

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Feb. 6 is plastic, glass and metal. Put items in blue bags and place them on the curb.



RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Jan. 31, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the O-Field Study Area. Board meetings are open to the public. All APG employees and citizens are invited.

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

Veterinary Treatment Facility closed today

The APG Veterinary Treatment Facility will be closed Jan. 31 for end of month inventory.

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

New hours for the VTF

The Veterinary Treatment Facility will be open 9 a.m. to 3:30 p.m., Monday through Friday, until further notice.

Tax Center open

The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax preparation and electronic filing for qualifying active duty service members, retirees and Family members.

Tax service will be provided 11 a.m. to 7 p.m., tax returns will be prepared noon to 6 p.m., through April 10.

For more information, call 410-278-1583/2020.

PWOC holds sweetheart banquet

APG Protestant Women of the Chapel will sponsor its annual Sweetheart's Banquet 6 to 9 p.m., Feb. 9, at the Clarion Hotel in Aberdeen. Come with a sweetheart or good friend. There will be food, dancing and speakers. The banquet is free.

Limited off-site child care is available.

RSVP by Feb. 1 to the APG Main Post Chapel, 410-278-4333.

KUSAHC closed Feb. 18

There will be no services, including pharmacy, at See **SHORTS**, page 5

Issue Highlights

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Petratis assumes command of HHC Garrison



From left, 1st Sgt. Larry C. Tyson accepts the HHC Garrison guidon from incoming commander, Maj. Mathieu N. Petratis, second from right, as outgoing commander Maj. Octavious L. Gibbons, second from left, and Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, right, look on during the change of command ceremony at the Aberdeen Area Athletic Center Jan. 25.

Story by
YVONNE JOHNSON
APG News

The leadership of the Headquarters and Headquarters Company, Aberdeen Proving Ground Garrison, changed hands during a change of command ceremony at the Aberdeen Area Recreation Center Jan. 25.

Before a formation of Soldiers from HHC and the Joint Personal Effects Depot, Maj. Octavious L. Gibbons turned over command of the unit to Maj. Mathieu N. Petratis, who comes to APG from Fort Bragg, N.C.

Sgt. Steven J. Lah, U.S. Army Materiel Command Band, the program's narrator, welcomed all on behalf of Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, who served as the program's host.

Attendees included Maj. Gen. Fred Robinson, commander of APG and the U.S.

Army Research, Development and Engineering Command, RDECOM Command Sgt. Maj. Hector Marin, and Tim McNamara, deputy to the Garrison commander.

Weissman said that the garrison was saying "goodbye to a truly outstanding command team."

He said that Gibbons proved himself "a motivated leader who truly cares about Soldiers," and that he and his wife Yolanda's dedication would live on.

"He has significantly improved the climate, support, trust and relationship between the Garrison and the organizations it supports," Weissman said.

He credited Gibbons with establishing a "one-team climate," providing outstanding administrative support, organizing blood drives and spearheading Army Emergency Relief campaigns.

See **HHC**, page 3

Complete the pass on Super Bowl Sunday

Give your keys to a designated driver before the big game begins

APG ASAP

The Aberdeen Proving Ground Army Substance Abuse Program wants to remind all of those who plan on using alcohol on Super Bowl Sunday to act responsibly.

Designate a sober driver before the big game begins.

"We're working to remind all fans to play it safe on Super Bowl Sunday," said Cindy Scott, ASAP prevention coordinator. "We want everyone to remember that wherever you are watching the Super Bowl, if you plan on consuming alcohol, pass your keys to a sober, designated driver before the big game begins. Don't get penalized for impaired driving."

Super Bowl Sunday has become one of America's biggest and most entertaining national sporting events as friends and Families gather to watch the big game each year and to

enjoy all of the festivities surrounding it.

Yet, it is one of the year's most dangerous days on the nation's roadways due to impaired driving related incidents.

According to the National Highway Traffic Safety Administration, impaired drivers caused 50 percent of all traffic fatalities during the Super Bowl weekend last year with blood alcohol levels of 0.08 percent and above.

Serious crashes – and deaths – can be prevented. Designating a sober driver before the Super Bowl party begins and making sure friends don't drive drunk are just two of several, simple steps to help avoid a tragic crash or an arrest for impaired driving.

"As a Super Bowl host, you're like the head coach for the day. Make sure every player on your roster has a

smart game plan before the party even begins," Scott said.

Nationally, more than 17,000 people die in impaired driving-related highway crashes annually. Every 30 minutes, nearly 50 times a day, someone in America dies in an impaired driving-related crash. Hundreds of thousands more are injured each year.

"Driving impaired or riding with someone who is impaired is simply not worth the risk because the consequences are serious and real," she said. "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 really significant. It is not the way you want to spend your Super Bowl Sunday."

Fans don't let fans drive drunk. For more information call Scott, 410-278-DRYG or e-mail Cynthia. Scott1@apg.army.mil.



New APG post deployment support group reaches out to help Soldiers

Story by
JOSEPH C. O'ROURKE
Kirk U.S. Army Health Clinic

"Jim just hasn't been himself, since he returned from Iraq," Shelly Smith whispered to her best friend, Nancy. "He seems so distant and is angrier than I have ever seen him. It feels like I've lost my best friend, and I just don't know what to do to help him..."

"Sir, Sergeant Smith's section appears to be having problems. I have spoken to him about the discrepancies, but he just seems not to be focused on his job. He used to be our best noncommissioned officer..."

Combat stress reactions are normal, time limited, responses to combat related events and

circumstances that most people find horrific.

The National Center for Post Traumatic Stress Disorder's "A Guide for Families of Military Members, 2006" stated that, in 2003, 89 percent of Soldiers who served in Iraq reported "being attacked or ambushed;" 86 percent reported "receiving incoming fire;" 93 percent reported "being shot at;" 93 percent reported "seeing dead bodies or remains;" and 86 percent reported "knowing someone seriously injured or killed."

It also mentions that during deployment, service members may have taken part in missions and operations that exposed them to very stressful

or often life threatening experiences... Service members may have been shot at, seen the death or injury of American personnel or of civilian and enemy combatants, or even witnessed the death or injury of people they knew.

According to the guide, IEDs [improvised explosive devices] are common; many convoys deal with piles of garbage blowing up just as they pass by. Many troops are on alert 24/7. Service members may have been injured as a result of bombings, blasts, weapons or accidents, maybe even surviving with very serious injuries.

Individuals respond to their combat experiences in different ways.

See **GROUP**, page 7

Deadline approaching to request absentee ballot

Story by
NIKKI BAINES TRELLA
AND **DONNA DUNCAN**
State of Maryland

The deadline to request by mail or by fax an absentee ballot for the 2008 Presidential Primary Election is Feb. 5.

Any registered voter in Maryland may request an absentee ballot, although a voter will be required, as part of the absentee voting process, to affirm, under penalty of perjury, that he or she will be absent or unable to vote in person on election day.

A voter who wishes to vote by absentee ballot must request an absentee ballot in writing. An application may be printed from the state's Web site at www.elections.state.md.us or requested by telephone, in writing, or in person at the voter's local board of elections. To request an absentee ballot application, visit www.elections.state.md.us or call 1-800-222-VOTE (8683).

A local board of elections must receive an absentee

See **BALLOT**, page 3

BOSS program more relevant than ever in today's Army

Story by
MARGARET MCKENZIE
FMWR Public Affairs

"I remember my first experience representing the Better Opportunities for Single Soldiers program at the Army Family Action Plan conference," said Marlon Martin, manager of the BOSS program at the Family and Morale, Welfare and Recreation Command in Alexandria, Va. "I saw that I was part of a bigger picture, that my issues were not my own. And wow! What a big Army we have."

"You really don't get a picture of that as an individual at the installation until you witness the AFAP process at the Department of the Army level," Martin said. "Then you really understand how big our Army is and how little you are. However, you have been given a real big megaphone all of a sudden. When you return to your own installation, how do you use that to enhance the life of your fellow Soldiers?"

Launched in 1989, the BOSS

program is a product of the AFAP program. The BOSS program supports single Soldiers by improving their quality of life by ensuring that the voice of the single Soldier is heard in all processes.

BOSS addresses issues that can directly or indirectly influence or enhance morale, living environment, personal growth and the development of Soldiers.

Quality of life issues concerning Soldiers that affect all Soldiers, not just single Soldiers, are addressed accordingly. Single Soldiers comprise more than 45 percent of the Army population and BOSS now has 82 programs throughout the continental United States, Europe, Korea and the Pacific region.

"It is nineteen years, and we have come a long way," said Sgt. 1st Class Toprane Coatney, the Boss representative at the Family and Morale, Welfare and Recreation Command. "BOSS has expanded over the years

See **BOSS**, page 4



Photo courtesy of U.S. ARMY
Soldiers from the Fort Sam Houston BOSS program man food stations to feed Soldiers and their Families during a pre-deployment celebration.



APG Forum

Commentary: Taking the Freestate Challenge

By **RETIRED CHIEF WARRANT 2 RICKY C. GOBOLT**
Special contributor

I would like to share my thoughts about the Freestate Challenge Academy, which is located on Aberdeen Proving Ground and run by the Maryland National Guard.

As the director of the Construction and Development Institute at Prince George's Community College, I was invited, with my wife Barbara, to attend the Cadet Awards Banquet and the Cadets' Graduation Ceremony. I have never been as touched by a graduation ceremony as I was by this one.

The academy is a tuition-free program which offers at-risk adolescents 16 to 18 years old an opportunity to change their future in many ways, culminating with the opportunity to obtain a Maryland high school diploma.

The initial program consists of a five-month residential phase during which cadets will learn

self-discipline, leadership and responsibility. Participants live and work in a controlled military environment, which encourages teamwork and personal growth.

A 12-month post-residential phase consists of helping to enroll students in continued education, a technical school program or an entry-level job. During the post-residential phase, students are assisted by a trained and matched mentor from the community for post-graduate development.

One female cadet, from Montgomery County, told the audience how her single parent mother raised her. The cadet told the audience how she rebelled against her mother, skipped school and went to parties. Finally she was expelled from school and moved out of her mother's home to an apartment. She started working for a local insurance company as a receptionist.

"This was not how I want to live my life," she said.

She applied for admission in the Freestate

Challenge Academy and was accepted.

The cadet asked her mother to stand up. She apologized to her mother and said, "The person you see standing here is not the same person you saw five months ago."

After this cadet finished telling her story, there were tears flowing from everyone on stage and in the audience.

The second cadet was a young man from Prince George's County. He told of the good Family values instilled in him by his mother. He was a good student and leader. The cadet stated the neighborhood in which he lived contained drugs, gangs and murders.

To escape that environment he moved in with his aunt. His aunt died and he started hanging around with the wrong crowd. He finally realized that he could end up in jail or dead. He applied for the Challenge Academy and was accepted.

He cried his first night at the academy, but he did not quit.

While on a field trip with the Challenge Academy he saw the Amish community and a different lifestyle. The cadet stated for the first time in his life he saw horses, cows and chickens.

The cadet heard some cadets say the Freestate Challenge did not mean anything to them, but "It means something to me!"

He wanted to quit but thanks to some of his classmates, he made it through because they would not let him quit.

The cadet said, "I love you mom."

Again, not a dry eye in the house. Need I say more?

I also ask (challenge) those of you reading this message to please consider supporting the Challenge Academy in any manner possible.

For more information, visit www.ngycp.org/state/md.

(Editor's note: Author is the president of the Fort Meade Chapter of the Military Officers Association of America.)

