr., director and chief executive officer of the Defense Commissary Agency.

Popularity of the gift certificates has increased steadily over the years,

from combined in-store and online sales that totaled \$3.4 million in fiscal 2006 to more than \$3.9 million in fiscal 2008.

Anyone – civilian or military – can purchase or donate the gift certificates, but only authorized shoppers can spend them.

There are four ways to purchase a "Gift of Groceries" gift certificate:

- Visit the customer representative at a local commissary to buy \$25 gift

certificates.

- On the Web, go to <http://www.commissaries.com> to buy gift certificates in denominations of \$5 to \$100 using Certifichicks' secure online order form.

- By telephone, dial toll-free 877-770-4438 and place an order with a customer service representative.

- Mail or fax the gift certificate request using a special order form available through a link on DeCA's

"Gift of Groceries" Web page at <http://www.commissaries.com/certifichicks/index.cfm>. Print the form, fill it out and mail it to the Certifichick address on the form.

Individuals can donate gift certificates to any of the five military nonprofit organizations that participate in the "Gift of Groceries" program – Air Force Aid Society, Fisher House Foundation Inc., Operation Homefront, Operation

Interdependence and the United Service Organizations – through a secure Certifichick Web page. Click the "Donate Online" link on DeCA's "Gift of Groceries" Web page.

Another way to support military Families with commissary gift certificates is to donate to the Scholarships for Military Children program at <http://www.militaryscholar.org>. This will help send a military child to college.

DeCA gets high marks in DoD for customer service, as employer of choice

Story by

CHERIE HUNTINGTON
DeCA public affairs specialist

DeCA's latest employee satisfaction survey reveals that not only did the agency improve in every category, it set a new Department of Defense benchmark score in customer orientation.

The Organizational Assessment Survey, an elective survey administered by the Office of Personnel Management, helps "take the temperature" of the workforce and its culture. The survey was made available to DeCA employees worldwide, from January through March, achieving a 32 percent return rate with

5,704 respondents.

"OPM reported that our improvements were unprecedented," said Philip E. Sakowitz Jr., DeCA's director and chief executive officer. "They thought there had to be some kind of mistake, so they reconfirmed the findings. We averaged seven percentage points of improvement in every category, across the board. That tells me we're headed in the right direction to keeping DeCA the employer of choice as well as leading the way in superior customer service."

The agency first conducted the survey in 2005 to establish a baseline for development and improve-

ment, according to Karen Wells, human relations project officer for the survey.

"The first survey helped show us things to hone in on," Wells said. "It highlighted areas for managers to take a hard look at, and items to add to the inspector general checklist. Each category was reviewed so improvements could be considered and implemented. Now the current survey enables us to make continuous improvements based on employee feedback."

Wells said the 10-point improvement in the training and career development score proved most impressive, especially with that

area undergoing even more dramatic changes in the year ahead. Areas achieving top five scores were:

- Customer orientation - 68 percent (up from 62 percent)
- Diversity -- 62 percent (up from 55 percent)
- Work environment - 59 percent (up from 54 percent)
- Teamwork 59 -- percent (up from 51 percent)
- Performance measures -- 56 percent (up from 49 percent)

Wells said full results should be available to functional process owners by January, and the next survey will likely take place in about two years.

DeCA improves food stamp checkout process

Story by

CHERIE HUNTINGTON
DeCA

Commissary customers using food stamp Electronic Benefit Transfer cards now should find checkout a breeze, with all checkout lanes capable of processing the cards.

The customer simply swipes the card in any lane's credit and debit card terminal – even in the self-checkout lane.

"This flexibility comes to us courtesy of our new front-end system, the Commissary Advanced Resale Transaction System," said Philip E. Sakowitz Jr., DeCA director and chief executive officer. "We're proud to deliver this technology for the privacy and convenience our customers deserve."

"Previously, commissaries used stand-alone, state-provided systems to process these benefit cards, with terminals installed in a separate room at the Aberdeen Proving Ground Commissary," said Store Director Tammy Spickler. "This was difficult for cashiers, but it was particularly difficult for customers."

Aberdeen Commissary sees average use of food stamps, with about \$92,000 in sales in fiscal 2007, according to Spickler, compared to commissaries such as Fort Benning, Ga., which stands No. 1 in food stamp sales of more than \$1.1 million.

"We take food stamp cards at every register now," Spickler said, "and customers waiting in line never know the customer in front of them

used food stamps. It's a win-win situation for everyone."

Even with new front-end equipment, EBT card capability represents a significant enhancement to the CARTS system, which started arriving in commissaries worldwide nearly two years ago. Now, all U.S. stores, including those in Puerto Rico and Guam, will process food stamp EBT cards with ease, said Tony Colazo, DeCA's chief of Systems Division. Shoppers don't receive food stamp benefits overseas.

"We're enjoying rave reviews from customers nationwide for this new convenience," he said. "It's just another way for us to show our shoppers that the commissary is worth the trip."

Commentary: Holiday gifts from the kitchen

By

KAY BLAKLEY
DeCA

If this year's holiday season finds your pockets a bit bare, give a gift from your heart instead. A homemade gift is often more appreciated and longer remembered than any other. And, if it's something from your kitchen – so much the better. Just a few reasonably priced ingredients from the commissary, artfully blended together will have the receiver thinking delicious thoughts of you for weeks to come.

For someone who loves fruit preserves, think about a gift of pear honey. All it takes is a few ripe pears, a can of crushed pineapple, a bit of sugar and about 30 minutes of your time to produce one of the best fruit spreads you've ever tasted.

Have you ever made peanut brittle? It's easy to make and fun to watch some serious foaming action when baking soda is added to the hot candy syrup. Pack it into small coffee cans, recycled as gift containers.

