



See page 2 for Year of the NCO articles.

Post Shorts

Picerno takes over recycling

Picerno Military Housing is responsible for the collection of residential household garbage and recycling in Aberdeen Proving Ground housing areas. Both the garbage and recycling pick up will be on Tuesdays.

For more information, contact Angela French Marcum, 410-672-4041 or Meagan Murray, 410-672-4072.



KUSAHC H1N1 immunization clinic schedule



Kirk U.S. Army Health Clinic will conduct H1N1 immunization clinics for all active duty Soldiers and their Families, retirees and anyone who works on Aberdeen Proving Ground:

- Dec. 23, 8 a.m. to 2 p.m., in the Troop Medical Clinic at KUSAHC

- Dec. 30, 8 a.m. to 2 p.m., in the Ortiz Training Room at KUSAHC.

For more information, call the Preventative Medicine Clinic, 410-278-1964.

The H1N1 Flu Hotline is updated daily; the number is [410-278-1964](tel:410-278-1964).

See **SHORTS**, page 8

ISSUE HIGHLIGHTS

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Fire Department shares Letters to Santa

ACS Holiday Extravaganza draws 800 to APG

Story and photos by **YVONNE JOHNSON**
APG News

Prizes, games, a catered meal and a visit from a jolly old friend in a red suit drew more than 800 service members and their Families to the annual Aberdeen Proving Ground Holiday Extravaganza and Tree Lighting Ceremony at the Aberdeen Area Recreation Center Dec. 10.

Hosted by Family and Morale, Welfare and Recreation's Army Community Service, the event featured holiday music by the U.S. Army Materiel Command Band brass quintet and the re-signing of the Army Family Covenant by APG leaders.

Arcelio Alleyne, ACS, welcomed all to the gathering.

"This is a very special time for us," he said after asking all newcomers to the installation to raise their hands.

"We look forward to meeting and serving all the new Families and service members."

Chaplain (Col.) Ruben D. Colon, installation chaplain, presented the invocation.

"We pray for those overseas



A crowd of more than 800 gather in the Aberdeen Area Recreation Center to enjoy the Army Community Service hosted Holiday Extravaganza including tree lighting, games, food and holiday spirit Dec. 10. See page 13 for more photos and the Edgewood Area tree lighting event photos.

and that warmth radiates from this evening, carrying a message of peace to all nations around the world," Colon said.

Major Gen. Nickolas G. Justice, commander of APG and the U.S. Army Research, Development and Engineering Com-

mand; RDECOM Command Sgt. Maj. Hector G. Marin; Col. Orlando W. Ortiz, APG Garrison and deputy installation commander and Garrison Command Sgt. Maj. Rodney J. Rhoades led the signing surrounded by APG Soldiers and

Family members.

Justice, noting that it was only his fifth day with the APG community, after assuming command Dec. 4, said he was excited to be part of the APG Family.

See **HOLIDAYS**, page 13

DoD announces results of 2008 Health Related Behaviors Survey

U.S. DoD Military Health System

The Department of Defense announced the final results of its 2008 Survey of Health Related Behaviors among active duty military personnel Dec. 16.

Active duty Coast Guard personnel were included in the survey's cohort for the first time since the series of surveys began in 1980, providing the first comprehensive look at all active military services.

"The 2008 survey indicates that the U.S. Armed Forces are generally strong, healthy, and ready to accomplish their mission," said Jack Smith, M.D., acting deputy assistant secretary of defense for Clinical Policy And Program Policy. "We are pleased with the continued increase of healthy behaviors and preventive health practices reported by our service members."

The study shows notable decreases over the past 28 years in the use of cigarettes and illegal drugs and encouraging indicators of mental well being.

In addition, there are improvements in certain self-reported preventive health measures since 2005 including increases in moderate or vigorous exercise and a decline in overweight personnel under age 20.

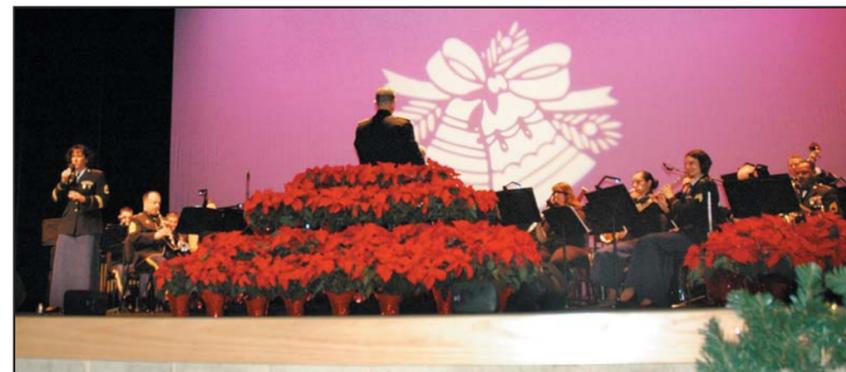
When compared to civilian data adjusted to mirror military demographic characteristics, the 2008 survey showed that military rates of heavy drinking were lower than the civilian average among persons aged 46 to 64. For cigarette use, military

rates were slightly higher than civilian rates among persons aged 18 to 35 but military rates were significantly lower for persons aged 36 and older. The 2008 rate for illicit drug use, including prescription drugs, was 12 percent, an increase from 5 percent in 2005. The percentage increase is primarily attributed to the addition of questions that ask for usage of prescription medication for non-medical reasons. Rates of use of non-prescription illicit drugs (e.g. cocaine, marijuana, amphetamines) have remained low and stable at about two percent. This survey is the 10th in a series of confidential, anonymous standardized surveys that ask active duty service members about various health related behaviors.

In addition to substance use, the survey also assesses mental well-being, deployment issues, fitness, nutrition and weight management and selected national health status goals from the Department of Health and Human Services' Healthy People 2010 objectives.

More than 28,500 service members from the Army, Navy, Marine Corps, Air Force and Coast Guard, randomly selected to represent men and women in all pay grades of the active force throughout the world, completed the survey.