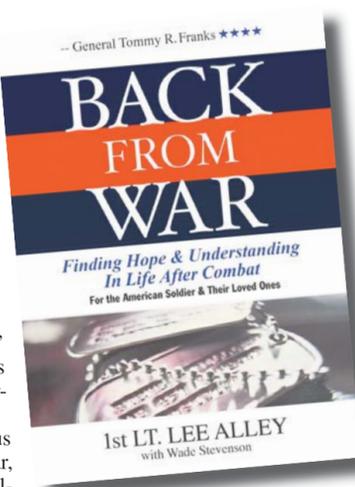
Commentary: Despite bold title, book ultimately doesn't deliver

By **THERESE MANCEVSKI**
Special contributor

From its ambitious title, "Back From War: Finding Hope and Understanding in Life After Combat," and the seal of approval printed on the cover from General Tommy Franks, I assumed 1st Lt. Lee Alley's book would offer a gold mine of information and resources for those of us who have dealt with the deployment of a loved one.

Unfortunately, "Back From War" falls short of fulfilling this reader's aspirations for a number of different reasons.

First, the book's primary focus is on veterans of the Vietnam War, despite Alley's assertion of an all-inclusive discussion. In fact, only one of the many essays included in the book is devoted to a veteran's experiences in the War on Terror.



... General Tommy R. Franks ★★★★★

Secondly, the book's odd organization impedes progress. While the table of contents indicates four distinct sections, Alley doesn't seem

to be able to resist including more than a few author's comments listed under bold headings, suggesting a switch in topic in several instances. I found these various sub-topics both confusing and distracting.

After struggling with the first two sections of "Back From War," I began to wonder whether there was actually going to be a switch in priority. In other words, the first half of the book was clearly reserved for documenting experiences. I couldn't help but wonder: Where were all the life skill tools promised by the book's title? When would I stop reading graphic descriptions about Vietnam and start reading about the latest advancements in treatment for post traumatic stress syndrome?

The answer to those questions finally came in the form of a short epilogue filled with information on things like how to fill out a Veterans Administration claim and how to organize a

company reunion, in addition to a short list of online resources.

By this point, to say that I was let down by the reading investment I had made in the book would be a huge understatement.

Not that I didn't understand or appreciate the book's historical value. I subscribe to the idea that if we don't learn from the mistakes of history then we are doomed to repeat it. After all, isn't PTSD just another name for shell shock? And doesn't the lesson of Vietnam's veterans teach us as a society to value and honor the sacrifices our service members make?

Alley's book, while reinforcing those ideas, stops way too short of expanding on exactly how we can avoid creating another generation of veterans who are unable to successfully assimilate back into society after combat experiences.

And all of the suggestions Alley makes in the book have, to the best of

my knowledge, already been accepted and applied.

For example, I think most Americans can now differentiate between politics and the military.

Additionally, returning veterans are, by and large, greeted in airports with hand claps and pats on the back rather than accusations of being baby killers and drug addicts. Instead of being thrown back into society as soon as the plane lands, most Soldiers are now required to complete a series of mental health questionnaires as part of the de-briefing process.

As a result of its unrealized title, strange organization, and lack of any new information, "Back From War" ultimately gets diagnosed by this reader as outdated and tedious as far as reading experiences go.

Its value remains within the realm of history rather than psychology, so as long as readers keep that idea in mind, they won't be disappointed.



Army News

Book lists ways to strengthen military Families

Story by **ELIZABETH M. LORGE**
Army News Service

On military bases and in towns and cities across America, service members and their spouses are quietly waging their own war, the war to keep their Families together in spite of the stresses of extended and repeated deployments.

At their sides are the Army and other services, as well as federal, state and local organizations, nonprofits and now "Operation Military Family: How to Strengthen Your Military Marriage and Save Your Family," a new book by Navy veteran Michael J.R. Schindler that chronicles the struggles and triumphs of military couples and lists the resources available for assistance.

Although much of the book focuses on Reserve and National Guard Families in the Northwest, it offers invaluable, practical advice from counselors, chaplains and military couples about how to keep marriages strong and communication open before, during and after a deployment.

"I think the strength of marriage is so critical to the strength of our military. I would see that on ship all the time, because there would be so many issues back at the home front that half these guys would not think clearly. Nobody really knew what the other spouse was doing," Schindler said.

He suggests that the Soldier prepare a binder with insurance, legal and financial documents and even important phone numbers. The couple should set aside a time to discuss everything and the spouse remaining behind should come prepared with as many questions as possible. Schindler even includes sample questions.

"Ask yourself these simple questions," he writes. "If my spouse were to leave for

twelve to fifteen months, starting tomorrow: 1. Would I know where everything is? 2. What bills need to be paid? 3. Where is all the important paperwork filed? If you prepare the binder, some of these questions should already be answered, but there are a ton more questions you should ask."

Schindler also discusses the importance of developing a communication game plan ahead of the Soldier's deployment, to include how and when spouses will communicate and what they are and are not going to talk about.

"Keeping your worlds 'together' when you are apart takes work," Schindler wrote. "Living each day apart will not be easy. Your experiences will be different, your daily challenges will be different and those life events you are accustomed to sharing together will be fond memories."

"Couples realized that if they were going to make it through this, they had to figure out how to communicate," he said in an interview. "It brought depth to a number of the relationships. Some said they really had to learn about how to communicate and what to communicate about. They couldn't just spew information like they were used to because of the circumstances. They either had limited time to talk or knew that each person was dealing with something traumatic, and they didn't want to dump garbage on each other. I think that was a major positive."

Some Soldiers may have to limit their communications with their Families in order to do their jobs and stay safe, but Schindler and the Soldiers in the book said it was important to find some way to stay connected.

Mike, a special operations Soldier, said that he would frequently write his young

See BOOK, page 7

Chapel News

Commentary: Feeling alone? Look around you

By **CHAP (COL) RUBEN COLON**
USAGAPG

You may have felt it when no one asked you to join the team or be a part of the group. No one approaches you for a conversation at a party.

You may have felt it when your spouse has once again left for Iraq or another far off place.

These are the times that bring feelings of loneliness to the surface.

A man sitting in a bus observed a blind lady climb

aboard. She appeared to be a regular passenger because she sat down directly behind the driver and carried on a lively conversation as he drove.

When the bus arrived at the woman's stop, the driver got out and guided her through the heavy traffic to the opposite side of the street. When he returned to the bus, the woman was standing where he had left her.

"She won't budge till she knows I got back safely," the driver explained.

He sounded his horn twice, the woman waved, and the bus pulled away. "I feel good,"

said the driver.

"So do I," said the man who had been observing.

It's at times of loneliness that we need to simply be reminded that we are cared for and included. The almighty is watching over you. The majesty of God is that he helps us reach out beyond the darkness of solitude into the light of acceptance even when the world doesn't seem to care and know anything about us.

This is not a time of loneliness but a time of reassurance that we are needed and cared for by our creator.

DeCA's got recycling in the bag

DeCA

Reusable cloth bags are fast replacing "paper or plastic" as the choice for commissary customers. The reusable bags, which cost 70 cents each, were introduced into commissaries in October and since then customers have purchased nearly 270,000 at stores worldwide.

While commissary shoppers have long saved green of the legal tender variety – to the tune of 30 percent or more annually on their grocery bills – they can now conserve green of another very useful kind – trees.

"Commissaries have long been good stewards of taxpayer funds," said Rick Page, DeCA's acting director, "and with reusable shopping bags, we're applying the same sort of thrifty approach to how we use the earth's natural resources."

DeCA's reusable bag is made of sturdy mesh, sewn together from 100 percent polypropylene. They are strong enough to hold 30 pounds of groceries and approximately three-quarters of the bulk amount of a paper bag. The reusable bags are machine washable and can be recycled when no longer usable. Customers can find these bags on racks near the checkout at their

local commissary.

Reusing bags saves the commissary money, which helps preserve the benefit by keeping operating costs down – costs that are paid with taxpayer dollars. In fiscal 2007, commissaries spent a total of \$20,635,800 on plastic and paper bags combined. If just one tenth of all commissary shoppers switched to reusable cloth bags, the agency would save more than \$2 million annually.

Customers always have the option of using their own reusable cloth bags. In addition, all commissaries allow customers to bring clean, sturdy paper or plastic bags to the commissary for reuse in bagging their groceries; however, all recycled bags must be clean and in good repair or the bagger cannot accept them. Whether customers provide their own bags or return to the commissary with DeCA cloth bags, just present them to the bagger immediately before bagging begins.

Product availability and program guidelines may differ at overseas commissaries.

For more information about commissary benefits, visit DeCA's Web site, <http://www.commissaries.com>.

APG News

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit

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21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

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

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Preparing for the presidential election

Important election information for the 2008 presidential primary election

Story by
NIKKI BAINESTRELLA
AND **DONNA DUNCAN**
State Board of Elections

The 2008 Presidential Primary Election will be held Feb. 12. Polling places across Maryland will be open for voting from 7 a.m. to 8 p.m. Voters in line at 8 p.m. will be permitted to vote.

Who can vote?

Generally, only registered voters affiliated with either the Democratic or Republican Party can vote for a candidate for president and other partisan contests in the upcoming Presidential Primary Election.

Registered voters who are affiliated with another political party or those voters who are not affiliated with any political party may only vote for non-partisan contests, such as school board and municipal contests and ballot questions.

The following counties have non-partisan contests on the 2008 Presidential Primary Election ballot: Allegany (City of Cumberland only), Calvert, Carroll, Cecil, Frederick, Howard, Montgomery, Queen Anne's, Talbot (school board districts 2 and 6 only), and Washington counties.

Seventeen year olds who will be 18 years old on or before the Presidential General Election (Nov. 4, 2008) and who are affiliated with either the Democratic or Republican Party may vote for partisan contests in the upcoming Presidential Primary



Election. Additional information about voting rights of 17 year olds is available at www.elections.state.md.us.

Where to go to vote

Voters should vote in the precinct to which they are assigned. A voter can find his or her assigned precinct by looking at the voter notification card he or she received from the local board of elections or by visiting www.elections.state.md.us and using the polling place locator (click "Where is your polling place?" on the right side of the homepage). If a voter has moved and did not update his or her address with the local board, the voter should contact the local board of election to find out his or her assigned precinct for the new address. The voter should vote

in the precinct for his or her new address, as voting in the wrong precinct may result in the voter's provisional ballot not being counted.

How to vote

All voters in Maryland use the same voting system. For polling place voting, voters use a touchscreen voting system. Instructions are available at polling places for voters to familiarize themselves with the ballot and how to vote.

In addition, voters may log on to www.elections.state.md.us (click "Voting System" in the left column) for an online demonstration of a touchscreen voting system. Voters may also ask an election judge to explain how to vote on the voting system, but a voter must vote alone, unless a voter is unable to do so

because of disability, inability to write, or inability to read the ballot.

For absentee and provisional voting, voters use a paper-based optical scan voting system. With this system, voters are issued a paper ballot and fill in the oval next to the candidate or ballot question response for which he or she wants to vote. At the local board of elections, the ballot is fed into a scanning unit, which reads and tabulates the selections made by voters. All provisional ballots and absentee ballots are considered in a public meeting after the election and counted or rejected according to state law and regulation.

What is a provisional ballot?

A provisional ballot is a safeguard to ensure that an individual who believes that he or she is registered and eligible to vote is able to vote. If a voter is required to vote by provisional ballot, the voter will be asked to complete a provisional ballot application and vote a paper-based optical scan ballot. It is important that the voter complete the entire provisional ballot application, as the information on the application is used to determine whether the provisional ballot will be counted.

All provisional ballot applications are reviewed, regardless of whether or not the provisional ballots will make a difference in the outcome of an election. A provisional ballot will only be counted after the local board of elections has

reviewed the provisional ballot application and determined that the individual is in fact registered and eligible to vote.

A provisional ballot is not an alternative to the electronic voting system. Additional information about provisional voting is available at www.elections.state.md.us under "Voting."

Additional election-related dates and information are available at www.elections.state.md.us under "Elections" and "2008 Presidential Elections." For more information, voters may contact the local boards of elections or the State Board of Elections at 1-800-222-VOTE (8683).

Ballot

From front page

ballot application:

- If mailed, by 4:30 p.m., Feb. 5; or
- If faxed, by 11:59 p.m. Feb. 5.