Press your slow cooker into service to produce a batch of sugared pecans or walnuts, or bake an extra loaf of your favorite pumpkin or banana bread and wrap it in a nice new kitchen towel as a thoughtful gift.

Recipes for all these suggestions are waiting for you in Kay's Kitchen on the Web at <http://www.commissaries.com>.

Another practical, but delicious, idea is a jar of homemade turkey noodle soup mix. It's the season for having plenty of leftover turkey on hand, so this gift is likely to be put to good use right away.

Turkey Noodle Soup Mix

(Makes about 10 cups prepared.)

- 1/4 cup red lentils
- 2 tablespoons dried onion
- 1 1/2 tablespoons chicken-flavored bouillon granules
- 1/2 teaspoon dried dill weed
- 1/8 teaspoon celery salt
- 1/8 teaspoon garlic powder
- 1 small bay leaf
- 1 cup uncooked medium egg noodles

Directions

1. Layer ingredients in the order given in a glass jar.
2. Cover the lid with a round or square of fabric cut 2 1/2 inches larger in diameter than the top of the lid. Fasten with a rubber band.
3. Use ribbon both to cover the rubber band and to attach a gift tag with instructions for preparing the soup.

Preparation instructions:

- 8 cups water
- 1 jar turkey noodle soup mix
- 1 (10 ounce) package frozen mixed vegetables
- 2 cups cooked, diced turkey or chicken

1. Bring water to boil in a large saucepan over high heat; stir in soup mix.
2. Reduce heat to medium-low; cover and simmer 15 minutes. Discard bay leaf.
3. Stir in frozen mixed vegetables and diced cooked turkey. Cook 5 minutes longer or until noodles and vegetables are tender.

AAFES NEWS

AAFES upgrading Shoppette systems for Wright Express Card acceptance

AAFES

The Army & Air Force Exchange Service is in the process of upgrading its Point of Sale systems to accept the Wright Express Card, the new fleet card provider for GSA and the Department of Defense.

"AAFES is trying to accommodate the acceptance of the WEX card at our Shoppette facilities as soon as we can get the necessary technology in place," said AAFES' Chief Finan-

cial Officer Harold Lavender. "An interim fix will be employed until our systems are upgraded with full functionality next year."

GSA, GSA Fleet and DoD Fleet customers can no longer use the Voyager card as an acceptable form of payment at AAFES gas facilities.

AAFES will not be equipped to accept Wright Express cards until Jan. 12, 2009, when the interim fix is implemented. The interim solution

will give customers the capability to use their WEX card to pay inside the AAFES Shoppette.

The "pay at the pump" system will be upgraded and ready to accept the new form of payment in fall 2009.

"We apologize for any inconvenience this may cause," Lavender said. "However, AAFES is working as quickly as possible to offer full payment options again to government Fleet customers."



Health Notes

Commentary: Got the holiday blues?

By
KATHERINE L. CRUISE
Screening for Mental Health, Inc.

It's supposed to be "the Most Wonderful Time of the Year." However, with the U.S. economy in a recession, this holiday season will most likely be a stressful one.

During tough economic times, classic holiday traditions like shopping trips, parties and Family gatherings can cause additional stress and intensify feelings of hopelessness. The pressure to have the "perfect" season can leave many feeling anxious, gloomy and sad.

Negative feelings are normal, appropriate and even necessary during life's difficult moments, especially when a loved one is away and you are struggling to pay the bills. But when worry, anger or stress prevent you from enjoying the season, doing your daily activ-

ities or interacting with friends and loved ones, it might be time to seek help.

This holiday season and year-round, take advantage of the free, anonymous, online and telephone mental health self-assessments available for military personnel and their Families. The self-assessments contain a series of questions that, when linked together, help create a picture of how an individual is feeling and whether they could benefit from talking to a health professional. Once a self-assessment is completed, the individual receives information on how to get help including services provided through the Department of Defense and Veterans Affairs.

The program, funded by the DoD, is available to Families in all branches, including the National Guard and Reserve.

This holiday season, take care of your Family by taking stock of your emotions and seeking help if life is especially stressful. The self-assessment is the first step to caring for those you love by helping yourself.

Free, anonymous mental health self-assessments available for military service members and their Families during the holidays and year-round at www.MilitaryMentalHealth.org and 1-877-877-3647.

About the Mental Health Self-Assessment Program®

MHSAP gives Service personnel and their Families the opportunity to learn more about mental health and alcohol use through anonymous self-assessments offered online, via telephone, and through special events held at installations.

The program is designed to help individuals identify their own symptoms and access assistance before a problem becomes serious.

The self-assessments address PTSD, depression, generalized anxiety disorder, alcohol use, and bipolar disorder.

After completing a self-assessment, individuals receive referral information including TRICARE, Military OneSource and Veterans Affairs.

MHSAP is fully funded by Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs.

Tips for dealing with holiday stress and anxiety:

- Keep holiday expectations real: Balancing the demands of the holiday season—shopping, parties and Family obligations—can be very stressful.
- Use alcohol moderately: Alcohol is a depressant. Excessive drinking will increase your feelings of sadness.
- Eat right and nurture your body: A balanced diet, moderate exercise and rest can help you to reduce stress and enjoy life.

- Learn to identify your moods: The holiday blues are a common response to a stressful season. However, if feelings of hopelessness and anxiety persist for longer than two weeks and interfere with your normal, daily routine, seek professional help.
- Set a healthy holiday budget: Overspending during the season can lead to stress and anxiety. Spend wisely and remember it is the thought that counts.

Commentary: Resolve to make realistic resolutions for the new year

By
KELLY L. FORYS
U.S. Army Center for Health Promotion and Preventive Medicine

Lose weight, eat a better diet, exercise more, spend more time with Family, pay off debts, quit smoking.