The full survey, along with a survey summary and questions and answers, are posted at <http://www.tricare.mil/tma/studiesEval.aspx>.



Sgt. 1st Class Deborah Levine, performs "Where are You Christmas" with the U.S. Army Materiel Command Band at their annual holiday concert, "A Family Holiday Celebration," at Harford Community College's Amoss Performing Art Center Dec. 13.

AMC Band performs holiday concert for community

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

The U.S. Army Materiel Command Band performed a holiday concert, "A Family Holiday Celebration," at Harford Community College's Amoss Performing Art Center Dec. 13.

Sgt. 1st Class Deborah Levine, who performed the opening vocal number "Where Are You Christmas," said that the AMC Band wanted to provide a free concert to

show appreciation to the Harford County community and nearby communities. This was the first time that the band performed a holiday concert at HCC. Previously the holiday concert had been held at Cecil Community College.

"I am excited that we are able to bring our holiday concert to the Harford County community," she said. "Many people are not aware that Aberdeen Proving Ground has an Army band."

See **CONCERT**, page 4

TRAFFIC ALERT

Providing notice on road closures

DPW

As weather continues to deteriorate and the holidays approach, the ongoing projects will use every available opportunity to continue construction progress. Consequently, there will be short notice road work that will involve lane closures and possibly even some road closures.

The Directorate of Public Works will make every effort to provide as much notice as possible, but in some instances, minor closures may occur unannounced.

Any major activities will be coordinated and announced in advance.

All closures will provide traffic control and detour routing where appropriate.

Susquehanna Avenue will be closed to through traffic between Bel Air and Havre De Grace streets from Dec. 19 through Jan. 3 inclusive. It will reopen for normal troop physical training and traffic not later than midnight Jan. 3.

Detour will be via Raritan or Boothby Hill Avenues, which will be signed.

Continued cooperation and attention to safety is appreciated.

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

CFC exceeds \$470,000

CFC Office

The Aberdeen Proving Ground Combined Federal Campaign exceeded the \$470,000 mark with more than 1,400 donors participating. Nearly 600 online donors contributed more than \$281,000.

The APG CFC staff congratulates the U.S. Army Garrison Resource Management Office for exceeding their goals.

The campaign has been extended to Dec. 30. The APG CFC Office will be open in the U.S. Army Signal Network Enterprise Center located in building 324, noon to 3 p.m., Dec. 28 and 10 a.m. to 3 p.m., Dec. 29.

Anyone wishing to visit the CFC office on Dec. 28 needs to make an appointment at least 24 hours in advance. If a campaign coordinator is not available, contact the APG CFC Office at apgr-usag-cfc@conus.army.mil or 410-246-0607 and leave a message for Mikey Graziano.

Anyone wishing to donate over the holidays may do so using the CFC Nexus Online Pledge system.

For a contributor's guide or online pledging instructions, click the Coordinators and Keyworkers link next to the CFC logo on the APG Web site, www.apg.army.mil.



APG celebrates The Year of the NCO



Commentary: Looking back on the Year of the NCO

By
**COMMAND SGT. MAJ.
HECTOR G. MARIN**
RDECOM



As our year-long tribute to noncommissioned officers comes to a close, we must not allow this recognition to be isolated to 2009. We will continue to work to develop NCOs through education, fitness and leadership training.

As the Army transforms, it is more important than ever that NCOs are engaged beyond a tactical capacity but are empowered through education, training and development to make critical decisions within the battlespace.

Modern warfare in Iraq and Afghanistan demands our Warfighters go out and look for the enemy within smaller units. Today's fight not only allows NCOs to serve as the "backbone" executors of the mission but requires them to serve as recognized leaders.

At Aberdeen Proving Ground, our NCOs serve as a critical link between research and real-world application. I believe this installation is the future of the Army. This is where science and research work with acquisition to provide the critical tools for the future success of our Army.

For example, during a recent visit to Fort Irwin's National Training Center in California's Mojave Desert and the U.S. Army Communication, Electronic, Research, Development and Engineering Center at Fort Monmouth, N.J., RDECOM NCOs provided critical feedback toward the improvement of technology and spoke on behalf of Soldiers.

These training opportunities provide invaluable interaction between NCOs

and Army scientists and engineers, as well as other government and industry defense developers, all in support of our Warfighters.

This year's recognition served to build awareness and public understanding of the multitude of roles and responsibilities that today's NCOs are asked to fill, as well as their continuous development to meet the changing demands placed on them.

One ongoing initiative recently introduced is the Army Career Tracker, which will serve as a tool for Soldiers and their leadership to track and monitor career planning.

The Army is also working towards modernizing the NCO Education System in conjunction with launching the Warrior University Web site (<http://www.warrioruniversity.army.mil/>).

With 234 years of decorated service, our NCOs are critical to today's fight. Today's Army NCO understands the complexities involved in developing technology so that we can defeat the threat in theater.

At the beginning of the year, Secretary of the Army Pete Geren, Chief of Staff of the Army Gen. George W. Casey Jr. and Sergeant Major of the Army Ken-

neth O. Preston signed a letter designating 2009 as the "Year of the NCO." We embarked upon a year focused on highlighting the past and present achievements of our NCOs.

The Army renewed its focus on NCOs' professional development and the acknowledgement, both internally and externally, of NCOs as national assets. As we wrap up the celebrations marking the "Year of the NCO," let us not forget the tremendous contributions of our NCOs.

Army NCOs will continue to serve as mentors, teammates and coaches to all Soldiers, at all levels within the Army. It is my hope that this year's focus on the NCO will lead the way to a highly educated, superiorly fit, and well-prepared environment in the Army, resulting in the defeat of the enemy and the protection of our Warfighters. Our NCOs set the conditions for success.

Army Strong!
(Editor's Note: Command Sgt. Maj. Hector G. Marin is the senior noncommissioned officer for the U.S. Army Research, Development and Engineering Command and Aberdeen Proving Ground.)