After Feb. 5, all requests for an absentee ballot must be made in person

at a local board of elections. After Feb. 5, the late application for absentee ballot will be posted at www.elections.state.md.us, but a voter must submit the late application to a local board of elections. Contact information for the local board of elections is available at www.elections.state.md.us (click "Local Boards of Elections" on the left side) or call 1-800-222-VOTE (8683).

The 2008 Presidential Primary Election will be held on Feb. 12, and the Presidential General Election will be held on Nov. 4. Additional election-related information and dates are available at www.elections.state.md.us.

For more information, contact the State Board of Elections at 1-800-222-VOTE (8683) or visit www.elections.state.md.us.

HHC

From front page

"You built a highly professional command in HHC," Weissman said.

He welcomed Petraitis, noting that "his background makes him well suited for this mission."

"I'm confident you will rise to the challenge and build on the great success of your predecessor," Weissman said.

Gibbons thanked God, his chain of command and APG organizations that included the Office of the Staff Judge Advocate, the chaplain corps, RDECOM, the Joint Personal Effects Depot, the U.S. Army Aberdeen Test Center, Army Community Service and the U.S. Army Test and Evaluation Command for supporting him throughout his command. "Although the faces change in HHC, the desire to serve has always been constant," Gibbons said.

He further expressed gratitude to 1st Sgt. Larry Tyson of the Garrison staff and his wife, whom he referred to as "my Army of one."

To Petraitis, Gibbons said, "Enjoy your time in command as my Family and I have. You are the right man in charge to tackle the mission ahead."

Petraitis briefly thanked APG commanders for their support.

"Thank you for the privilege and opportunity to join this team and command the great Soldiers of HHC," he said.

He later said that he appreciates the rapport that HHC has with the installation tenants, Soldiers and civilians and that he intends to "keep that up."

He said that after a whirlwind tour of the installation he found that "people here are helpful and they work well together."

"I'd like to maintain that or even improve on it as I learn how the organization works and look into how we



Photo by JAMES BRIDGES, DOIM
Maj. Mathieu N. Petraitis, Headquarters and Headquarters Company, Aberdeen Proving Ground Garrison, left, assumes the command position in front of his troops during his Change of Command ceremony at the Aberdeen Area Recreation Center Jan. 25.

fit into the upcoming changes of BRAC [Base Realignment and Closure] and the expanding post," Petraitis said.

The program included the invocation, delivered by installation Chaplain (Col.)

Ruben Colon; the presentation of flowers to Gibbons' Family members by Sgt. Luis Rodriguez, chaplain assistant, and music by the AMC Band woodwind quintet, led by Sgt. 1st Class Kristin Barrett.

Community Notes

SUNDAY

FEBRUARY 3 AUXILIARY OFFERS SUNDAY BREAKFAST

The Ladies Auxiliary of VFW Post 5337, 3706 Pulaski Highway in Abingdon will offer breakfast 8 to 11 a.m. The cost is \$6. The menu includes choice of eggs (any style), bacon, sausage, chipped beef gravy, home fries, toast, pancakes, French toast sticks, grits, cereal, fresh fruit, coffee, juice, milk and orange juice. Proceeds benefit VFW programs.

For more information, call Linda MacArthur, 410-676-4456.

MONDAY

FEBRUARY 4 TOASTMASTERS MEETING

Gunpowder Toastmasters Club 2562 will meet 11:40 a.m. at the Gunpowder Club, building E-4650, Parrish Road in the Edgewood Area. The club is open to anyone on or off post who wants to improve their communication, leadership and listening skills and overcome the fear of speaking in public.

For more information, call Len Kolodny, 410-734-6673.

WEDNESDAY

FEBRUARY 6 MILITARY SEALIFT COMMAND MINI JOB FAIR

Recruiters for Military Sealift Command will recruit for open seagoing positions, 10 a.m. to 2 p.m., at the One Stop Career Center, 1100 North Eutaw Street, Baltimore.

Military Sealift Command

transports equipment and supplies to U.S. forces worldwide and is seeking to fill several vacant Civilian Mariner positions in the coming months. Seagoing positions offer CIVMARS on-the-job training, career advancement opportunities, steady pay and federal benefits. CIVMARS work in state-of-the-art environments with excellent living accommodations.

Positions include: Deck Department - 2nd Officer, Able Seaman, Ordinary Seaman - Advancement Program; Engine Department - Refrigeration Engineer, Deck Engineer Machinist, Unlicensed Junior Engineer and Pumpman; Supply Department - Yeoman Storekeeper and Supply Utilityman.

For more information or if candidates would like to find out if they have the skills and experience to fill one of the available positions, call the CIVMAR Support Center, 1-877-JOBS-MSC or visit www.sealift-command.com.

SATURDAY

FEBRUARY 9 VALENTINE'S DAY DINNER AND DANCE

American Legion Edgewood Service Post 17, located on 415 Edgewood Road will hold Valentine's Day Dinner and Dance, 6 to 10 p.m. Tickets cost \$10 per person or \$18 per couple. Cost includes music, steak, baked potato, salad and dessert. Dinner will be served 6:30 to 8 p.m.

For more information, call 410-676-1167.

SUNDAY

FEBRUARY 10 FOUR CHAPLAINS CEREMONY

American Legion Susquehanna Post 135, located on 300 Cherry Street, Perryville, will hold a Four Chaplains Ceremony, 2 p.m.

The ceremony honors the sacrifices made by the Revs. George Fox and Clark Poling, Father John Washington and Rabbi Alexander Goode, after they gave their lives to save others on the USS Dorchester during World War II.

Refreshments will be served. Sign up at the bar.

For more information, call 410-642-2771.

COLLEGE GOAL SUNDAY

The DE-DC-MD Association of Student Financial Aid Administrators, Inc. will host the 7th Annual College Goal Sunday, 2 to 4 p.m. at the Harford County H.E.A.T. Center, located between I-95 and Route 22, Aberdeen. In the event of snow, the event will be held Feb. 18.

The event offers free help from financial aid professionals to complete the Free Application for Federal Student Aid. The FAFSA form is required by all colleges to qualify for federal grants and loans, including most state and private scholarships.

Students attending College Goal Sunday need to bring proof of 2007 income and benefits information, such as completed IRS federal income tax returns and W-2 Forms, or proof of untaxed income for the student and parent(s).

For more information, call 1-866-GO-2-GOAL or visit www.go2goal.org.

SUNDAY

FEBRUARY 17 BASKET BINGO

Prince of Peace Church located on 2600 Willoughby Beach Road, Edgewood, will hold Basket Bingo 2:30 p.m. Doors open 1:30 p.m.

Tickets cost \$17 in advance and \$20 at the door. Cost includes 20 regular games, raffles, baked goods and refreshments; three special games will be sold separately. A "split-the-pot" coverall will be offered. No smoking is allowed.

For more information or to purchase tickets, call Joanne,

APG closing announcements

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

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

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

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

Station	Frequency	Location
WAMD	AM 970	Aberdeen
WXCX	FM 103.7	Havre de Grace
WBAL	AM 1090	Baltimore
WIYY	FM 97.9	Baltimore
WPOC	FM 93.1	Baltimore
WDEL	AM 1150	Wilmington, Del.
WSTW	FM 93.7	Wilmington, Del.
WSBA	AM 910	York, Pa.
WARM	FM 103.3	York, Pa.
WROZ	FM 101.3	Lancaster, Pa.
WBAL-TV	Channel 11	Baltimore
WMAR-TV	Channel 2	Baltimore
WBFF-TV	Channel 45	Baltimore
WJZ-TV	Channel 13	Baltimore

410-679-5912 or Delores, 410-679-1718.

FRIDAY

FEBRUARY 22 2008 CHRISTIAN SWEETHEART GALA

True Joy Ministries will sponsor its third annual 'Christian Sweetheart Gala, 7 to 11 p.m., at the Richlin Ballroom located on 1700 Van Bibber Road, Edgewood. The formal, black-tie optional event is a non-profit scholarship fundraiser. Tickets cost \$50 per person and includes dinner and automatic entry into the 'Grand Prize' raffle for \$750. Participants must be present to win. For those unable to attend the gala there is a 'Mystery Prize' drawing with a donation of \$35.

For more information or to purchase tickets, call Minister Kenneth W. Telsee, senior pastor, True Joy Ministries, 410-937-4051 or 410-273-9715; or e-mail Trujoyministries@aol.com.

SATURDAY

FEBRUARY 23 BLUE GRASS MUSIC

American Legion Edgewood Service Post 17, located on 415 Edgewood Road, will sponsor True Blue Grass Music featuring The Harold Tipton Band, 8 p.m. to midnight. Doors open 7:30 p.m. Tickets cost \$10 per person and include cash bar

and food.

SUNDAY

FEBRUARY 24 WELCOME HOME CELEBRATION FUND

Maryland Consolidated Military Organizations will host a bull and oyster roast, 1 p.m., at Tall Cedars Hall located on 2501 Putty Hill Ave., Baltimore. All proceeds will benefit a Welcome Home Celebration Fund for deployed Maryland National Guard units.

Donations cost \$33 per person, or \$300 per table of 10 and includes music, dancing, silent auction, wheels and instant bingo raffles.

Menu includes pit beef and ham, country smoked ham, oysters on the half shell, homemade Maryland crab soup, chicken wings, barbecue boneless pork ribs, sauerkraut and kielbasa, macaroni and cheese, mashed potatoes with gravy, potato salad, cole slaw, fresh fruit, cheese and crackers, pickled beets, seasonal vegetables with dips, coffee, iced tea, beer and soda.

For more information or to purchase tickets, call Lisa Mitchell, 410-576-6037 or e-mail lisa.mitchell@mdbalt.af.mil.

SATURDAY

MARCH 8 2008 EXPO FOR

TRANSITIONING YOUTH

The 2008 Expo for Transitioning Youth will be held 8:30 a.m. to 1 p.m. at the New Life Center located at Mountain Christian Church, 1824 Mountain Road, Joppa. The expo will be held for teens and young adults with special needs facing the challenges and opportunities of transition into adulthood. The event is free.

Workshops include Picture Yourself in College; So You Want to Drive?; Building a Better Relationship with Your Money and more.

The expo is sponsored by the Harford County Commission on Disabilities, the Harford County Public Schools' Office of Special Education, the Arc Northern Chesapeake Region, Abilities Network, the Bel Air Office of the Division of Rehabilitation Services, the Office of Mental Health and the Harford County Local Management Board.

For more information or to register, visit www.harford-countymd.gov/services/disabilities, or call Sharon Grzanka, 410-638-3373 voice/TTY or e-mail disability@harfordcountymd.gov.

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

Boss

From front page

to include the core components, the pillars that we have today: community service, recreation and leisure and quality of life."

The BOSS program has a representative sitting on almost all agency committees on an installation, he said. There is a representative on the AFAP steering committee, so those issues that are brought up through the AFAP process are seen by a BOSS president or vice president on the steering

committee, ensuring that the single Soldiers' interest is kept in the forefront.

"One of the greatest opportunities that single Soldiers have is at the General Officers Steering Committee," Coatney said. "Last year, I heard the loudest 'Hooah' from seventy Soldiers in the room when the Sergeant Major of the Army addressed the senior leaders about the merits of the BOSS program and how important they are, and that senior leaders should look at it more seriously and get more involved."

"One of the biggest things I got out of the AFAP conference is our ability to speak directly to

senior leaders about issues that affect us," Coatney said. "It's about Soldiers taking care of Soldiers and their Families. It's about Soldiers saying here, here is my little voice representing however many Soldiers I am representing and the Army gave me a platform from which to say something and I am going to say it."

During Coatney's first time participating in AFAP process he was selected to brief Maj. Gen. Kevin T. Campbell, the director of the Army Staff, who was the United States Army Pacific commander at the time.