How many of us have made one or more resolutions like this, or have heard our friends and Family members set similar goals on Jan. 1 of the new year? Then, how many of us have experienced the let-down that occurs after not being able to stick to the goal in February or March? It can be tough.

If you have found it difficult to stick to a resolution in the past, the problem might not be a lack of willpower. Rather, the goals that you set might not have been realistic or measurable.



One of the most popular New Year's resolutions is to lose weight. Losing weight can certainly improve health, and a resolution to do so can be a great motivator. However, following some simple guidelines when you create your resolution can greatly improve your success.

Set a realistic goal. If you have many things in your life that you would like to change, start by choosing one. Changing life behaviors is very difficult, and if you choose one behavior at a time, you will be better able to focus on and make progress toward achieving that goal. Also,

the goal should be realistic. If you want to lose 50 pounds, don't expect to lose 10 pounds in the first week. Products on infomercials that promise huge weight loss are likely ineffective or can even be harmful.

Set a specific goal. A vague goal of losing weight is not helpful. In addition to being realistic, the goal should be specific. A goal of losing five pounds over the next two months is realistic and specific. Another approach is to set specific and measurable behavioral goals such as exercising three times per week or eating three servings of vegetables every day.

Identify potential barriers. Think of barriers to your goal and ways that you will overcome them. For example, your goal might

be to eat healthy foods while you are pulling night duty; however, a barrier might be that at that time of night, fast food restaurants are the only places to get food. Ask your fellow Soldiers to help you think of obstacles to your goal and solutions to work around those obstacles. Your fellow Soldiers might suggest that you stop at the deli and purchase a healthy sandwich before you report for night duty, so that you can eat that instead of going to a fast food restaurant. It may seem discouraging to think about the barriers that might prevent you from reaching your goals; however, if you are able to identify the barriers that might get in your way, you can plan how you will overcome them.

Engage support from

others. Don't underestimate the power of social support. Tell others what your goals are, and enlist their help if they are willing. For example, if your goal is to exercise more, ask your family members to go for a walk with you after dinner, or find a buddy or co-worker with whom you can exercise during lunch. If your existing support system isn't supporting you, look for groups to join that can help you reach your goal. You are probably not the only one trying to make a change for the new year.

After you have set a realistic and specific goal, identified potential barriers and gathered your support system, get started. Taking steps to reach your goal will motivate you to keep that resolution.

Preventing training, sports-related injuries

Story by
MARY KATHERINE MURPHY
CHPPM

Leg, knee and ankle overuse injuries are the single biggest threat to Soldier health and readiness, according to Bruce Jones, M.D., who manages the Injury Prevention Program at the U.S. Army Center for Health Promotion and Preventive Medicine.

These injuries sideline Soldiers more frequently than any other type of injury, disease, chronic physical condition, or battle injury.

Jones and other CHPPM epidemiologists have shown that relatively minor injuries such as sprained ankles can be costly in terms of lost training time and reduced combat readiness. It follows, then, that leaders and Soldiers need to be conscious of the signs of overtraining to prevent unnecessary injuries. A decrease in performance of individuals or groups, substantial increases in fatigue, decreases in morale among Soldiers training or playing sports as a unit, and higher incidence of injuries each may signal too much training, Jones said.

What Soldiers should know

Jones and his colleagues have spent years studying injuries in basic training populations, as well as specialized occupations such as parachutists. Their studies of injuries show the factors below increase a Soldier's likelihood of experiencing a training-related injury:

- Not being physically active
- Lower aerobic fitness level
- Smoking cigarettes
- Running in older/worn or worn-out shoes
- High-mileage training
- Being too lean or overweight
- Being older than 25

Soldiers, especially those who have any of the risk factors above, can decrease their chance of injury by staying active and by starting slowly before vigorous physical training or other physically demanding activities. Soldiers should gradually increase the intensity and length of workouts as they become more fit. Workouts should be cut back in intensity and length if soreness or fatigue persists or increases after a good night's sleep, according to Jones.

"It is better to do too little than too much," he advised. "If you feel good

today, then repeat it the next day. If you continue to feel good, then keep it at that level. If it feels good for a week or two, then increase."

This approach is the key to getting in shape and staying injury free, according to Jones.

There are many myths concerning training injuries. For example, stretching—alleged to reduce injury—has little effect on injury rates. Insoles for shoes have not been proven to prevent injuries, according to studies conducted and reviewed by Jones.

Another finding that may be important to Soldiers is that if they smoke, their injury rates are higher, and the more they smoke the higher their risk of injury is, Jones said. For smokers who quit, risk of injury returns to normal.

A new ground-breaking study on military training footwear and musculoskeletal injuries was published this year by a senior CHPPM scientist who works with Jones. This study determined that there is no advantage in having Soldiers wear shoes prescribed on the basis of foot arch height. However, it is important to wear good, supportive shoes that have good cushioning, adequate stabilization, fit well and are not worn out.

What women should know

Women in Army basic training have twice as many overuse injuries as men, according to Jones. He attributes this to women entering the service with lower physical fitness levels than men and to women's hormonal fluctuations.

Jones explained that when certain hormone levels are high, ligaments become very relaxed and flexible (for example, during early pregnancy or certain parts of the menstrual cycle); bones are affected by hormones as well. This may put women at greater risk for injuries, he said, but staying physically fit and in shape can help women prevent injuries.

Jones's studies show that women and men of equal fitness levels have similar risks of injury during Army training. Women and men of the same fitness level can be expected to complete identical physical tasks and to experience the same amount of injuries, he said.

What leaders should know

The best way for leaders to protect their Soldiers is by preventing overtraining—avoiding thresholds of

training above which injury rates increase but fitness does not.