APG Holiday Ball honors noncommissioned officers

Story and photos by
RACHEL PONDER
APG News

The Aberdeen Proving Ground Holiday Ball, held at Top of the Bay on Dec. 19, paid special tribute to noncommissioned officers and served as a culmination to APG celebrating the Year of the NCO.

Throughout 2009, APG and the Army honored NCOs through initiatives and events that enhanced awareness and public understanding of the roles and responsibilities of today's NCO and enhanced and accelerated the development of NCOs through education, fitness and leadership development initiatives.

At the Holiday Ball, an NCO display was set up that explained the NCO ranks and the duties and responsibilities that come with a particular rank. The display emphasized that the Army's NCO is effective in any environment and proficient in all aspects of being a Soldier.

The NCO Creed and the history of the NCO Corps were also displayed, which highlighted that Army NCOs trace their roots to the beginning of American military history. The display also showed that the roles and responsibilities of the NCO have increased over the years.

The evening began with a social hour in the upper mezzanine then moved to the main ballroom after the Call to Mess. The joint color guard for the evening was composed of Soldiers from the Joint Personnel Effects Depot and the First Army Medical Laboratory, and was led by Staff Sgt. Dennis Maldonado from the JPED.

Master of Ceremonies was Maj. Matt Petraitis, commander of the Garrison's Headquarters and Headquarters Company, who also organized the event.

Courtney White from the U.S. Army Test and Evaluation Center sang the national anthem.

Chaplain (Col.) Ruben Colon gave the invocation and asked for a special blessing for U.S. Soldiers fighting in harm's way.

"Thank you for the blessed traditions of this Christmas season which have been celebrated throughout our nation's history," he said. "Thank you for those in uniform and their courage, which allows us to enjoy the freedom that we enjoy today."

Colonel Orlando W. Ortiz, APG Garrison and deputy installation commander and host for the evening, thanked those who attended the event on behalf of Maj. Gen. Nickolas Justice, the com-



From left, Garrison Command Sgt. Maj. Rodney Rhoades observes while Col. Orlando Ortiz, APG Garrison and deputy installation commander; Pfc. Billy Pardue, a chaplain's assistant and the youngest Soldier in attendance; Maj. Gen. Nickolas Justice, installation commander; and the guest speaker Command Sgt. Maj. Jeffrey Mellinger, U.S. Army Materiel Command, cut the evening's cake designed to pay tribute to the evening's theme.

mander of APG and the U.S. Army Research, Development and Engineering Command. Ortiz said that this is the first time in recent years that an installation ball was hosted for the benefit of 70 different organizations and representatives from the eight organizations that are going to come to APG as a result of Base Realignment and Closure Law 2005.

"It's great that they can be here with us this evening and team with us as we move forward in execution of our duties, and our duties are not insignificant when you link that to our nation's interests," Ortiz said, referring to the research, testing and development mission which will be the main focus at APG as a result of BRAC.

"As a team we must really move forward and make this an even better installation than what it is right now," he said.

Ortiz added that he also appreciates the support of the community, as several APG retirees were in attendance.

After Ortiz's welcome, several toasts were made.

Petraitis drew the guests' attention to the Table of Remembrance at the front of the ballroom.

"This table set before you represents our fallen comrades," Petraitis said. "This table is our way of remembering and

honoring those who are missing from our midst. They are commonly called prisoners of war, missing in action and killed in action; we call them brothers."

After the toasts, Petraitis and Sgt. Ashley Sangret from the U.S. Army Materiel Command Band led the room in a "Twelve Days of Christmas" Sing-off. Tables in the room were assigned a day to sing, and competed to win a prize.

While attendees ate dinner, a slide show was presented in tribute to the Year of the NCO, which featured interviews from Spc. Carlos Rios, the installation Better Opportunities for Single Soldiers president who works for Headquarters and Headquarters Company, and Sgt. Elizabeth Thompson APG's 2009 NCO of the Year, from the 1st AML, and Sgt. 1st Class Stephen Spohn APG's 2008 NCO of the Year, from the AMC Band.

Rios said in his interview that he strives to maintain a high level of professionalism.

"To become an NCO is to act like an NCO before the rank is pinned on," he said.

Rios added that he has taken on leadership responsibilities, like being the BOSS president, to prepare him for the responsibility that he will assume when he promoted to NCO.

Thompson said that as an NCO of the Year she is a representation of all the NCOs at APG and in the Army and is proud to put on her uniform every day.

"I am building on my strengths and working on my weaknesses," she said. "Becoming an NCO is a goal that is obtainable with a positive attitude and determination."

The concept of the video was created by 1st Sgt. Larry Tyson from HHC.

"I wanted to create an informative video for individuals who might not know that this is the Year of the NCO," he said. "NCOs are expected to do so much. I think that every day they should be showed appreciation."

Aberdeen Proving Ground Command Sgt. Maj. Rodney Rhoades introduced the guest speaker, Command Sgt. Maj. Jeffrey Mellinger, the senior enlisted leader from AMC.

Mellinger was drafted on April 18, 1972, and is the last active duty draftee serving in the U.S. Army.

Rhoades said that Mellinger is a great example of an outstanding NCO.

"He has done so much for our Soldiers and leaders," he said.

Mellinger said that he appreciates everything that the Army has done this year for the Year of the NCO and has done even more for the NCOs this year

See BALL, page 13

APG News

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

Staff

APG Commander Maj. Gen. Nickolas G. Justice
APG Garrison Commander Col. Orlando W. Ortiz
Public Affairs Officer George P. Mercer
Editor Debi Horne
Editorial Assistant Marguerite Towson
Contract Photojournalists Yvonne Johnson
..... Rachel Ponder
Graphic Designer/Web Designer Nick Pentz
Web site www.apgnews.apg.army.mil

St. John Properties breaks ground on two office buildings in 'GATE'



Photo courtesy of ST JOHN PROPERTIES
 Maryland Lt. Gov. Anthony G. Brown addresses the crowd of nearly 200 who attended a Dec. 14 St. John Properties ceremony celebrating the dual groundbreaking of buildings for L-3 Communications and Raytheon Company in The GATE project at Aberdeen Proving Ground.