"I was told that this general was very personable and would hang onto every word I had to say and that he would listen to me, and I said, 'Yeah that's what they all say,'" Coatney said. "I was stunned, for it seemed like he hung onto every word that came out of my mouth, and it wasn't because I was a Soldier standing up there talking, it was because I was a Soldier standing there presenting issues that affected Soldiers everywhere."

"There was not one leader who blew us off, there was not one leader who you felt didn't listen. They all listened and they understood and they took what the delegates said to heart. They take them back and they work them, they work them tooth and nail. We know that for a fact because BOSS is a product of one of the issues that came out of AFAP."

The BOSS program's mission includes increasing retention and sustaining combat readiness.

"We are now looking at how the BOSS program fits to see

how it fits with mission support," Coatney said. "We talk about pre-deployment, deployment and re-deployment, and where we fit into that. We know they're busy; we know they're focused. We know that the most important thing is for them to train Soldiers to go and fight the War on Terror."

"We are fighting the fights that a lot of Soldiers don't see," Coatney said. "We are standing our ground for better barracks; we are ensuring that quarters are done on time. But that is not all we do. We have to get away from the thinking that BOSS is all about the barracks."

"When you look at the AFAP process, it is the only program in any branch of services that gives a private, who just came in the military, a voice to talk to the chief of staff of the Army. There is no other program in the Armed forces that allows you to say, 'I don't like the hours of AAFES, so I am going to submit a proposal to get this changed' and someone is going to actually listen to you and take it seriously."

"We have come a long way, and in 2008 we are going even further, and this is due to the AFAP process and the Soldiers on the ground demanding more from us and BOSS demanding more from ourselves. This is due to the Army leadership saying 'Hey look, we have not forgotten about you. You are just as important to us as anybody else.'"

APG AFAP submissions forms are on page 6.

For more information about the APG BOSS program, call Spc. Gabrielle M. Shivers, 410-436-1921.

POST SHORTS

Kirk U.S. Army Health Clinic Feb. 18.

Arrangements should be made to pick up medications prior to these dates.

For more information, call 410-278-1724.

GED instructor needed at ChalleNGe Academy

A vacancy exists for a GED instructor, responsible for social studies and citizenship of academic excellence components for the Freestate ChalleNGe Academy serving 16- to-18-year old at-risk youth in a 5-month quasi-military residential program at Aberdeen Proving Ground.

This is contractual employment with no benefits. Applicants must hold a bachelor's degree and have two years of administrative experience.

Application form, State MS100, should be mailed to Maryland Freestate ChalleNGe Academy, building 4220, Aberdeen Proving Ground, MD 21005 or call 410-306-1845.

Valentine's Day bake sale

The 9th Area Medical Laboratory Family Readiness Group will sponsor a Valentine's Day bake sale, 11 a.m. to 6 p.m. at the PX. Treats include cookies, cupcakes and chocolate truffles. Donations will support the 9th AML FRG fund that is used to sponsor deployment packages for family members, baby showers, family functions, and FRG meetings.

'Retired Federal Employees' meets Feb. 19

Susquehanna Chapter 1522 of National Active and Retired Federal Employees Association for Harford and Cecil Counties will meet 11:30 a.m. at the Havre de Grace Methodist Church social hall located on Congress and Union avenues. A light lunch with potluck will be served. A presentation, "Accent on Elder Law — A New Approach to Serving Maryland Seniors" will be given 12:45 p.m. A business meeting will follow at 1:15 p.m.

For more information, or for reservations, call 410-939-3973.

Dining facilities serve Black history month specialty meal

The Black History Month Specialty Meal will be held in the Aberdeen and Edgewood dining facilities, buildings 4219 and E-4225, 4 to 5:30 p.m., Feb. 19. All military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.85 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree

and their guests. The discount meal rate of \$3.30 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The Black History Month Specialty Meal menu includes: hearty vegetable beef soup, barbecued spareribs, fried chicken, southern fried catfish, baked chicken, simmered ham hocks, steamed rice, baked macaroni and cheese, sweet potato casserole, collard greens, black eyed peas, green beans, corn bread, assorted salad bar, potato salad, cole slaw, assorted desserts, assorted breads, 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 at 410-306-1393/1398.

CPR, AED classes available

Beginning January 2008, the Aberdeen Proving Ground Fire and Emergency Service will offer CPR and automated external defibrillator classes on APG.

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

In the Edgewood Area, classes will be held at the Gunpowder Club, building E-4650 in the Osprey Room, on Feb. 20, April 16, June 18, Aug. 20, Oct. 15 and Dec. 17.

In the Aberdeen Area, classes will be held at the Post Theater, March 19, May 22, July 16, Sept. 17 and Nov. 19.

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

For more information or to register, call Raymond Campbell, 410-306-0566, or e-mail Ray.Campbell@apg.army.mil.

National Prayer Luncheon Feb. 22

Aberdeen Proving Ground will host its annual National Prayer Luncheon 11:30 a.m., Feb. 22, at Top of the Bay. The guest speaker will be Archbishop Edwin F. O'Brien, archbishop of Baltimore.

For ticket information, call

410-278-4333.

NCO Academy 8th Annual Anniversary Dining Out

The Noncommissioned Officer Academy will hold its 8th Annual Anniversary Dining Out Feb. 29 at Top of the Bay. The evening will honor past NCOA commandants from 1987 to present.

Tickets cost \$35. Call to make a reservation by Feb. 25.

For more information or to RSVP, call Sgt. 1st Class Francis Cruz, 410-278-9129 or e-mail francis.cruz@apg.army.mil or lilly.dillon@apg.army.mil.

Recruiting team to visit APG

A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Ft. Knox, Ky., will present a briefing, 10 a.m., Feb. 28 at the Janet Barr Building, building 4305, room 243, Side A.

The briefing will include qualifications and application procedures to applicants interested in becoming U.S. Army warrant officers.

For more information, call Sgt. 1st Class Rosalyn Grayson, Career Counselor, Ordnance Center and Schools, 410-306-2769, DSN 458-2769 or e-mail rosalyng.i.grayson@apg.army.mil; or call the Warrant Officer team, Chief Warrant Officer 4 Carlos L. Negron, 502-626-0458, DSN 536-0458 or e-mail carlos.negron@usarec.army.mil.

Free American Sign Language class offered

A free American Sign Language class will be held 11:30 a.m. to 12:30 p.m. every Tuesday through March 11.

The class will be held at the Gunpowder Club, building E-4650 (January through February) and at the Edgewood Area Conference Center, building E-4811 (February through March).

To receive credit for the class, students must submit form DD 1556. Students must complete at least 10 classes in order to receive credit.

For more information or to register, call BethAnn Cameron, 410-436-7175.

No emergency ser-

vice at KUSAHC

Kirk U.S. Army Health Clinic is not equipped or staffed to provide emergency medical care. Neither the Aberdeen Area nor Edgewood Area clinics should be considered suitable destinations to receive health-care for a medical emergency.

For emergencies, call 911. APG's EMS service is manned with paramedic-level emergency medical technicians and state-of-the-art equipment to provide emergency care while en route to local hospitals.

Thrift Shop holds bag sale

The Aberdeen Proving Ground Thrift Shop, located in building 2458, is holding a \$1 Bag Sale during regular business hours. Sale items are mainly men, women and children's clothing.

The Thrift Shop hours of operation are Wednesday, 11 a.m. to 6 p.m., Thursday, 10 a.m. to 2 p.m. and the first Saturday of the month, 10 a.m. to 1 p.m. For more information, call 410-272-8572 during business hours.

Education Center conducts in-process briefings

The APG Education Center, located in building 4305, second floor, room 213-B, will conduct monthly in-process briefings for Soldiers within their first 30 days of assignment to APG.

The briefings take place 8 to 9 a.m. on the last Monday of each month and are designed to inform Soldiers, enlisted and officers, of programs and services available to meet the requirements of their educational goals and plans. The briefing also will provide information to help establish or recertify the Soldier's long/short-term education goals.

For more information, call Tressie Stout, 410-306-2042.

Dining facilities serve Irish specialty meal

The Irish Specialty Meal will be held in the Aberdeen and Edgewood Area dining facilities, buildings 4503, 4219 and E-4225, 5:30 to 7:00 p.m., March 18. During this event all military personnel, Family members, Department of

Defense civilians, retirees and guests are invited to dine.

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

The Irish Specialty Meal Menu includes: potato and leek soup, Sheppard's pie, glazed corned beef, Irish chicken and dumplings, fish and chips, Dublin coddle (bacon and pork sausage) boiled red potatoes with dill, freedom fries (chips), steamed cabbage, seasoned carrots, pickled beet & onion salad, creamy cole slaw, assorted salad bar, hot rolls, assorted breads, 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 at 410-306-1393/1398.

CBRNIAC offers technical inquiry service

The Chemical, Biological, Radiological and Nuclear Defense Information Analysis Center, or CBRNIAC, provides a technical inquiry service.

The service offers up to four hours of technical analysis service at no cost to authorized users from Department of Defense agencies, other federal government agencies, DoD and federal contractors, state and local governments and emergency response organizations. The service covers the full range of CBRN defense and related homeland security topics.

To take advantage of CBRNIAC's Inquiry Service, complete the "Submit an Inquiry" form on its Web site, <http://www.cbrniac.apgea.army.mil/info/inquiry.php>, or call James M. King, 410-676-9030.

Volunteers needed for research studies on hearing

The U.S. Army Research Laboratory is seeking normal hearing volunteers between the ages of 18 to 35 years old to participate in listening studies. Listening time is up to five hours. Each listener will be paid \$20 per hour for their time. Qualified listeners can participate in one or more studies.

Interested volunteers should contact Martha Dennison, 410-278-5918, or e-mail mjdenis@arl.army.mil.

Hours for APG Army

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

Local Traffic Hazards Course II (LHC)

Training classes are designed for all personnel who are new to APG and unaware of local driving hazards. Students will learn relevant information on local conditions to reduce crashes and fatalities.

Classes are for Soldiers, DoD civilians and Family members arriving at APG and anyone on TDY at APG for 30 days or more. The course will be held noon to 12:30 p.m., building 4303, Hazardous Waste Training Room located on Boothby Hill Road, Aberdeen Area.

Classes will be held on Feb. 25 and 28 and March 21.

For more information or to register, call Mike Allen, Installation Safety Division, 410-306-1081 or e-mail mike.allen@apg.army.mil.

Intermediate Driver's Training IIIA (IDT)

Training Course II builds on the themes introduced during Introductory Course 1, during Basic training or AIT and provides expanded opportunity for class interaction and discussion. The course is mandatory for all Soldiers under 26 years of age.

The course will be held 12:45 to 3:15 p.m., building 4303, Hazardous Waste Training Room located on Boothby Hill Road, Aberdeen Area. Classes will be held Feb. 25 and 28 and March 21.

For more information or to register, call Mike Allen, Installation Safety Division, 410-306-1081 or e-mail mike.allen@apg.army.mil.

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Neoma Amberman
Karen Blades
William Bond
Debra Bonsall (daughter has brain tumor)
Jeanie Bowman
Jane Calahan
Henry Cason

Donna Cianelli
Joyce Clark
George Colletta
Barbara Crossley
John Daigle
Wayne Doyle
Lisa Foust
Betty Genuardi

Hester Hayes
Jerome Hesck
William Horn
Beverly King (caring for husband)
Glenn Kresge
Coby Lantry
Mickey Morales

Marie D. Nowak
Cindy Orwig
Melvin Showell
Gloria Scott
Donna Sexton
Mark Shipman
Willie Stevenson
Charles Young

Well-Being focuses on pharmacy, eatery options

Story by
RACHEL PONDER
APG News

The Jan. 18 Well-Being Council meeting focused on pharmacy changes and eatery improvements for the Aberdeen Proving Ground community.

Col. Don Pollack, Staff Judge Advocate, was the acting Garrison Commander in lieu of Col. Jeffery S. Weissman. He thanked everyone for attending the meeting.