Leaders also should be aware that Soldiers who are subject to high amounts of mileage while training are at an increased risk of injury. High-mileage companies have 50 to 60 percent more lower-extremity injuries than units running lower mileage, according to Jones. Having Soldiers participate in lower mileage training is an excellent way to prevent injury and to reduce the number of Soldiers recycled or discharged during basic combat training, he said.

"Training in ability groups eliminates the problem of having the slower guys getting injured and the faster guys getting less fit when running as a whole group," Jones explained.

Having separate groups allows the most fit group to continue to get fit and not be held back by less fit Soldiers, Jones said. The less fit group can run for the same amount of time at a slower pace. While they'll run fewer miles, CHPPM studies have shown they will increase fitness while reducing their risk of injury. This approach makes it possible to avoid exceeding the training-injury threshold for the least fit while not undertraining the most fit.

New and controversial research also has been done on the relationship between flexibility, stretching and injury risks.

"The traditional sports medicine literature suggests that the more flexible you are, the fewer injuries you will have," Jones said. CHPPM scientists have shown that this is not true.

"We found that both extremes of flexibility were bad," Jones said. Individuals who were very inflexible and those who were very flexible were at double the risk of injury during Army basic training compared to those of average flexibility.

"So strive to be average," was Jones's ironic advice.

"The strongest and most consistent risk factor that we've seen is, the less fit you are coming into the Army, the more injuries you are likely to get," Jones said.

Words to the wise, then: increase fitness training gradually but steadily, and sustain fitness continuously—even if it means working out while on R&R—to prevent injuries and decreased individual and unit readiness.

New year brings new tools to quit tobacco

Ucanquit2.org

The U.S. Department of Defense and TRICARE are offering new innovative online tools to help military service members keep their New Year's resolutions to quit tobacco.

The DoD-sponsored educational campaign, Quit Tobacco—Make Everyone Proud, is expanding its interactive Web site. Users can now create a blog when they register on the site, <http://www.ucanquit2.org>, to share their experiences with Family and friends and sign an electronic "I Resolve to Quit" Bulletin Board to publicly announce their resolution to become tobacco free. They will also have access to a customizable Quit Calendar after Jan. 4 to record milestones and track progress.

The expanded networking capabilities allow users to share ideas, tips and advice with fellow service members, as well as Family and friends.

"Giving up tobacco is a challenge, but a challenge that the men and women of the military have the strength and determination to overcome. We encourage them to make 2009 the year to start a healthier lifestyle," said Capt. David Arday, M.D., M.P.H., a U.S. Public Health Service officer and chairman of the DoD Alcohol and Tobacco Advisory Committee. "The online tools are there to support you in keeping your New Year's resolution," he added.

Deciding to quit tobacco is the first step, but becoming tobacco free may take more than one try.

On average, it takes 11 attempts before a person can quit tobacco for good.

Motivation and support are key factors in giving up tobacco products. Studies show that if a person attempts to quit with a friend, they are 36 percent more likely to remain smoke free.

The Web site allows service members to get the support they need to quit from Family and friends, no matter where they live. Studies show that quitters who seek counseling and support increase their chances of remaining quit to 15.8 percent, as compared to only 10.8 percent for those who do not seek counseling.

Quit Tobacco—Make Everyone Proud is aimed at supporting enlisted active duty military personnel in their efforts to quit tobacco.

DoD urges service members to log on and take advantage of the Web site to increase their chances of becoming tobacco free.

The new features build on the interactive support tools already available on the Web site. Service members can listen to podcasts, chat anonymously with a trained tobacco Cessation Coach, browse research articles, locate local cessation programs, calculate how much money they'll save when they quit tobacco and create personalized quit plans.

Individuals who want to help someone they know quit tobacco can visit the Web site to find information on giving up tobacco, send motivational e-cards, and view their friend's and/or Family member's progress to support them in reaching their goals.

FOB Wolverine Toy Drive yields community outpouring



Photo by YVONNE JOHNSON

Hundreds of toys and games collected by the Soldiers of the 61st Ordnance Brigade's Forward Operating Base Wolverine combat readiness training site are displayed on tables Dec. 17 before being donated to the Edgewood and Prospect Mill Elementary schools, the Sinai Children's Hospital in Baltimore and the Baltimore Children's home. Company Commander Capt. Gaetano Snow and 1st Sgt. David Holmes led the unit donation effort. Their Soldiers passed out more than 500 flyers to Aberdeen Proving Ground visitors and employees and in just two weeks, more than 1,000 toys were received. Staff Sgt. Melvin Lee dressed as Santa Claus when the toys were brought to the Sinai Children's Hospital Dec. 20. Lee said that the result of the toy drive was no surprise because "Extraordinary effort yields extraordinary results." He thanked Company E, 16th Ordnance Battalion for assisting in the drive. "Soldiers embody the spirit of America," he said. "This was our 'Merry Christmas' to the community. This is who we are."

ChalleNGe Academy graduates 31st class

Story and photo by
YVONNE JOHNSON
APG News

Eighty-four cadets making up the 31st class of the Maryland National Guard's Freestate ChalleNGe Academy received their diplomas before Family and friends during a commencement exercise at the Post Theater Dec. 13.