Story by
AL CUNNIFF
 St. John Properties

St. John Properties hosted a dual groundbreaking ceremony at Aberdeen Proving Ground on Dec. 14 to highlight the start of construction on office buildings for L-3 Communications and Raytheon Company.

More than 200 guests attended the event, which was held on the buildings' future sites on Guardian Gateway in The Government and Technology Enterprise, or The GATE, project.

St. John Properties was assigned the Enhanced Use Lease which provides exclusive development rights for the 416-acre GATE project.

L-3 and Raytheon have each leased a 75,000 square foot office building to be constructed by St. John Properties. Plans call for their buildings to be

completed and occupied in fall 2010.

Groundbreaking attendees included Maryland Lt. Gov. Anthony G. Brown, U.S. Congressman C.A. "Dutch" Ruppersberger, Harford County Executive David R. Craig, Aberdeen Mayor Michael Bennett, APG Garrison Deputy Commander Tim McNamara, APG Garrison Deputy Commander for Transformation Col. Andrew Nelson, Harford County Councilpersons Dion Guthrie and Mary Ann Lisanti, as well as representatives from L-3, Raytheon, the APG garrison, various U.S. Army commands, the Economic Alliance of Greater Baltimore, Harford County leaders and staff and numerous commercial real estate brokers and lenders.

McNamara commented on

the growth that the EUL brings to APG.

"This is a time of tremendous transformation at APG, and our Enhanced Use Lease program enhances that by allowing defense contractors to collocate at APG with those they support," McNamara said. "We welcome Raytheon and L-3 Communications to the APG team."

On completion, The GATE is expected to include approximately two million square feet of office, lab and research and development space, providing a synergetic environment for firms, defense contractors, and other Army and Department of Defense units working on activities to complement the missions of APG.

(Editor's note: Author is the director of Marketing at St. John Properties.)

APG commander tours new Route 24 Gate



Photo by CONRAD JOHNSON
 Aberdeen Proving Ground Installation Commander Maj. Gen. Nickolas G. Justice, right, gets a tour of the newly opened gate from Maryland State Road 24 to the Edgewood Area of the installation from Department of Defense APG police officer Sgt. James Toscano Dec. 21. The \$8.5 million project included two additional lanes, a new visitor center and guard house. Officials said the project will streamline access to the installation in preparation for the thousands of jobs coming to the area over the next couple of years.

APG employees graduate from the first CES Basic Course offered on post

Story by
RACHEL PONDER
 APG News

Thirty-three Aberdeen Proving Ground employees graduated from Army Management Staff College's Civilian Education System Basic Course Dec. 18.

This class was unique in that it was the first to take the course at APG. Previously the class was only offered at Forts Leavenworth and Belvoir.

The two-week class focused on improving the leadership skills of the students. One of the goals for the class is for students to receive the same kind of leadership training that Army officers and noncommissioned officers receive.

Michael Lombardi, director of outreach for the U.S. Army Research, Development and Engineering Command, gave the welcome and opening remarks.

"I want to thank you and your leadership for allowing you to attend the course," he said. "We look forward to hosting more of these courses in the near future. Because of the dramatic expansion taking place, we have been actively engaged with leaders of various educational and training programs."

Lombardi added that the graduation

from the first Army Management Staff College CES Basic Course is a success for all who are engaged in the expansion and enhancement of educational opportunities.

"You can clearly see that our leaders are deeply committed to the training and educational options you need to advance your career and to enhance your work-life balance," he said. "It is our goal to create an Aberdeen Proving Ground educational atmosphere to help you succeed personally and professionally, which can only help our organizations succeed."

Maj. Gen. Nickolas G. Justice, commander of APG and RDECOM, gave congratulatory remarks. Justice said that the Army relies heavily on the civilian workforce, which now has increased responsibility.

Justice said that he feels like the class is important because the Army needs strong leaders in the military and in the civilian workforce.

"We have so much potential here," he said. "We need to turn the potential into useable knowledge. This program is important because it provides our civilian workforce with leaders."

See CES, page 11

Commentary: Practicing OPSEC throughout the holiday season

Story by
LESLIE CHRISTOPOULOS
IMCOM

OPSEC is the process we use to identify and protect sensitive information from our adversaries.

While we primarily use this process at work, we can apply the same methodology to protecting our Family and our homes over the upcoming holiday season.

With the hustle and bustle of the holiday season sometimes we forget about common sense security practices.

“With the holiday season upon us it is important to remember that thieves do not always share the holiday spirit but see it as a period of time to take advantage of the rest of us,” said Joseph Kafli, installation OPSEC officer. “OPSEC or Operations Security, commonly used to protect Classified and Sensitive Information, can also be used to protect us from these individuals. Take note of Leslie’s useful hints on how not to become a victim this season.”

OPSEC and shopping

OPSEC and “street smarts” are synonymous. With OPSEC you identify key information that our adversaries might use against us, then take measures to safeguard that information.

When shopping protect credit card/ATM numbers. Be wary of “shoulder

surfers” - cell phone cameras, as you take out cash from ATMs or pay for items with your credit card.

Make sure to put receipts in a safe place or destroy them properly.

If carrying a large amount of cash, keep a portion of the money separate from your wallet in case you get pick pocketed or lose your wallet.

If you bought so many presents that you have to take a trip to the car to unload your packages so that you can buy more; make sure you place the items in your trunk and out of sight. It’s also smart to relocate to another parking space.

OPSEC and presents

How could giving a Family member a present help burglars target you?

Trash can make you a target. Boxes from items like jewelry or electronics (such as computer, television and stereo boxes) left curbside for trash collection provide good indicators to potential burglars about what high value items are located in the household.

Break down the boxes, throw them in a bag, or put them out just before trash collection time.

OPSEC at home

Things often get so hectic around the holidays that sometimes we completely forget about basic security.

Remember to be alert to public works

crews and other personnel requesting access to the residence. Verify their identity before allowing entry to your home.