“Col. Weissman knows how important this meeting is,” said Pollack. “I am glad to see the majority of seats being filled.”

Pollack told the attendees that the Tax Center will be open 11 a.m. to 7 p.m., Jan. 24 through April 10, Tuesday-Saturday. The U.S. Army Ordnance Center and Schools provided funds to hire full-time civilian tax advisors. The tax center is located in building 4311, behind the Janet Barr Soldier Support Center. Pollack said that attendees should call the Tax Center, 410-278-2020, if they have any questions about their taxes.

“We hope to provide folks with a high quality of service,” Pollack said.

AFFES

The gas pumps are being installed at the shoppettes, starting at the APG Edgewood Area shoppette. It will take two weeks to install.

(Look for an upcoming in-depth article in the *APG News* concerning patron eligibility for AFFES facilities.)

DENTAC

Col. Colleen Shull informed attendees that throughout the month of February several Dental Activity staff members will visit local schools to talk to children about dental hygiene and dental care. February is National Children’s Dental Health Month.

KUSAHC

Col. William Rice, commander of Kirk U.S. Army Health Clinic, told attendees of some changes that were going to affect the pharmacy. The pharmacy has been undergoing an expansion project for the last three years.

“Three things I would not compromise as we move forward: privacy, patient safety and the quality of the message that you get,” Rice said.

Some of the policies and practices mentioned were:

- There is now a numbering system for wait time at the pharmacy. Only one customer is allowed at the pharmacy window at a time. This is to insure the customer’s privacy. Rice pointed out that the average wait time in KUSAHC’s pharmacy is 7 1/2 minutes. Rice said that 30 minutes is considered

good in the pharmacy industry.

- Customers should try to arrange to visit the pharmacy during off-peak time. Peak time is 11:30 a.m. to 6 p.m. Rice recommended visiting the pharmacy before or after these hours.

- Rice asked for patience in the pharmacy waiting room. At the present time they will not have enough staff to man all four windows.

- Rice requested complaints be put in the complaint box, as opposed to bringing complaints to the window. This will decrease wait time.

- A new automated refill system, which will operate like an automated teller machine, is planned. Patients will have to fill out a registration form and use a pin number to use the system. Forms are available at the pharmacy window. (A future article in the *APG News* will explain this system.)

- Rice informed attendees that there is a “true crunch” for primary health care providers, and that it will get worse because there are two deployments coming up. Rice said that routine and specialty appointments will not be affected, but patients with acute problems will most likely be sent to Patient First or an urgent care system. Rice reminded attendees to call for a referral first.

- Patients need to make sure they indicate the right type of appointment when they are choosing their appointment on TRICAREOnline Rice said. They should print the receipt, make sure the appointment type and location is correct on the receipt, and bring the receipt with them on the day of the appointment.

- KUSAHC will no longer accept hand carried serums for allergy shots. Allergists now need to mail the serums to KUSAHC.

- A little over 90 percent of Army personnel have had their flu shot. Rice urged the remaining Army personnel to get their flu shot.

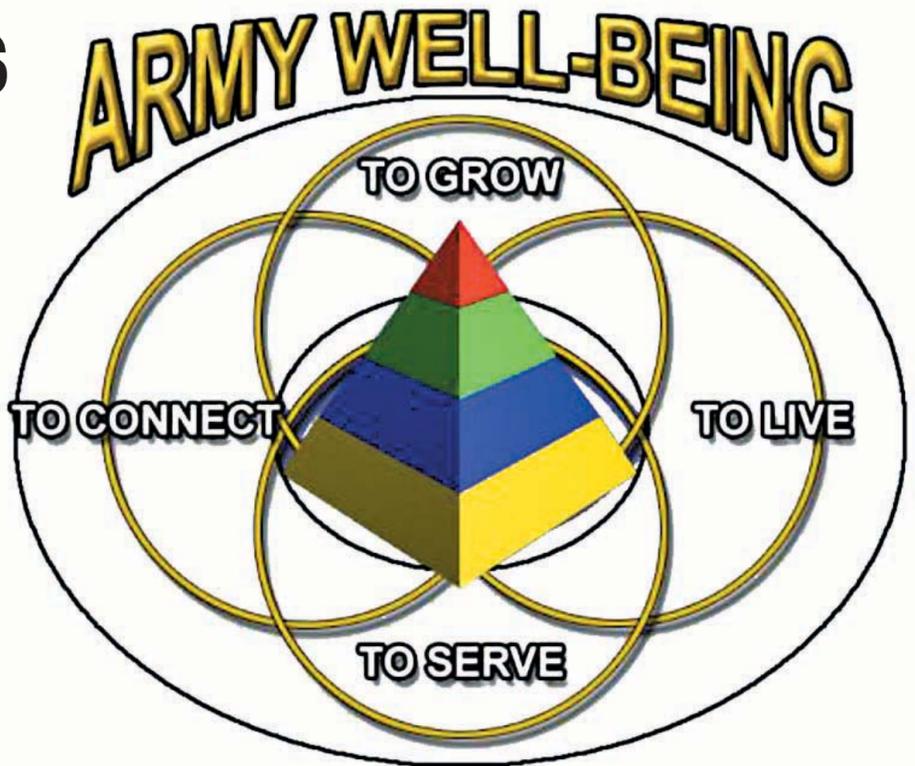
- Rice reminded attendees that they can change their primary care provider on TRICARE Online.

DIO

David Carter, Chief of Engineering and Construction Division, Directorate of Installation Operations, informed attendees that DIO has cleared the 5400 block for Fort Monmouth. Earth work will begin in the spring.

“We are in the first phase of building for Fort Monmouth,” Carter said.

He said that the 715 gate will be undergoing construction for nine months, beginning in February. The gate is going through construction so that the golf course will be completely accessible to the public.



“You will see a significant improvement to the gate. It will be a nice facility,” said Carter.

DLES

Robert Krauer, Director of Law Enforcement and Security, announced that on average they issue 8.37 citations a day for speeding in the Edgewood Area.

“The laws are being enforced, but we will always have speeding problems,” Krauer said.

Commissary

An updated, user-friendly, cash register system has been installed in the store. This system includes self-checkout lanes. (See article on page 7.)

FMWR

Morale, Welfare and Recreation has been officially changed to Family, Morale, Welfare and Recreation, said Regina Dannenfesler, Director of FMWR. This is the result of the signing of the Army Family Covenant two months ago.

More information about new programs that will help deployed Soldiers with additional needs will be available on FMWR’s Web site (<http://www.apgmwr.com/>).

A hotline is available for Soldiers needing more information about their deployment status at 410-306-3698.

A marketing survey was conducted last year via APG’s Web site to determine food preferences. The survey found that the most popular food preferences are: American, healthy fare and Chinese.

This year, the menu options at APG eateries will be changed as a

result of the survey.

Dannenfesler said that APG eateries will be improved, starting with the Edgewood Area. A new eatery will be opening in March within the Stark Recreation Center. FMWR will put their expanded menus on their Web site.

Dannenfesler reminded everyone to use gym sanitation wipes to prevent the spread of staph infections.

“There is no reason for people to feel uncomfortable, said Dannenfesler, “It is up to you to use the initiative to use the wipes.”

A paper was distributed through the U.S. Army Research Development and Engineering Command by KUSAHC explaining how to prevent staph infections. The information is available on the Center for Human Health and Preventive Medicine Web site and also in the *APG News* archives.

Pat Palazzi, Child & Youth Services Division, announced that waiting list forms for the summer camp program will be available in the Youth Services building in the Edgewood Area and in the Outreach Services building in the AberdeenArea starting Feb. 19 at 7:30 a.m.

Marilyn Howard from Army Community Service said that Army Family Action Planning Conference submission forms are available online on the APG mainframe and in the *APG News*.

School Liaison

Eileen Campbell, APG’s school liaison, told attendees of a new form that was added to the Permanent

Change of Station forms to assist Soldiers when they are deployed.

When Soldiers leave they are to take that form to the school to notify them of the exact withdrawal date, destination, and then the paper work will be put together by the school. When the children leave or exit the school they will have their paper work to take with them and they will be placed in an appropriate class when they arrive at their destination.

“With this form the whole process should run smoother,” Campbell said.

Safety Office

Overton Johnson from the Safety Office told attendees that the playground on Austin Road in Edgewood has had several repairs. The playground has been inspected and is now safe for children to use.

Johnson also told attendees that the Safety Office, in cooperation with FMWR, has provided reflective belts that can be signed out at the fitness centers. Present a CAC Card at the front desk to sign out for a belt.

He also reminded drivers to slow down, always look for runners, and obey the posted speed limit.

“The Soldiers need to stay fit while they are defending our country,” said Johnson.

For more information, contact the Installation Safety Division at 410-306-1095. (A future article will appear in the *APG News*.)

The next Well-Being Action Council meeting will be held 9:30 a.m., Feb. 21, at the Aberdeen Area Chapel.

AFAP submission form

Issue for consideration by APG Army Family Action Plan Conference XXII, Feb. 26 to 28

(Print clearly and provide detailed information. Use additional pages if necessary.)

What is the problem? _____

Why is it a problem? _____

How can it be fixed? _____

Name: _____ **E-mail:** _____

For more information, call Marilyn Howard, 410-278-9669 or e-mail Marilyn.E.Howard@us.army.mil. Name and contact information will allow program administrators to ask questions if needed. Incomplete issues may not be considered.

CARTS delivers state-of-the art technology to Commissary customers

Story and photo by
RACHEL PONDER
APG News

Aberdeen Proving Ground's Defense Commissary Agency has undergone major changes in the past week, receiving five new self-checkouts, or SCOs, and replacing nine cash registers with the Commissary Advanced Resale Transaction System, or CARTS.

APG's DeCa also has two new price check stations installed in the store.

"I am very excited to have this new system. It is user-friendly and up-to-date," said Tammy Spickler, APG's Commissary Store director.

CARTS represents the DeCa's next generation of front-end technology. This system is targeted to be in all commissaries by June 2008.

Much of CARTS, including the SCOs, provides state-of-the-art technology, with DeCa serving as the model provided to private industries considering the same upgrade. DeCa's out-front posture has enabled commissaries to take full advantage of the efficiencies, increased customer choice and service at lower cost, greater reliability, and lower maintenance cost that CARTS delivers.

Bob Comer, CARTS project manager, credits commissaries with accommodating a technical first: installing the system incrementally, without store closure.

"Installing front-end programs always meant closing the store," Comer said. "This time, the stores stayed open, often operating with a mix of the old and new technology as we installed pieces of CARTS at night," Comer said.

At APG's commissary, cashiers received training last weekend to prepare to use the new system on Tuesday, Jan. 29.

"The IBM people are going to be here to train us for a week," said Terry Hopson, a cashier. "I like the system, it is much faster."

Comer said SCOs have been well-received by many customers, and as they gain experience in using the service, their confidence will grow.

Another flexibility of the program enables easy conversion from a SCO lane to a cashier-operated lane as necessary, since both types of checkouts involve the same equipment and technology.

"A best practice observed at higher productivity locations is opening the SCO for early bird shopping and not opening staffed cash registers until later when customer demand increases," he said. "The same stores close the staffed registers in the evenings and keep the SCOs open, depending on the length of the queue lines to process the remaining customers at closing."

Comer said stores are beginning to appreciate efficiencies provided by CARTS, such as how it simplifies closing the cash cage, how the hand-held scanner allows cashiers to reach bulkier items in the cart, and electronic check conversion, which speeds up check processing by eliminating handling of paper checks and bank deposits.

"Customers enjoy the price-check stations in the store and the large customer display terminal at checkout that gives them a better view of their purchases," he said.



Terry Hopson, a DeCa cashier, right, scans items using CARTS, the new cash register system for customer, Jackie Berdanier, at the Aberdeen Proving Ground Commissary.