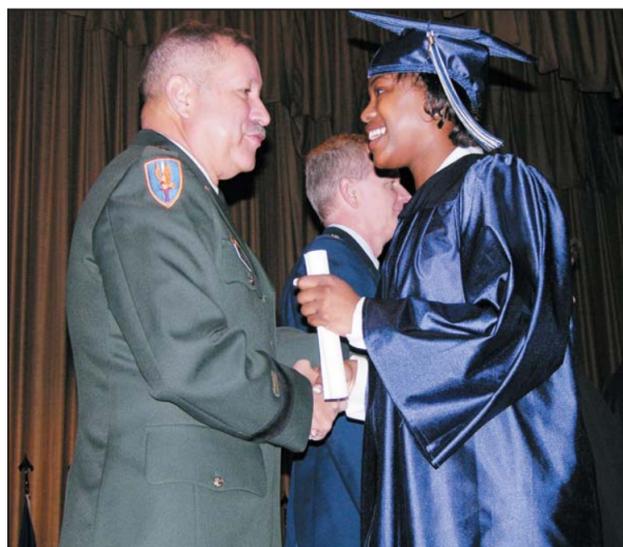
Retired Col. Richard E. "Thunder" Young, Academy director, hosted the event which included remarks from keynote speaker Maj. Gen. Errol R. Schwartz, commander, District of Columbia National Guard.

Schwartz shared the story of the Tuskegee Airmen, the famous African American fighter pilots who distinguished themselves during World War II and challenged the graduating cadets to continue to follow their example.

"This is why I'm proud of you this morning," he said. "You never gave up. You hung in there and did what you had to do."

He told them they will be expected to make decisions on their own and to do the right thing.

"It's up to you to make the



Brig. Gen. Alberto Jimenez, Maryland National Guard deputy assistant adjutant general, left, congratulates 17-year-old Brittanie Johnson of Salisbury, Md., during the Maryland National Guard Freestate ChalleNGe Academy commencement at the Post Theater Dec. 13.

right decisions in life," he said. "You can be that person you want to be. Good luck and God speed."

Emcee, Linwood White, ChalleNGe program coordinator, said that the awards, citations, savings

bonds and scholarships awarded that day and during the awards banquet held Dec. 11, totaled more than \$20,000 thousand.

"We are so thankful to be blessed with so many community groups and individuals who sup-

port our youth and this program," White said.

Crystal A. Foy and Rodney D. Brown were the two class orators selected to speak for the class.

Foy said she was a disrespectful and unruly teen and that her behavior worsened after the loss of her mother. She entered the program due to failing grades and she credited the cadre and her Family for her turn-around.

"I especially want to thank General Jimenez," she said in reference to the Maryland deputy assistant adjutant general.

"You are such a beautiful person and you really inspired me to improve my life," she told Jimenez.

As he wiped tears from his eyes, Brown shared an emotional story of how he entered a "borderline diabetic" weighing more than 260 pounds with little self discipline.

"I stand before you today weighing two-hundred and forty pounds, and I now have a life full of purpose and goals," he said.

The 229th MDANG Band provided musical selections for the program.

Special guests included Brig.

Gen. James A. Adkins, Maryland adjutant general; Jimenez; Brig Gen. Allyson R. Solomon, assistant adjutant general for air, MDNG; and Brig. Gen. Guy M. Walsh, commander, 175th Wing, Maryland Air National Guard.

Guest presenters included ChalleNGe deputy director Susan Wierzbicki who led the presentation of awards and certificates.

MDNF Freestate ChalleNGe Academy

ChalleNGe is a 22-week military-oriented residential program for qualified youths followed by an intensive 12-month mentoring phase to aid adjustment to the world of work and follow-on education.

While involved in ChalleNGe, participants are introduced to many programs and concepts necessary for a successful and healthy lifestyle.

By incorporating military experience and close community ties the program helps young adults acquire and refine the skills and strengths needed to assume more productive roles in their communities.



Sports

APG U14 Soccer Team wins 2008 ESSL Championship

APG Youth Services

The APG U14 Arsenal Soccer team won the 2008 Under 14 Division in the ESSL (Eastern/Southern Harford County Soccer League) recently by defeating the Darlington Woodman 2-0 for the championship.

The Arsenal played nine regular season games and ended with one loss and one tie.

Using sharp passing and teamwork the Arsenal team beat the previously undefeated Edgewood Sabres 3-1 in the first tournament match. The goal was the only one that the Arsenal would give up the entire tournament.

The Arsenal won the semifinal game against the Emmorton Panthers 9-0 with five Arsenal players contributing goals.

The championship game was against the rival Darlington team that APG did not play in the regular season. The defense took over

and won 2-0 on Brandon Inwold's second consecutive shutout in the goal and Alex Kennedy's exceptional play at the stopper position.

"APG was the team to beat this season", said the Darlington coach after the game.

Elliot Gladden led the team in goals in the tournament with 6 and Dallas Layman dished out 7 assists.

The defense was led by the strong quartet of Jake Kilmon, Stephen Lyons, Alex Kennedy and Mitchell Mengel. The team's midfield controlled the middle of the field to set up the offense and give defensive support and was led by Kevin Kappauf, Blaise Curtis, Domonick James and Daylin Armstead. The strikers, who scored in every game this season, were led by Elliot Gladden, David Robinson, Ian Moore and Mat-

thew Mengel.

The team was coached by the father and son duo of Mike and Dave Layman. Mike has been coaching for APG Youth Soccer for 21 years, and this is his first outdoor championship. He gave all the credit to the players for being so positive and easy to coach.

"This is a great bunch of kids," he said. He added that the parents and APG Youth and Sports staffs provided outstanding support all season.

The APG U12 and U8 soccer teams were tournament runners-up in their respective divisions. Coach Fred Merchant, John Gage and Al Rigney's U12 Arsenal Team was undefeated until the championship game and lost 1-0 to Kingsville. The U8 team, coached by Brian Redding and Jayce Howard, had only one loss the entire season heading to the championship game but lost 3-1 to

a tough Belcamp team.

APG Youth Services Athletic Director Bill Keg-

ley is proud of the APG soccer program, the kids, and the great support from

the parents.

"APG Soccer is truly a Family activity," he said.