Write down the license plate number of suspicious vehicles and note the description of occupants.

When socializing at parties over the holidays, don’t talk “shop” around those who don’t have a need to know, and be wary of attempts to elicit information, even from friends and Family.

Report suspicious activity to the police or local law enforcement.

OPSEC and travel

If traveling this holiday season, don’t forget Travel OPSEC.

Refrain from using military duffel bags or bags with government patches or logos, and use concealed luggage tags.

Don’t use rank or title to reserve airline tickets and hotel rooms.

Keep a low profile in dress and demeanor.

Be cautious about giving out information regarding Family travel plans to those who don’t have a “need to know.”

Leave your home with a lived-in look. Use timers for lights, TV or radio. Have a neighbor collect your mail and holiday deliveries.

Be alert and report suspicious activity.

‘Twas the week before Christmas and all through the neighborhood

Thieves were out prowling, they were looking for goods.

Uncollected newspapers and grass two feet high --

Indicators the owner was not home and this caught the thief’s eye.

Now their home is empty, the rooms are all bare,

If only they had remembered to be OPSEC aware.

Laptop containing personal information about FMWR customers stolen at Belvoir

FMWRC

A laptop computer containing names and personally identifiable information for slightly more than 42,000 Fort Belvoir Family and Morale, Welfare and Recreation patrons was stolen from a FMWR Command employee Nov. 28.

The FMWRC was made aware of the theft Dec. 1, and began assessing the extent of the security breach and preparing to notify affected customers. Letters were sent to all affected patrons explaining the nature of the breach.

Officials at FMWRC apologize for

any inconvenience this may cause their patrons.

As a command, FMWRC takes the security and integrity of patron information very seriously, and is currently reviewing policies to determine how to prevent similar occurrences in the future.

Information Security experts believe it is unlikely the information on the computer will be compromised. Anyone attempting access to the data on the computer would have to bypass three layers of security access and encryption passwords.

It’s far more likely the hard drive will

be removed, discarded and replaced, according to the risk assessment.

The FMWRC operates numerous facilities on Fort Belvoir, including childcare centers, bowling centers, restaurants, outdoor recreation facilities and golf courses. Soldiers, Family members, Department of Defense employees and other authorized FMWR patrons who used an FMWR facility on Fort Belvoir since 2005 may be included in the data on the laptop.

Patrons who have used a Fort Belvoir FMWR facility since 2005 but have

not received official notification from the FMWRC are encouraged to call 866-276-9697 between 7:30 a.m. and 5 p.m. (EST) weekdays to determine if they were included in the database and learn how to guard against misuse of the information.

There was forced entry to the employee’s residence and other high-value electronics and jewelry were stolen. Local authorities are investigating what appears to be a random burglary, and military authorities are investigating whether proper security protocols were followed.

Concert

From **FRONT** page

Levine added that the concert highlighted various aspects of military life during the holidays during with renditions of “Merry Christmas Darling” and “I’ll be Home for Christmas,” which featured vocal solos from Sgt. Eric-ka Escalante and Sgt. Anthony Gentilo, respectively.

“Many of our service men and women will be spending time away from their Families this year,” said narrator Spc. Mark-Daniel Mitchell.

“I think that the line-up was very up beat, with songs that the audience could relate to,” she added.

The concert featured a variety of musical styles like country, “God Rest Ye Merry Gentlemen,” big band, “Santa Baby,” and a tropical Christmas melody that included “Feliz Navidad.”

The concert also included a Hanukkah number, “The Eighth Candle,” which is a prayer and dance celebrating Hanukkah.

As the band played “Away in the Manger,” a slide show was shown featuring pictures of Soldiers celebrating the holidays, including Soldiers reuniting with their Families.

At the end of the concert, Maj. Gen. Nickolas G. Justice, commander of APG and the U.S. Army Research, Development and Engineering Command, said that music from the band is just one of the gifts that the U.S. military provides to its citizens.

“These are such a talented group of American Soldiers,” he said. “These Soldiers here today represent hundreds of

thousands of young American Soldiers who bless our country each day.”

Justice asked the audience, as they spend time with their Family and friends during the holidays to take time to think about the gifts that Soldiers provide to the United States.

“The ability to celebrate the holidays with loved ones and to enjoy freedom—these gifts are guaranteed by your Army,” he said.

The concert included a sing-a-long with several favorite holiday songs, “Deck the Halls,” “Jingle Bells,” “O’ Christmas Tree” and “We Wish You a Merry Christmas.”

After the concert several audience members remarked that they enjoyed hearing the band’s performance.

Retired Col. Farrell Dreisbach, who now works as a plans specialist for the APG garrison, said that he appreciates that the AMC Band provided a free concert for the community.

“We came to support the troops,” Dreisbach’s wife, Martha Dreisbach, an APG retiree, said.

Sandy Harper, an APG retiree said that she enjoyed the musical line-up.

“I thought it was awesome. I enjoyed the traditional holiday music,” Harper said. “I would like to thank every one who had a part of this concert. It was wonderful.”

Joyce Hall, who came with Harper and is also an APG retiree, said that she tries to stay in touch with the APG community and support the AMC Band whenever she can.

“Our heart is with the AMC Band,” she said.

Sergeant Maj. Wendy Thomson, said that she appreciates the hard work the Soldiers put into the concert.

“The concert was a tremendous group effort,” she said. “We are thankful for the support of the Harford Community College, the Aegis, the Military Affairs Committee of the Harford Chamber of Commerce and APG.”

She added that she is also proud of the Soldiers who work behind the scenes.

In addition to performing the music, the AMC Band also is responsible for lighting and sound during concerts.

“I’m proud of my Soldiers who worked not only in front of the cameras, but in all facets of production and operations behind the scenes,” she said. “It’s a testament to the dedication and talent of our Soldiers.”