The previous Point-of-Sale Technology Refresh system, known as POS-TR, should "rest in peace" by the end of June 2008, after serving the agency well for 10 to 12 years. The contract for CARTS was awarded to IBM in December 2005 for five years, with an additional five-year option.

"Technology challenges of this magnitude

may be tough to master at first, but in the long run, we have to go after the latest and greatest systems to serve our customers well," Comer said. "We're committed to delivering the best possible commissary benefit, and CARTS is essential to that vision. This propels us to a whole new level in customer service."



Your health is KUSAHC's goal



Immobility, injury place thousands at risk

Story by
GAIL CURETON
TRICARE Management Activity

A difficult-to-detect ailment kills 200,000 people in the United States each year—more than AIDS and breast cancer combined. Yet few have heard of deep vein thrombosis and what you don't know can kill.

Often the symptoms for deep vein thrombosis, commonly called DVT, are subtle and can sometimes be mistaken for muscle strains, skin rashes or inflammation in the veins. Left untreated, DVT may cause severe or fatal complications such as pulmonary embolism or blood clotting in the lungs.

DVT has been dubbed the "economy class syn-

drome" because of its association with long flights in cramped conditions. However, it can also strike first class passengers, and has been known to afflict travelers on long journeys in cars, trucks, buses and trains. It also affects injured persons who are immobile for long periods of time.

Immobility coupled with genetics contributed to NBC journalist David Bloom's death in 2003 at the age of 39. While embedded with the Army's 3rd Infantry Division in Iraq, the veteran reporter and the Soldiers whose stories he told spent long periods of time riding in a cramped tank with little ability to move.

"Two nights before his death, David called on a satellite phone," wife Melanie Bloom recounted. "He told me he was having some

pain in his legs, but that it wasn't anything to worry about."

The seemingly insignificant pain was in fact a warning sign.

Anyone may develop DVT, but there are conditions that place some at higher risk including:

- Immobility or poor mobility
- Surgery that lasts more than 30 minutes
- Health conditions that cause the blood to clot more easily than normal
- Contraceptive pills and hormone replacement therapy
- Cancer or heart failure
- Pregnancy (about 1 in 1,000 pregnant women have DVT)

- Obesity

Nearly half of all people diagnosed with DVT have no symptoms; however, there are some warning signs that require immediate attention. Contact a health care provider if any of the following develop:

- Pain, redness, tenderness, or sudden swelling in one leg
- Skin that is warm to the touch in one leg
- Unexplained shortness of breath
- Chest pain or rapid heart rate
- Coughing up blood

TRICARE wants to keep its beneficiaries healthy and informed. For more information on DVT, visit http://www.nhlbi.nih.gov/health/dci/Diseases/Dvt/DVT_WhatIs.html.

Killing tumors

Johns Hopkins Medicine

Guided by imaging technologies such as computed tomography, magnetic resonance imaging and ultrasound, specialists in Hopkins' Vascular and Interventional Radiology Division can now surgically burn or freeze cancerous tumors—on an outpatient basis—using a technique called percutaneous ablation.

Treatment explained

Percutaneous ablation is a minimally invasive treatment for solid tumors, especially in the liver, lungs and kidneys.

"Imaging technology is used to guide special probes through a tiny hole in the skin to either burn (radiofrequency ablation) or freeze (cryoablation) the cancer cells," said Johns Hopkins Medicine interventional radiologist Christos Georgiades.

Explaining the benefits

The procedure is generally lower risk than surgery, less costly, requires a much shorter recovery and can be repeated as many times as needed.

"If follow-up scans show we didn't get it all, we can still pursue other treatments, such as chemotherapy or radiation," Georgiades

said. "And this is a totally new option for those who can't have surgery."

Success rate is high

It all depends on the size and location of the tumor—working best on those that are three centimeters or smaller and easily accessible through the skin, according to Georgiades.

"In the last two years, we've done about twenty on lung cancer patients who had no other option, and at least half are cancer-free more than a year later," he said. "We've treated about twenty patients with liver cancer with a success rate equal to surgery on small, accessible tumors. For kidney tumors, we've treated about fifty patients with a success rate near ninety percent."

Explaining the procedure

Once the patient is sedated, they are placed in an imaging machine to help a doctor guide the probe through the skin and into the tumor. The entire experience takes less than two hours, and more than half of patients go home the same day. Pain, if any, is controlled with medication and usually lasts only a few days.

When breaking up [stones] is hard to do

Johns Hopkins Medicine

About 80 percent of kidney stones in this country turn out to be run-of-the-mill calcium stones, and most of these will respond well to extracorporeal shock wave lithotripsy. But once in a while, this conventional treatment fails to break up the stones.

"And that," said urologist Brian Matlaga, "is when you might say, 'Aha—this could be cystinuria.'"

Only one percent of stones are caused by this metabolic defect that results in excessive urinary excretion of cystine, explained Matlaga, and cystine stones are harder than their calcium counterparts, making them less responsive to shock wave lithotripsy. Additionally, calcium stones typically present in middle age, whereas cystinuria tends to present early in life.

This used to be another tip-off that a patient might have cystinuria, but "that's starting to change," Matlaga said.

"Now we're seeing more kids and more elderly people with calcium stones."

But cystinuria isn't just increasingly challenging to diagnose; it's also a challenge to treat. Stones tend to recur, so invasive surgery or surgery that harms the kidneys will become problematic with cumulative procedures. Medications, which can elevate a patient's urinary pH or bind to the cystine and prevent crystals from forming, all have harsh side effects.

To provide better care for cystine stone formers and other patients who present with complex medical situations, Matlaga has joined forces with Hopkins nephrologist Michael Choi.

"We both have an interest in stone disease," explained Matlaga, "so it made sense to establish a clinic where I could evaluate patients from a surgical standpoint and say, 'This is going to be the best way to get rid of the stones,' and then he could evaluate them from a medical

perspective, and say, 'This is the best way to prevent these stones from coming back.'"

The clinic fills a longstanding gap.

"Shock wave lithotripsy is by far the most commonly used treatment for stones," Matlaga said, "and it does work well for most stones."

But for cystinuria, the clinical picture is complicated. For stones lodged in the tubes leading to the bladder, Matlaga uses ureteroscopy with laser lithotripsy to capture and remove or break up the stones. When stones are large, he relies on percutaneous nephrolithotomy, which requires making a half-inch incision in the back and using X-ray guidance to reach, break up and extract the stones.

Another bonus of the clinic is that dietitians will also be on hand.

"It's seamless for the patient" Matlaga said, "because we're all here together. It's also better care."

Book

From page 2

daughter letters and send her pictures, but he couldn't stand talking to her more than every couple of weeks. It made him too emotional.

His wife Tonia wrote about how unnerving communication blackouts were and that she would be on an emotional roller coaster following their conversations.

"When Mike knew he was going

out for a long mission, he would call home to tell me 'I just wanted to tell you I love you before I go out.' I finally had to tell him he had to stop doing that because it was like he was calling to talk to me one more time just in case he didn't make it back," she said in "Operation Military Family."

The book also deals with the stresses couples face after redeployment, which Tonia said "was way worse than the actual deployment. We still struggle every day. We've had to deal with all of the issues."

Schindler said that each of the

approximately 50 couples he interviewed had seriously considered divorce or separation. Tonia and Mike said they still struggle every day, but that their [children] have kept them together.

Army spouses in the book also stress how important it is to develop a support network in advance, to find a battle buddy to get them through those first difficult weeks, and to let friends and Family know what to expect and how they can help. Other challenges they faced were differences in pay

and medical coverage as reserve-component Soldiers deployed and a confusing mass of paperwork and Web sites.

"Operation Military Family" is a step-by-step guide to many of those resources and benefits, including TRICARE, the Department of Veterans Affairs, Military Homefront and Military OneSource - Department of Defense-sponsored Web sites for quality-of-life information and other resources - and nonprofit and service-specific resources for strengthening marriages, including the Army's

Strong Bonds program.

Sponsored by the chaplaincy, Strong Bonds is a weekend-retreat program designed to help couples improve their communication styles.

The book also has exercises at the end of each chapter that couples can use to help develop their communication game plans and strengthen their marriages.

For more information, visit www.operationmilitaryfamily.org. Information about the Army's Strong Bond's program can be found at www.strongbonds.org.

Group

From front page

ent ways, but there are some common difficulties.

Behavioral reactions include: trouble concentrating, being jumpy and easily startled, always being "on guard

and alert," bad dreams or flashbacks, avoiding people or places related to the trauma, work or school problems, and a loss of intimacy, or feeling withdrawn, detached or disconnected.

Physical reactions can include: trouble sleeping, being over tired, upset stomach, trouble eating, headaches and sweating when thinking of the war, lack

of exercise, poor diet or health care, rapid heartbeat or breathing, too much drinking, smoking or drug use, other health problems becoming worse.

Emotional reactions can include: feeling nervous, helpless, or fearful; feeling sad, guilty, rejected or abandoned; edginess, easily upset or annoyed; experiencing shock,

being numb and unable to feel happy; feeling hopeless about the future, being irritable or angry, and not trusting others, being overly controlling and having lost of conflicts.

Most combat veterans commonly experience symptoms; however, if these symptoms persist months after the event, they may indicate PTSD.

Talking about combat experiences and reactions with other combat veterans has long been found to be as an effective way to adjust and move forward. Beginning on Wednesday, Feb. 13, there will be a Post Deployment Support Group meeting every Wednesday, 4 to 5 p.m., for 12 weeks at the APG Main Chapel, room 4. The group is open (no

appointment needed) and confidential and all are welcome.

Group leaders are O'Rourke, 410-278-1755; Dr. David Pollin, KUSAHC, 410-278-1715; and Chaplain (Maj.) Robert Leathers, APG Chapel, 410-278-9313.

For more information, call 410-278-1755.



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

Disney on Ice – Finding Nemo

Tickets are available for Disney on Ice, featuring Finding Nemo, Feb. 6 through 10, at the 1st Mariner Arena, Baltimore. Tickets cost \$13.50 for ages 2 and older for Feb. 6; for Feb. 7 through 10, tickets cost \$18.75 for ages 2 and older. Tickets are located in section 113 or 114 depending on the show. Last day to purchase tickets is Feb. 1.

For more information or to purchase tickets, call MWR Leisure Travel, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907 or e-mail at MWR-LeisureTravel@apg.army.mil.

Body Worlds 2 Exhibit

MWR Leisure Travel Services offers tickets to The Body Worlds 2 Exhibit at the Maryland Science Center, from Feb. 2 through March 16.

Body Worlds 2 educates the public about the inner workings of the human body and shows the effects of poor health, good health and lifestyle choices.

Tickets cost \$20.50 for

adults and \$14.50 for children ages 3 to 18. Cost includes entry into the Science Center exhibit hall and the Body Worlds 2 exhibit.

For more information or to purchase tickets, visit MWR Leisure Travel Services located in the AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Amateur Boxing Night

The 16th and 143rd Ordnance Battalions face off for the first time in 2008 during the Amateur Boxing Night extravaganza March 15 at the Aberdeen Athletic Center, building 3300. Doors open 5 p.m., the event begins 6 p.m. Tickets cost \$5 for active duty military; \$10 for non-military; and \$20 for ring-side seats. Children under 6 are admitted free.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or Hoyle Gym, building E-4210, 410-436-3375/7134.

Ringling Bros. and Barnum & Bailey Circus tickets on sale

Ladies and gentlemen, come see the greatest show on earth. Tickets are available for shows March 12 through 23 at the 1st Mariner Arena in Baltimore for \$18.75 for ages 2 and older. The last day to purchase is March 7.

For more information or to purchase tickets, visit MWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail

MWR-LeisureTravel@apg.army.mil.

MWR hosts 'Losers ARE Winners' weight loss competition

A new weight loss competition began Jan. 14 and ends April 4. Participants must enter with a partner (groups of 3 will be accepted).

Participants will weigh in once a week. Participants who lose the most weight based on a percentage will win a prize.