20th SUPCOM (CBRNE) triumphs in 2008 CBRNE Bowl



Photo by CHAPLAIN (LT COL) ROBERT GLASGOW
On a chilly and rain soaked field, members of the 20th Support Command (CBRNE) flag football team maintained their poise in the heat of battle and narrowly edged their 22d Chemical Battalion (TE) rivals, 20-19, in the annual CBRNE Bowl on Edgewood Dec. 16. Above, 20th SUPCOM running back Sgt. Chad Pfelegor skirts the block of player-coach Pfc. Ryan MacArthur (on ground) as he eludes 22d Chemical tacklers for a long gain.

Avoiding cold-weather injuries

Story by

PAUL REPACI and
LT COL DIEGO GONZALES
CHPPM

Cold-weather injuries remain a significant problem during training and combat operations, affecting Soldiers' health and readiness.

Cold-weather injuries include injury due to decreased temperatures, heaters, carbon monoxide poisoning, sunburn and snow blindness and accidents due to impaired physical and mental function resulting from cold stress.

The Armed Forces Health Surveillance Center reported 238 cases of cold injury among active duty service members during the 2007/8 cold-weather season. Frostbite was the most frequently reported cold injury (50 percent), followed by unspecified (29 percent), immersion foot (11 percent) and hypothermia (10 percent). The highest rates of cold injuries occur among the youngest enlisted Soldiers.

Commanders, supervisors and Soldiers at all levels must implement countermeasures to prevent cold injuries. These include proper clothing and equipment; training on cold-weather clothing and equipment; adequate food, water, shelter and rest and other preventive measures.

Cold weather-related injuries

Frostbite: Frostbite is the most common type of freezing injury due to prolonged exposure to freezing temperatures. Severe frostbite can have devastating consequences, including the loss of fingers, toes or limbs.

Immersion/trench foot: Immersion foot or trench foot is observed in persons whose feet have been wet, but not freezing, for prolonged periods. It may occur at temperatures near or slightly above freezing and is usually associated with inactivity and wet or damp socks and boots.

Chilblain: Chilblain occurs after exposure to nonfreezing temperatures and damp conditions. Chilblain presents as skin lesions (blisters, erosions or ulcers) in unprotected extremities such as hands, feet and face. It occurs 12 to 24 hours after exposure. The lesions usually resolve spontaneously in one to three weeks, but they may recur in some individuals.

Hypothermia: Hypothermia is the lowering of the body's core temperature. It is a true emergency requiring immediate care. Accidental hypothermia kills more than 650 people per year in the United States, usually resulting from unanticipated exposure to cold weather in an inadequately prepared person caught off guard by the elements. It is classified as mild, moderate or severe based on core body temperature. Symptoms range from shivering, irritability and confusion to unconsciousness and death.

Sunburn and snow blindness: Sunburn can occur in cold environments, leading to painful, red, swollen, blistered skin. It can be prevented by proper use of sunscreen. Snow blindness, like sunburn, is caused by the intense UV rays of the sun in snow-covered surroundings. Symptoms include painful, red, watery or gritty eyes caused by burning of the cornea. Snow blindness can be prevented by wearing sunglasses with side protection.

What Soldiers should do

Become familiar with the causes and risks of cold injury and the personal protective measures you can take



Photo by PETTY OFFICER 1ST CLASS RICHARD J. BRUNSON
Soldiers from the 2nd Brigade Combat Team, 1st Infantry Division, take up defensive positions on a snow-covered berm at the Grafenwoehr Training Area in Germany.

to prevent them. Attend cold-injury prevention training and risk communication briefings. Use protective clothing (loose and in layers) and equipment properly. Ensure personal cold-weather clothing is clean, dry and in good condition (without holes or broken fasteners). Consume adequate food and fluids for optimal performance in cold. Ensure deployment kit contains enough socks, hats, sunglasses, sunscreen, lip balm and skin-care items. Use the buddy system and report to the unit medic/medical officer if someone develops cold-weather injury symptoms.

What leaders should do

Apply risk management principles to prevent cold weather injuries. Coordinate with medical planners, medical officers, preventive medicine personnel and combat lifesavers and obtain real-time local weather data when planning cold-weather operations. Ensure Soldiers are properly trained in recognizing and preventing cold-weather injuries and that clothing is appropriate, dry and properly worn. Ensure only Army-approved heaters are used and personnel are trained on how to use them. Initiate a buddy system and have personnel check each other for cold injuries. Modify outdoor activities when wind-chill categories indicate extreme risk of frostbite, if the mission permits. Cold-weather injury prevention is a command responsibility.

For more information, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site for information on:

- Wearing Army Combat Boots in Cold Weather, http://usachppm.apgea.army.mil/Documents/FACT/36-012-1106-Wearing_Combat_Boots-Cold_Weather.pdf
- Risk Management Steps for Preventing Cold Casualties, <http://chppm-www.apgea.army.mil/documents/coldinjury/ColdRiskManual9-22-08-3jr.pdf>
- Cold Weather Related Injury Prevention Program, 2008-2009, <http://chppm-www.apgea.army.mil/documents/ColdInjury/COLDWEATHERPREVENTION08-09rev.pdf>
- Prevention and Management of Cold-Weather Injuries (Technical Bulletin), <http://chppm-www.apgea.army.mil/coldinjury/tbmed508.pdf>
- Guidance on the Use of Heaters, <http://chppm-www.apgea.army.mil/documents/fact/heaters-JusttheFacts05finalw-links.pdf>

Don't become a crime victim during holiday hustle

USA Criminal Investigation Command

The holiday season can be a time when the criminal element of society is most active and innocent people are most vulnerable.

As part of the ongoing "CID Look-out" Crime Prevention/Awareness Program, The U.S. Army Criminal Investigation Command offers the following tips to help prevent you or your loved ones from becoming the victim of a crime during the holiday hustle.