Chapel News

Commentary: Real 'Christmas peace'

By
CHAP (MAJ) CLAY DAVIS
20th SUPCOM (CBRNE)

Christmas is often referred to as the "season of peace" and it is therefore no surprise when we look at Christmas greeting cards and often read sentiments like "may you have joy in this season of peace" or "may God grant you peace this holiday season."

For many people, identifying peace with the season of Christmas is only natural and is often due to their recalling times past when the Family was gathered together, friendships were renewed and general goodwill prevailed throughout the community. This is the kind of peace that many think of when they hear of "Christmas peace." This is indeed a sort of peace and is not to be dismissed.

In fact, it is a desirable sort of peace, and how wonderful it would be if there was more of it.

However, there is a limitation to this peace that actually falls short of the real "Christmas peace." The problem is that this peace often just lasts for the season. If we are lucky, it may last into mid-January, but that is about it, and then we are back into our old ways of acting and relating to one another and, quite frankly, often not very peacefully. The feeling of goodwill is gone with the Christmas cookies and our peace along with it. The reason that it goes away is that it was artificial to begin with and thus cannot last.

The real "Christmas peace" is not just for the season, but lasts the whole year

through. It is not built on a feeling or a holiday that is temporary in nature, but on a real relationship with God that can never end.

The prophet Isaiah proclaimed that Jesus would be called the "Prince of Peace."

There are three important points to remember about this lasting peace that comes through a relationship with God.

First, this peace was announced and proclaimed for many generations. Many prophets foretold that Christ would come and that he would open the door to peace with God for all people, races and nations. This peace is not a "new-fangled" concept. It is the same peace that God has offered to humanity from the very beginning and that has proven to be real, lasting and unshakeable even in the face of adversity.

Sometimes, we read about Biblical characters like Abraham or Paul and say, "I wish I could have peace with God like they did." Well, you can!

Another point about this peace is that it must be sought. When we have no peace with God, it is not because he does not offer it or cannot give it; it is usually because we have not sought it or asked for it.

Jesus once said, "You have not because you ask not."

Most of the time, we do not have to go seeking for things which rob us of peace. They have a way of invading our lives without our permission. It may be traffic on the way to work, crowds in a

shopping mall, or conflict with relatives, but whatever it is, we do not ask for it. It just barges right in.

God is not intrusive in that way. He does not force himself or his peace upon us. He offers it; he invites us to receive it, but he will not coerce us to receive him or his peace.

We must seek it in faith and ask for it. The wonderful thing is that as soon as we seek it, he springs into action to share his peace with us.

The last point about God's peace is that our hearts must be cleansed and prepared in order to receive it.

Very often, our actions and attitudes have created barriers, not only between us and others, but between us and God.

The New Testament says, "If we confess our sins, he is faithful and just to forgive our sins and cleanse us from all unrighteousness." That is how we

experience his cleansing so that his peace can enter in.

As long as we insist on our own way and do not repent or turn from our sin and from the desire to rule our own lives, we will miss his peace.

I know this cleansing can be tough to admit. Our pride does not want to admit our need for it and our vanity often says we can earn it on our own if we are just good enough or try hard enough to cleanse ourselves. But no, it can only be received freely through repentance and faith and by inviting him do the cleansing of our souls.

So this is indeed the season of peace, but of what kind? Will you have the "peace of the season" which only lasts for a short time? Or will you experience the real "Christmas peace" which lasts for eternity?

The choice is yours in this season of peace.

Chapel donates to Operation Christmas Child



Photo by YVONNE JOHNSON

From left, Amy Shipley and Carol Bruce of the Aberdeen Area Chapel's Protestant Service fill plastic containers with toys and other children's gifts for shipment to Operation Christmas Child in the chapel lobby Nov. 19. Volunteers collected gifts for one month before shipping them to the charitable organization Nov. 23.

Chapel News

Chapel welcomes St. Nicholas



Photos by
BERNADETTE
KOVALSICK
From left, sister
and brother Regan
Thompson, 4, and
Rowan Thompson,
2, hold up gifts they
received from St.
Nicholas (a bishop of
Myra in Turkey in the
fourth century) dur-
ing his visits to the
Catholic faith forma-
tion classes and an
ecumenical gathering
at the Aberdeen Area
Chapel Dec. 6 and 7.
He reminded the gath-
erings that this is the
season of love and
sharing, blessed the
creches and distributed
gifts to the children.

Christmas worship services



Through Jan. 1



There will be a combined Christmas Eve Candelight Service, 7 p.m., Dec. 24, at the Edgewood Area Chapel, building E-4620. Everyone is welcome to attend.

Main Post Chapel (Aberdeen Area)

Catholic Mass

- Thur, Dec. 24 Christmascaroling 11:30 p.m.
- Thur, Dec. 24 Midnightmass midnight
- Fri, Dec. 25 Mass/pageant 9 a.m.
- Sun, Dec. 27 Holy Family 8:45 a.m.
- Thur, Dec. 31 Holy Day/obligation 6:30 p.m.
- Fri, Jan. 1 Holy Day/obligation 11:45 a.m.

Protestant worship

- Sun, Dec. 27 First Sunday in Christmas 10:15 a.m.

Gospel worship

- Sun, Dec. 27 First Sunday in Christmas noon
- Thur, Dec. 31 Watch night service 10 p.m.

Edgewood Area

Catholic Mass

- Fri, Dec. 25 Christmas Day 11:15 a.m.
- Sun, Dec. 27 Holy Family 10:45 a.m.
- Fri, Jan. 1 Holy Day/obligation noon

Protestant worship

- Sun, Dec. 27 First Sunday in Christmas 9:15 a.m.



Paul Sokolowski, a member of the Harford County Astronomical Society, shows the children the Aberdeen Area Youth Center's telescope on Nov. 20. From left: Amber Carpenter, 6, Eddie Williams, 6, and Andrew Fung, 6.

Local astronomy enthusiast shows APG youths how to use a telescope

Story and photos by
RACHEL PONDER
APG News

An astronomy enthusiast spoke to the Aberdeen Area Youth Center about his hobby and showed the children how to use a telescope Nov. 20.