Register at the AA Fitness Center, building 320 or Hoyle Gym and Fitness Center, building E-4210. Entry fee is \$5 per person.

For more information, call

Jeff Pettitway, 410-278-9725

Discount ski lift tickets available

MWR Registration, Tickets and Leisure Travel Center has discount ski lift tickets for Bear Creek, Blue Mountain, Camelback, Jack Frost/Big Boulder Ski Resorts and Ski Liberty, Ski Roundtop and Whitetail.

For more information, call MWR Registration, Tickets and Leisure Travel Center, 410-278-4907/4011, building 3326, or e-mail mwr_registration@usag.apg.army.mil.

School age/middle school services summer program taking applications

The Aberdeen and Edgewood area's summer programs will run for nine weeks, June 16 through Aug. 15, Monday through Friday, 6:30 a.m. to 5:30 p.m.

The program is open to all qualifying children who have completed first through eighth grades. Parents can sign up for the weeks that fit their schedule.

Tuition fees are based on

total Family income.

Waiting list applications may be picked up daily beginning 7:30 a.m., Feb. 19, at the Edgewood Area Youth Services, building E-1902, the Outreach Services, building 2752 or faxed to 410-278-4658.

Applications will not be distributed or accepted at the Aberdeen Area Youth Service building.

Registration will be held Saturday, April 19, at the Edgewood Area Youth Services and Saturday, April 26, at the Aberdeen Area Youth Services for all sponsors who have been offered openings by the Central Registration office. Registration packets, an up-to-date physical and Family income information must be completed prior to the registration appointment.

A \$20 non-refundable deposit is required per child at the time of registration for each week a parent selects.

For questions or further information, call the Outreach Services Office, 410-278-7571/7479.

Grease on Broadway

Sandy and Danny reunite once again. See Grease, 2 p.m., May 17, on Broadway. Tickets cost \$165 each and include bus transportation and Broadway play. This event is open to all DoD ID card holders. Purchase tickets in advance.

For more information or to purchase tickets, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Choice of shows at The Hippodrome Theater

MWR Leisure Travel Services has discounted tickets for several shows at The Hippodrome Theater, located at the France-Merrick Performing Arts Center, 12 N. Eutaw Street, Baltimore.

Shows include:

- "Cirque Dreams," 2 p.m., Feb. 2, 2008
- "High School Musical," 2 p.m., Feb. 23; and 8 p.m., Feb. 29
- "Camelot," 2 p.m., March 29
- "The Color Purple," 2 p.m., May 3; 2 p.m., May 10; and 6:30 p.m., May 11.

Tickets are available for a limited time – purchase them now. Tickets range in price from \$33 to \$87. To order tickets, visit www.eventusher.com; enter the special password: 105MWRAPGMD and follow the instructions on the ordering page.

Price includes show ticket only, no transportation is provided. Open to all DoD ID card holders.

For more information, or to purchase tickets, visit the MWR Leisure Travel Office located in Aberdeen Area Recreation Center, building 3326, call 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Register for Spring APG Youth Sports Program

Youths can register for softball, baseball, tee ball, cheerleading, flag football and Start Smart basketball, Feb. 6 through 28. Walk-in registrations will be held 7:30 to 10:30 a.m., weekdays, Central Registration, Aberdeen Area Youth Center, Building 2752 Rodman Road. In the Edgewood Area, register by appointment after 10:30 a.m. at the EA Youth Center, building E-1902.

For more information or to register, call 410-278-7571/7479.

Youth Baseball and Tee Ball

Register early – teams and spaces are limited. Boys ages 5 through 15 as of April 30 may register. Cost of registration is \$45 per child for baseball and \$35 for tee ball. Practice starts the week of April 1 and games will be held on weekdays.

Youth flag football

Boys and girls, ages 6 to 8, 9 to 11 and 12 to 14 as of April 1, can sign up. Flag football practices begin the week of April 1, games begin May 3. Games will be held every Saturday at the Aberdeen Area and Edgewood Area Youth Centers. The fee is \$45 for the season. Coaches and referees are needed to make the program a success.

For more information, call Youth Sports office.

Cheerleading

Cheerleading for ages 5 through 14 as of April 1 costs \$45 per child. Cost for shoes and socks are not included. Cheerleading squads will cheer for APG Flag Football teams. Practice will be held 5:30 p.m. on weekdays and starts the week of April 1.

Start Smart Basketball

This program is for boys and girls ages 3 to 5 who want to play basketball and be coached by their mom or dad. Start Smart Basketball will be held Wednesdays, March 12 through April 16. Parent participation is required. Cost is \$40 per child. Each child will receive a T-shirt, basketball and award.

Softball

Girls ages 7 to 8, 9 to 10, 11 to 13, 14 to 18 as of Jan. 1, can register for softball. Cost is \$45 per child. Practice begins the third week of March, games begin mid April.

Interested in being an umpire or a coach? The program will play in the Eastern Harford County league.

For more information, call 410-306-2297.

ACS upcoming events

All scheduled events will be held at the Army Community Service Center, building 2754, Rodman Road unless otherwise noted.

Smart Start Your Business seminars

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center sponsors Smart Start Your Business seminars. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan.

Seminars will be held 11:30 to 1 p.m., July 30, Aug. 27, Sept. 24, Oct. 22 and Nov. 19. For more information or to RSVP, call 410-278-9669.

Home Buying and Selling Seminar

A Home Buying and Selling Seminar will be offered by Army Community Service, 11 a.m. to 1 p.m., Feb. 21, at ACS, building 2754, Training Room. All service members, civilians, Family members, retirees and contractors are welcome to attend.

The seminar will address housing as the major focus of relocation, from listing to settlement. Topics include a step-by-step look at home buying and selling; learn what questions to ask when buying a home; learn how to improve an individual credit score to buy a home; learn how to work with real estate agents; know what a homebuyer's/seller's rights are; how to sell a home for top dollar; learn home buying, selling, renting, and leasing options; how to prepare a home for the market; determining the asking price; and the qualification process.

An experienced realtor and banker will be available to answer questions.

Job vs. Career classes for teens

Army Community Service will hold Job vs. Career classes for teens, ages 13 through 18, 12:30 to 1:30 p.m., at ACS classroom

building 2754. Classes will be held March 25, June 18 and July 23.

Today's workforce offers many challenges and rewards. Learning has a tremendous impact on future earnings. Teens will learn the benefit of a career over a job. The ACS Employment Program and Tina Mike, APG-FCU Education director, will help guide teens through the job and career preparation process so they can achieve their own employment success. Topics include:

- what employers are looking for
- how to apply for a job
- tips on resume writing
- interviewing experience

For more information or to enroll teens in this free class, call Marilyn Howard, ACS Employment Readiness, 410-278-9669.

The Waiting Families Support Group is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY or deployments.

For more information, call Marilyn Howard, ACS, building 2754 Rodman Road, 410-278-9669/7572.

A Support Group for Survivors meets 6 to 8 p.m. each Tuesday. The topic is "Talking It Out." The support group is open to adults affected by unhealthy relationships including domestic and/or sexual violence.

Family Information Network Meeting, or FIN, support group meets 11:30 a.m. to 1 p.m., the second Wednesday of the month. It is designed to provide education, information and support to those Families who are living with or caring for an exceptional Family member.

Victim Advocacy APG 24-Hour hotlines: Domestic Violence, 410-652-6048 Sexual Assault, 1-410-322-7154.

Easter Brunch March 23

The annual Easter breakfast and luncheon buffet will be held 10 a.m. to 2 p.m., March 23 at Top of the Bay. The price is \$19.95 for adults and \$9.95 for children ages 5 to 11. Children under 5 eat free.

Breakfast Buffet:

Omelet station, French toast, scrambled eggs, sausage and bacon, biscuits w/ sausage gravy and home fries, smoked salmon, bagels, muffins and Danish.

Luncheon Buffet:

Chicken Breast stuffed w/ sage and cranberry dressing, Roast Pork, Baked Cod, assorted vegetables, potatoes and rice, carving station with Roast Sirloin of Beef and Ham. Mimosas, juices, coffee, tea, and soda.

Reservation required.

To make reservations, call 410-278-3062/2552/5195 Mon-Fri 8 a.m.- 4:30 p.m. Reservation deadline is March 20.



Free movies at the Post Theater

MWR hosts free movies at the Post Theater, 7 p.m., Saturdays and 2 p.m., Sundays.

Movies are open to active duty, National Guard and Reserve personnel and their Family members, retirees, DoD civilians and APG contractors. Children under 16 must be accompanied by an adult regardless of the movie rating.

For more information or movie schedule call the Movie Hotline, 410-278-8000 or check the APG MWR Web site, <http://www.apgmwr.com>.

Snack Bar will be open for all performances. AMERICAN RUSH (PG) Saturday, Feb. 2, 7 p.m.

A sheltered young cellist and a charismatic Irish singer-songwriter, are drawn Together by a street musician's rendition of "Moondance."

MARTIAN CHILD (PG) Sunday, Feb. 3, 2 p.m.

A recently widowed science fiction writer forms an unlikely family with a close friend and a young adopted boy who claims to be from Mars.

HITMAN (R) Saturday, Feb. 9, 7 p.m. The "Hitman" is a genetically-engineered, elite assassin known only as Agent 47.

BEE MOVIE (PG) Sunday, Feb. 10, 2 p.m. Barry B. Benson is a graduate bee fresh out of college who discovers humans are mass consumers of honey and decides to sue the human race for stealing bees' honey.

ENCHANTED (PG) Saturday, Feb. 16,

7 p.m.

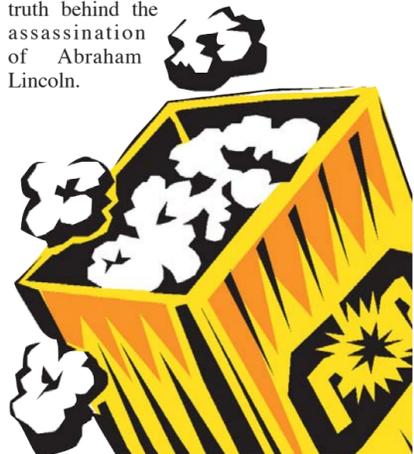
The tale of princess Giselle as she is banished by an evil queen from her magical land and finds herself in the gritty modern-day Manhattan.

ALIENS VS PREDATOR (R) Sunday, Feb. 17, 2 p.m.

These two breeds of cosmic killers clash in the small-town streets of Gunnison, Colo. ALVIN AND THE CHIPMUNKS (PG) Sunday, Feb. 24, 2 p.m.

Three chipmunk brothers, Alvin, Simon and Theodore, are adopted by a man named Dave. NATIONAL TREASURE (PG), Saturday, March 1, 7 p.m.

Treasure hunter Benjamin Franklin Gates looks to discover the truth behind the assassination of Abraham Lincoln.



APG Bowling Center Snack Bar specials Building 2342

Week of Jan. 28

Special #1: Chicken cheese steak sub, mayonnaise, lettuce, tomato, pickles, onions, mushrooms, sweet peppers, jalapeno peppers, potato chips, one cookie and soda for \$7.65

Special #2: Grilled ham and cheese, curly French fries, one cookie and soda for \$4.25

Week of Feb. 4

Special #1: Chicken filet salad: Chicken filet on top of lettuce, tomato, onions, cucumbers, green peppers, cheddar cheese, pickles on the side, potato chips and soda for \$5.25.

Special #2: Chef salad with ham and turkey on top of lettuce, tomato, onions, cucumbers, green peppers, pickles on the side, cheddar cheese, one cookie and soda for \$5.45.

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



All-Army Photo Contest

Story by
RACHEL PONDER
APG News

The number of photos submitted to the Aberdeen Proving Ground Army Arts and Crafts program for the annual All-Army Photo Contest was significantly higher in 2007 than in previous years due to the ease of sending digital pictures.

This was the first year that applicants were allowed to submit their photos digitally. Previously, people would submit prints using film from a 35-millimeter camera.