Traveling tips

- Know where you are going and have the route to and from mapped out. Let someone know the route you are taking. If you change your plans, let someone know.
- If possible, always try to travel and conduct any necessary business or shopping during daylight hours. Immediately lock doors and raise windows when getting into your car and keep them locked while driving.
- If you have access to a cellular phone, carry it and always ensure it is fully charged.
- If possible, know the emergency numbers for the area where you are traveling.
- Always maintain at least half a tank of fuel, and keep your vehicle in good repair.
- If traveling during the holidays, have your vehicle serviced far enough ahead to allow for repairs if needed. Be certain to check your spare tire and all fluid levels.
- If your car breaks down, pull as far onto the shoulder as possible and turn on the car's emergency flashers. If you have a cell phone, call for help from a reputable source or call for the police to respond to the site. If you don't have a phone, raise your hood or tie a streamer to your antenna, and wait for assistance from inside your locked vehicle.
- Should a stranger stop, speak to them through a partially rolled-down window, and ask them to go to a phone and call police or a tow service; do not exit your vehicle until a law enforcement officer or tow operator arrives. On longer trips, be sure you have water, food and blankets in the vehicle.
- If you are involved in a wreck in an unfamiliar or potentially unsafe location, do not open or exit your vehicle until law enforcement arrives. If the police do not come, honk the

horn to attract attention and ask a passer-by to summon police.

- Leave a copy of your travel itinerary with a Family friend or relative
- When parking, roll up the windows, lock the vehicle, take the keys and ensure your valuables are concealed, preferably in the trunk. During hours of darkness, park and walk in lighted areas if possible.

Shopping safety

- Shop in a group or at least in pairs. Always present an alert appearance.
- Be aware of your surroundings at all times and also be alert to what is happening or is about to happen.
- If you must leave valuable items in your car, place the items out of sight before reaching your destination or move them inconspicuously. This includes packages, computer bags, backpacks, GPS units, MP3 players and so forth. Someone may be watching when you put items under/behind your seat or throw something over them. An opportunistic thief is on the lookout for "trunk-packing," and could break into your car the minute you're out of sight.
- One reason SUVs and pickups are common auto-burglary targets is because they don't have a "trunk" to hold valuables — the driver/passenger generally "hides" their valuables "out of sight." Thieves know this, and often check glove compartments, behind seats, and under seats. It only takes a few seconds to check all the "usual" hiding places.
- Plan your shopping/errands so that you don't load your trunk until you are ready to drive to another destination. Load your trunk when you leave a location — never open a trunk, fill it full of valuables, close it, and then just walk away to do more shopping or other errands.
- When returning to your vehicle, carry your keys in your hand and be ready to unlock the door and enter as quickly as possible. As you approach your vehicle, scan the area, glance underneath the vehicle, and look inside before entering.
- Carry items firmly and avoid leaving them unattended.
- Carry minimal cash and valuables, and wear minimal jewelry.
- Be alert for pickpockets. Their favorite environments are crowded places, revolving doors, jammed aisles, elevators, public transportation stops and vehicles, especially

at rush hour. Carry the day's most expensive purchases closest to your body, and don't carry so much you lose the ability to react quickly.

- If possible, leave your children with a baby-sitter or Family while you are shopping. For holiday shopping, consider making arrangements with family or friends/neighbors, and take turns baby-sitting. If you take your children with you, keep a very close eye on them while shopping.
 - Teach your children to go to a store clerk or security guard if they ever get separated from you in a store/mall, and be sure they know their first and last name so they can tell someone who they are.
 - Return to the mall or store for assistance if you spot suspicious activity near your vehicle.
 - Stay alert while loading items into or out of the vehicle or arranging cargo stowage. If someone approaches, and you feel threatened, get in and lock up until they leave the area; if they loiter, drive away and call police.
 - Using debit or credit cards is much safer than carrying a lot of cash. If the vendors you visit don't take cards, consider obtaining traveler's checks that can be replaced if lost or stolen. Visit ATM's only at well-lit and populated locations; visit during daylight hours if possible.
 - Using the drive-up is usually safer than walking up or into a facility. Remember to scan around you as you make your withdrawal. Many ATMs now have "fish-eye" mirrors mounted above the keyboard to enable you to view the entire surrounding area while conducting business; try to use ATMs so-equipped.
 - If anyone is loitering, go to another ATM. Stand in such a way that those behind you cannot see your PIN and never carry your pin with your card.
- The APG Installation Safety Office would like to add a few extra precautions to this list.**
- Never leave your car unoccupied with the motor running or with children inside.
 - Keep your children close in parking lots. Drivers backing out may not see them
 - Be aware of children and preoccupied shoppers in the parking lots.

When the winter winds blow

Installation Safety Office

"Airports in Washington and New York were closed and road travel disrupted as much of the region was covered by some two feet or more of snow. The U.S. National Weather Service called it a dangerous and life-threatening situation and warned against travel." Sound familiar? This was the headline two years ago around the holidays.

The Installation Safety Office says it could happen again and for everyone to be prepared.

Thanksgiving marked the beginning of "Winter Storm Preparedness Week." With temperatures dropping regularly below freezing and the National Weather Service regularly predicting snow flurries, officials are reminding citizens to be prepared for severe winter weather.

"Sudden temperature changes and high winds are a fact of life for much of northern Maryland and southern Pennsylvania," said Ron Kravitz of the Installation Safety Office. "These conditions can be deadly if people don't understand the hazards and prepare to keep themselves safe and warm," he said.

With the arrival of winter, he urges everyone to take time to learn how to keep themselves and their Family safe this winter.

"People usually think tornadoes, flooding and lightning are the major weather-related killers, but in reality extreme temperatures kill far more people each year," Kravitz said. "As part of winter storm preparedness, we're working to make people more aware of the serious nature of severe winter storms and prevent any unnecessary tragedies."