Paul Sokolowski, a member of the Harford County Astronomical Society, was invited to speak to the center by Lisa Marvel, an electronics engineer from the U.S. Army Research Laboratory as part of the Gains in the Education of Math and Science program, an outreach program that encourages student interest in science, engineering and math.

"We are trying to bring STEM [science, technology engineering and mathematics] to the kids on post in a fun way," she said. "We are trying to do as many outreaches as possible to the youth centers and the child development centers. It is important to get children interested in STEM subjects early."

During Sokolowski's talk, he told the children that his interest in astronomy was sparked in the 1960s during the space race between the United States and the Soviet Union.

"I have been a fan of space since I was a young boy and the first astronaut went into space," Sokolowski said.

He added that he thinks it is amazing how far away people can see by using binoculars and telescopes.

"The telescope is like a 'time machine,'" he said referring to the planets and stars in the sky being light years away from earth.

Sokolowski told the children that anyone can develop an interest in astronomy by read-

ing books and Web sites and by joining an astronomy club where they can meet others who are interested in the subject.

"The more you learn; the more fascinating it gets," said Sokolowski, who works in the health care field but said that he enjoys learning about astronomy during his free time.

"You do not have to be an expert or a professional astronomer to develop this hobby," he said.

Sokolowski said that the telescope at the Youth Center is known as the Dobsonian Reflector and uses two mirrors to reflect the light to the eyepiece.

"Dobsonians are very popular," he said. "The simple design makes big mirrors affordable for amateurs."

After Sokolowski's talk the children went outside and looked at the sky using binoculars and the Youth Center's telescope, where the children were able to see Jupiter and two of Jupiter's moons and the Earth's moon.

Charles Novak, a Youth Center tech lab specialist, said that the children seemed to really enjoy the chance to be able to use the telescope.

"This is the first time that the telescope has been used at the center," he said. "When the children are here it is usually not dark enough outside to use it."

Marvel added that she appreciated that Sokolowski volunteered his time to talk about his hobby.

"Seeing Jupiter and the moon was really cool," Thedy Legros, 8, said. "I like seeing the different colors of the stars and planets."

Sokolowski said Harford



Ryan Peves, 9, looks out the Aberdeen Area Youth Center's telescope during an outreach program that encouraged student interest in science, engineering and math Nov. 20.

County Astronomical Society hosts open houses every month to give the public a chance to look through telescopes. For more information on the Har-

ford County Astronomical Society go to www.harfordastro.org.

Astronomy links

• Free astronomy software -

www.stellarium.org

• Astronomy Magazine - www.astronomy.com

• Telescopes and binoculars online - www.telescopes.com

Officials seek feedback on Family programs

Story by
ELAINE WILSON
American Forces Press Service

Defense officials have launched virtual "listening sessions" in hopes of gaining more insight into the effectiveness of military Family programs, a Pentagon official said Dec. 15.

The anonymous, online survey solicits feedback from service members and their Families on the military's educational programs, support networks and other services.

"We hope to hear from a tremendous number of people and have the opportunity to hear from people with wide-ranging issues," said Cathann Kress, program lead for partnerships within the Pentagon's office of Military Community and Family Policy. "Whether you're a brand-new military Family with no children or a military Family with many years in with several children, we want to hear from you."

Service members and their Families

are invited to participate in the survey at <https://survey.vt.edu/survey/entry.jsp?id=1253631402808>.

The online component is an addition to the face-to-face listening sessions already being conducted on military installations throughout the world. The Defense Department and U.S. Department of Agriculture's National Institute of Food and Agriculture began conducting these discussion groups in October to help in determining the best way forward for military Family programs, Kress said.

"We needed to hear from the people invested in the programs," she said. Past sessions have included leadership directly responsible for Family programs and policies and frontline professionals who provide support at the local level, she added.

Future sessions will focus only on service members and their Families.

Virginia Tech University faculty members have been conducting the face-

to-face sessions.

"It helps to have a neutral, third party so people can have a relaxed conversation," Kress noted.

Both the online and face-to-face listening sessions will wrap up in April.

Officials will analyze the feedback and create a report that outlines trends and program gaps and offer future recommendations.

The report also will highlight the good news stories, Kress said.

"We'd like to know what programs Families have used and are using, what have been helpful and how have they been helpful," she said. Finding out what's working can be just as beneficial as finding out what isn't, she added.

"This information will help us know what direction we need to go in," she said.

Officials will share the report with each service and their partners, Kress said.

"We'll use it to help determine our

priorities for the future, such as where to put resources."

The feedback also will be invaluable for officials who hear of issues through word of mouth, but don't have a concrete way of pinpointing the "big picture" problems, she said.

"We're hearing that there are a lot of programs out there, but those programs aren't communicated to the people who need them," Kress said. "Or, people are overwhelmed by information on programs and aren't sure which program to use when there's a need."

"We've heard this anecdotally, but don't actually know," she continued. "We hope we can gain a better understanding of what the issues really are. That understanding will enable us to better serve Families."

Whether feedback is gained online or in person, "The goal is to hear from whoever wants to share," Kress said. "This is a wonderful opportunity to hear from our service members and their Families."

Community Notes

SATURDAY

DECEMBER 26 GIFT WRAP PAPER CAPERS AND OPEN HOUSE

What to do with all those holiday gift wrappings? Drop by the Anita C. Leight Estuary Center to show off the critters to out of town guests and while here, create crafts using holiday paper.

SUNDAY

DECEMBER 28 A NIGHT UNDER THE CHRISTMAS TREE

The Edgewood Baptist Church, 422 Edgewood Road, will present "A Night Under the Christmas Tree," 11 a.m., during its morning worship service. A fellowship dinner will follow the presentation. All are welcome.

For more information, call 410-676-5838.

THURSDAY

DECEMBER 31 ANNUAL 'NOON' YEAR'S EVE CELEBRATION

The Bel Air Athletic Club, located on 658 Boulton Street, Bel Air, will host the 4th Annual "Noon" Year's Eve Celebration, 10 a.m. to 1 p.m. The count down to noon Family celebration is presented by County Parents Magazine.