"The former submission process was difficult, which discouraged some people from entering in the contest," said Debbie Brooks Harris, former arts specialist for Family and Morale, Welfare and Recreation. "This year the submission process was easier and there were many good photos to choose from. I wouldn't be surprised if Aberdeen Proving Ground had a winner on the national level."

The contest had two separate divisions: Active Duty Patrons and All Other Eligible Patrons. Each division had two classes: monochrome digital images and color digital images. There were six categories per Class: people, place, object, military life, experimental process and theme (Army Values in 2007). Any authorized FMWR patrons were eligible to enter.

Photos in this contest were first submitted online at the installation level and then up to five images in each category were forwarded to the Department of the Army level.

A panel of three judges from APG chose 33 photos to forward to the DA level.

There were no "winners" at the installation level, but APG News would like to recognize some exceptional photographs.

John Fitzgibbons, a Mechanical Engineer for the U.S. Army Materiel Systems Analysis Activity, entered the photo "Forgotten."

He took this photo last summer during an annual road trip in North Dakota

with a college friend.

The photo featured an abandoned old church by the side of a country road near the Theodore Roosevelt National Park. In the background is the Little Missouri National Grassland, the largest grassland in the country.

This photo has special meaning for Fitzgibbons.

"I knew I wanted a photograph that described North Dakota for me. For me this photo represents both sorrow and excitement," Fitzgibbons said. "I feel a sense of sorrow because this place has been forgotten; it has been lost from memory. People once settled here on the western frontier and gathered at this church, and now it is all but gone. However, at the same time it is exciting

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to know that there are still places that are untouched by technology."

Fitzgibbons became interested in digital photography three years ago as a way to document his yearly road trips.

Gregory Carter, a testing engineer at the Edgewood Chemical Biological Center, was taking a vacation in Maine during the Fourth of July weekend with his wife and another couple. He took "Bass Harbor Lighthouse" at Mount Desert Island in Maine, south of Acadia

National Park.

Carter's interest in photography increased after getting a digital camera. He considers himself an amateur photographer, but would like to cross over to professional photography and sell some of his prints.

"I like digital photography because it allows me to take many photos, and I only have to keep the pictures I like," Carter said. "My camera goes wherever I go."

Ruth Overbay, an administrative assistant for Support

Services for FMWR, took "Autumn Glory" last fall while she was at an apple orchard in Pennsylvania. She has been taking digital pictures for four years.

"It was a scenic view that had a wagon and fall colors, a very colorful scene," Overbay said. "I like to bring my camera everywhere I go because I never know what photo opportunities I might have."

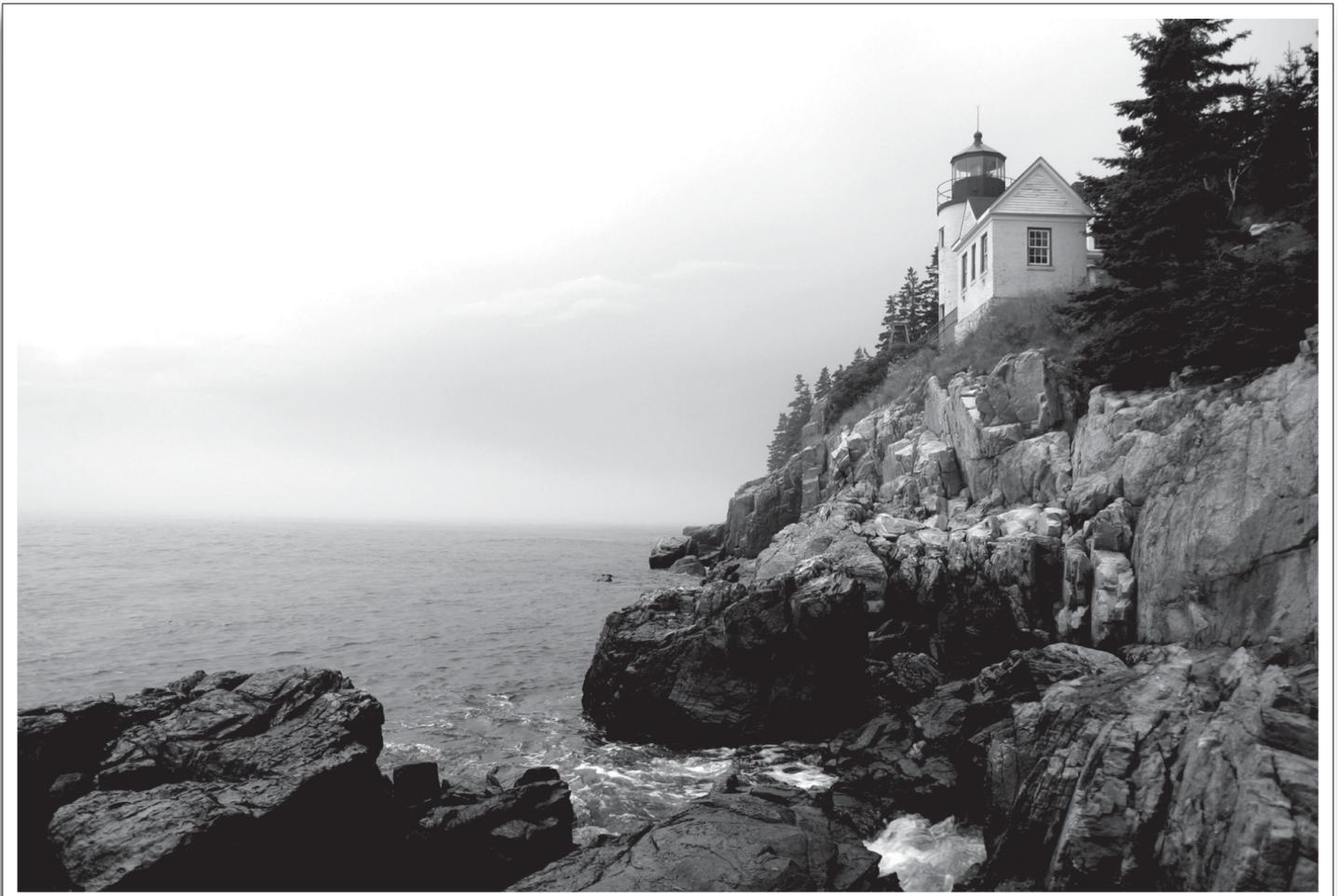
Steven Chetty, a project manager for Contamination Avoidance, took "Grand Tetons" last summer while

vacationing in Jackson Hole, Wyo., close to Yellowstone National Park. He got up at 6:30 a.m. one morning to take pictures and was surprised by how many people were using the lake at that hour.

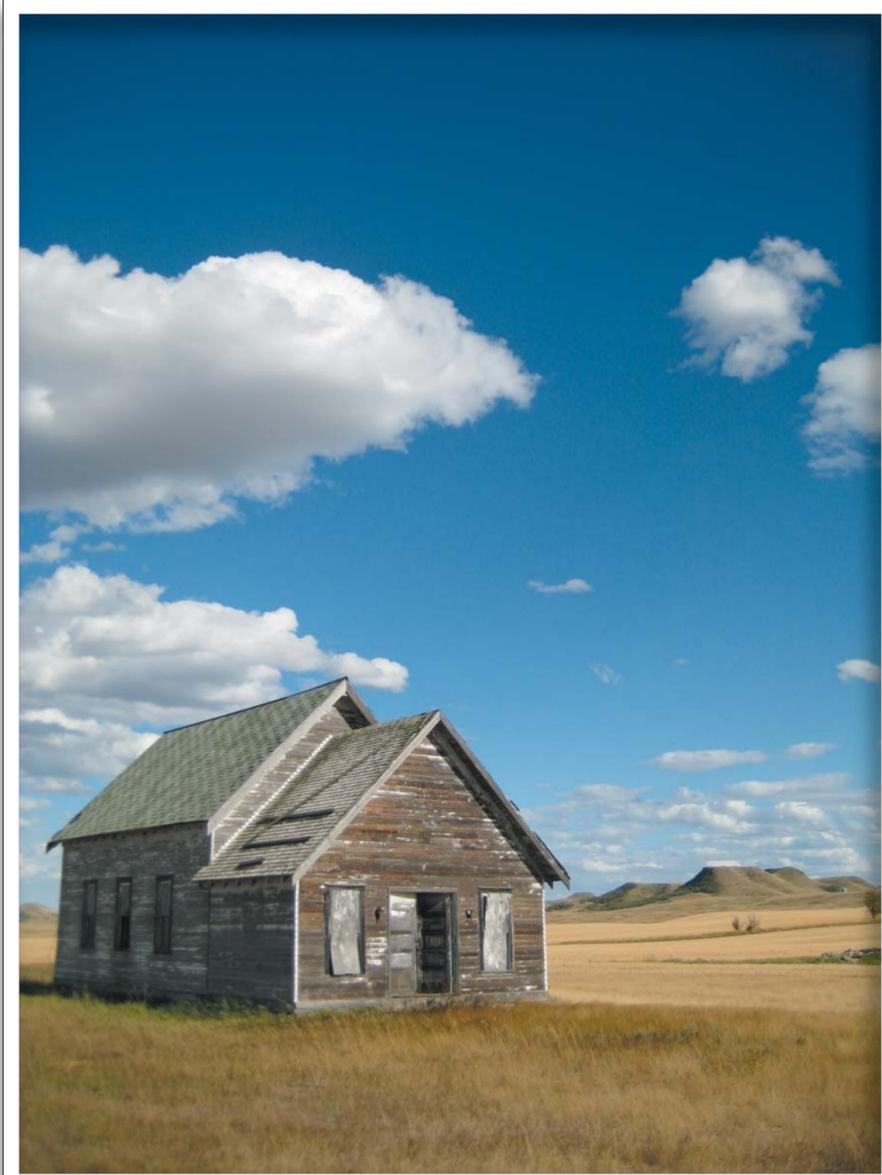
"I liked the activity in the picture, it was life as it was shot," Chetty said.

Chetty has been taking pictures as a hobby for 45 years.

Judging of the Army-level contest will take place in January and results of the contest will be made public in February.



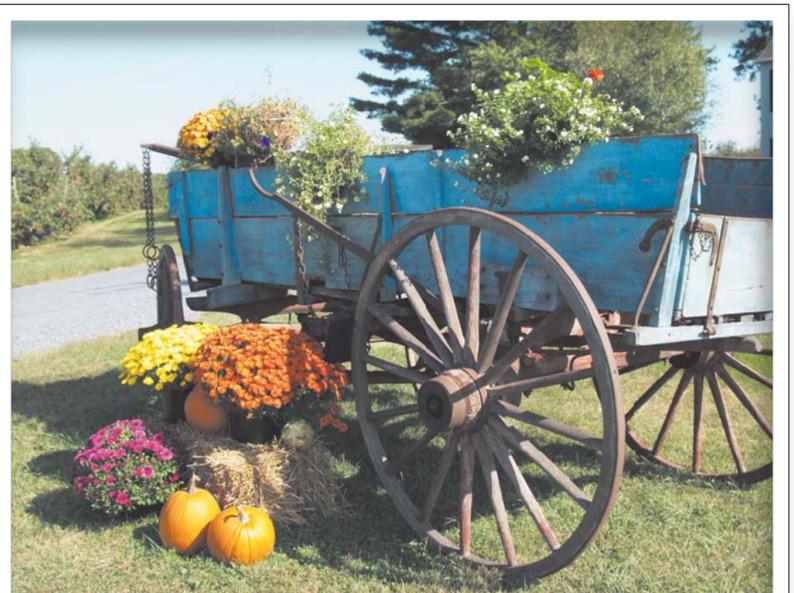
"Bass Harbor Lighthouse" photo by Gregory Carter



"Forgotten" photo by John Fitzgibbons



"Grand Tetons" photo by Steven Chetty



"Autumn Glory" photo by Ruth Overbay