Severe winter storms can cause widespread damage and disruption, he said. Heavy snow often results in paralyzed transportation systems and accidents due to slippery roads and stranded vehicles. Glazing from ice storms topple utility lines and poles and make travel virtually impossible.

"Nearly eighty people in the United States die from winter storms and extreme cold every year, which is more than the fatalities due to tornadoes," Kravitz said.

Before severe weather strikes, the Installation Safety Office recommends stocking emergency supplies in the event of being snowbound or without electricity for a period of time. Emergency supplies include the following items:

- Portable radios and flashlights and extra fresh batteries. Make certain these items work.
- A supply of food that can be prepared without an electric or gas stove and emergency cooking equipment and the fuel needed to operate it.
- An emergency supply of water, especially if the standard water supply relies on a water well activated by an electric pump.
- Plenty of candles and matches.
- Appropriate clothing, such as insulated underwear, many layers of thin clothing (rather than single layers of thick clothing), mittens (rather than gloves), hats, scarves, boots and warm socks.
- Sufficient heating fuel, such as fuel oil.
- Emergency heating equipment and fuel (e.g., non-electric heater or gas fireplace). If relying on a wood burning stove or fireplace, be sure to have a supply of dry, seasoned wood.
- Fire extinguishers. Teach all Family members how to use them.
- An ample supply of prescription medicines.

"With proper home preparedness, Families have taken the first steps toward preventing personal disaster," Kravitz said. "A weather-wise home is ready for an unexpected or sudden assault."

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 #14

Imagine you are driving 25 mph following a truck hauling lumber. You've come to a point where you can pass the vehicle when you decide to drop back because the load doesn't look well tied down. Suddenly an eight-foot 2 X 4 jars loose and comes directly toward you. What should you do?

A. Immediate hard right.

B. Hard brake, veer if possible, or hit it outright.

Answer A. Not a wise choice to do an "immediate hard right." Even at the speed you're going, you stand a chance of losing control of your vehicle. It would be better to "hard brake, veer if possible, or hit it outright." By hard braking you get slowed down immediately so less damage is done and if you can veer to the right and avoid it, that is the best. But, you're better off to hit it than to swerve or try to dodge around it. Always when something comes at us, we tend to flinch or dodge. That action can cause you to swerve and lose control. It's a good idea to brace yourself and hold the wheel steady when you see something coming, whether it's a 2 X 4, a bird or a newspaper.

Answer B. Yes, good choice. If you aren't sure you can get away from something, like that piece of lumber, the slower you're going when it hits the less damage it will do. And if you can veer to miss it, of course that's the best thing, but you're better off to hit it than to swerve or try to dodge around it. Always when something comes at us, we tend to flinch or dodge. That action can cause you to swerve and lose control. It's a good idea to brace yourself and hold the wheel steady when you see something coming, whether it's a 2 X 4, a bird or a newspaper. Answer B is the best choice.

Lights and Letters



Photo by YVONNE JOHNSON
Santa unloads the Letters to Santa mailbox in front of the Aberdeen Area firehouse. He made a special trip to APG to make sure every child's letter was answered.

Dear Santa,

Thank you for the great stuff you brought to me last year. I hope you and Mrs. Clause are doing well and had a fun summer. This year we moved so my mom and dad told me I was going to get clothes and shoes for Christmas. I like this since I need new ones anyway but I would really like an iTunes gift card so I can have new songs on my iPod. If you can bring me one I would like that but if not I understand. Thank you for all you do every year.

Merry Christmas,
Justin Davenport
AKA J.O.

P.S. Keep Rylolf away from my Papa's house he said he was waiting for him.

Dear Santa;

All I want for christmas is my dad back since my whole family misses him

From:

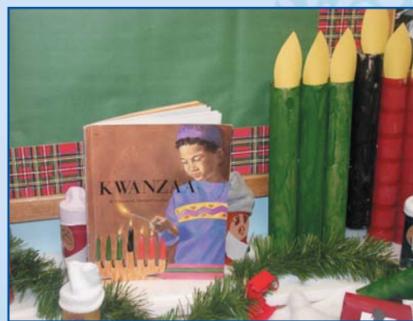
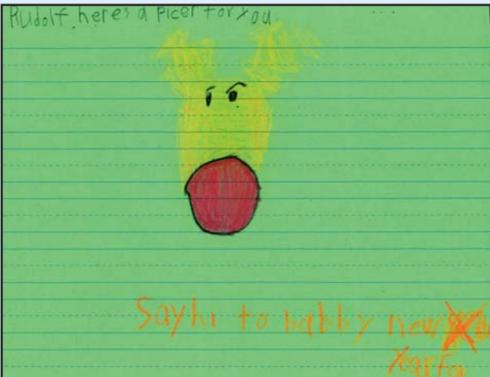
Dacia

For You

PS: I leave cookies, milk, and carrots for the reindeer.

DEAR SANTA
I AM writing for my
mom. All I want
is for her to be
happy!

Spider man
Spider man
does whatever
a Spiderman does!
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Photos by YVONNE JOHNSON and RACHEL PONDER, APG NEWS
The festive spirit of Aberdeen Proving Ground employees was evident this holiday season in buildings throughout the installation. Sites above include the U.S. Army Research, Development and Engineering Command's headquarters, Contracting Center and Edgewood Chemical Biological Center; the Aberdeen Area Chapel and Child Development Center and the Adjutant Office in the Janet Barr building.

ECBC continues toy drive on APG



Photo by CONRAD JOHNSON, RDECOM

Richard Decker, technical director of the Edgewood Chemical Biological Center, applauds employee efforts during the organization's Holiday Toy Drive reception Dec. 17. The annual event benefits Edgewood Families and the Aberdeen Proving Ground Army Community Service.