Activities include a magic show, BAACyard Treehouse and crafts will be offered to guests under 12 years of age. Refreshments, a DJ, and special activities will make this a fun way for parents and kids to celebrate the New Year together and not be up too late.

"Snowballs" will be dropped from the ceiling at noon. Participants

include Caricatures by Rick Wright and Company, Magic and Illusion Show by David Breth, face painting and tattoos by Lucky, Wacky Scientist Extreme Jean, Growing Smiles, Point Breeze Credit Union, St. James Academy, Bel Air Bakery, Open Door Cafe, professional DJ Frank Spears, BAACStage Dance Company and more.

Cost is \$5 per person, children under 2 are free. Advance registration and payment is required.

For more information or for reservations, call 410-838-2670 or visit <http://www.countyparents.com>.

SATURDAY

JANUARY 2 CRITTER DINNERTIME

Come watch the turtles, fish and snakes eat while learning more about these fascinating creatures. This program will be held at 10:30 a.m. and is free for all ages. No registration required.

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

SURVIVAL SKILLS OF SCIURUS CAROLINENSIS

How do squirrels prepare for and survive winter? Learn about these curious critters and then become one of them with a few costume creations. This program will be held 1 to 2:30 p.m. for ages 5 to 8. The cost is \$3 per person. Registration is required.

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

SUNDAY

JANUARY 3 NATURE TALES - RECYCLING

This is story time with a nature twist. Listen to stories, learn new songs and move like the animals. This free program will be held at 3:30 p.m. for all ages. No registration required.

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

MONDAY

JANUARY 4 THRU FEBRUARY 22 NATURE TOTS AND NATURE KIDS

Explore and discover the natural world during the winter season through sensory activities, songs, movement and a short hike. Nature Tots will be held 9 to 10 a.m. for ages 2 and 3 (with parent) and Nature Kids will be held 10:30 to 11:30 a.m. for ages 4 and 5 (parent not required to stay). The cost is \$30 per child. Registration is required.

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

MONDAY

JANUARY 4 GUNPOWDER TOASTMASTERS MEETING

The Gunpowder Toastmasters will meet 11:30 a.m. to 12:30 p.m. in the Chemical Demilitarization Training Facility in building E-4516 Seminar Room.

Toastmasters can help people achieve their New Year's Resolution to advance their career by learning to speak effectively and power-

fully. The Toastmasters mission is to help people improve communication, leadership, evaluation, and public-speaking skills in a fun and friendly environment. Toastmasters Club meets the first and third Monday every month (unless federal government holiday). For directions, visit <http://gunpowder.freetoasthost.info>.

For more information, call Dave Garcia 410-436-5013 or Carmen Kifer 410-436-8969.

WEDNESDAY

JANUARY 6 WEDNESDAY WEE WONDERS IN WINTER

Join the Leight Center's naturalist and her wee one to explore the wintry world through stories, songs, live animals and outdoor exploration. This program will be held 12:30 to 1:30 p.m. for up to age 4. The cost is \$2 per person. Registration is required.

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

SATURDAY

JANUARY 30 VALENTINE BAZAAR

There will be a Valentine Bazaar, 9 a.m. to 4 p.m., at St. Joan of Arc Church Hall, 257 S. Law Street, Aberdeen. Shop for gifts for that special someone for Valentine's Day. Proceeds from the bazaar go toward the St. Joan of Arc Golden Knights basketball team's gym rental fees.

For more information, call 410-272-1387.

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

Post Shorts

410-306-3588.

Delivery of vaccine may alter dates, times and location; call first.

Reduced gate hours for holidays

The Route 24 Gate in the Edgewood Area reopened Dec. 21 and will remain open 24 hours a day, seven days a week.

During the transition of gate operations, the Magnolia Gate will be open 6 a.m. to 6 p.m. through Dec. 23 (today) and will then be kept closed.

The Wise Road Gate will continue to remain operational 4 a.m. to 10 p.m. on duty days.

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

Christmas

The Harford Gate (Route 22) in the Aberdeen Area and the Wise Road Gate

in the Edgewood Area will close at 10 p.m. Dec. 24. Both gates will reopen at 4 a.m., Dec. 28.

New Year's

The Harford Gate and the Wise Road Gate will close 10 p.m., Dec. 31. Both gates will reopen at 4 a.m. on Jan. 4.

The Maryland Gate in the Aberdeen Area and the Route 24 Gate in the Edgewood Area will be open throughout the holiday period.

Top of the Bay closed until Jan. 4

Top of the Bay will be closed through Jan. 3 and will reopen Jan. 4.

Blood drive for the troops Jan. 12

Support the troops by donating blood. The Armed Services Blood Program

blood drive will be held 3 to 8 p.m., Jan. 12, at the Aberdeen Area Recreation Center, building 3326. The blood drive is open to everyone.

For more information or to make an appointment, call 301-295-2109 or visit www.militaryblood.dod.mil.

KUSAHC closes for holi- days

Kirk U.S. Army Health Clinic will close Dec. 24 for a training holiday and Dec. 25 in observance of the Christmas holiday.

The clinic also will be closed on Dec. 31 for a training holiday and Jan. 1 for New Year's Day. The clinic will reopen Jan. 4.

Patients should plan accordingly to pick up prescriptions prior to these dates.

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

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

Free basketball tickets for military

Camouflage Kids, Inc. offers free tickets to see Lafayette College vs. Navy, 7 p.m., Jan. 16, at Alumni Hall Arena, Annapolis, Md. There are a limited number of free tickets for adults and children. Tickets are provided on a first-come first-served basis. All Families from the U.S. Naval Academy and all military branches from the Maryland, Virginia and D.C. area are eligible for tickets.

It is requested that each Family limit their ticket request to a maximum of six tickets with a ratio of two adults and four children. All children must have adult supervision at the game. Tickets are for immediate Family members only. All Families should arrive one and one-half hours prior to game time so that the program can get organized for the event.

For more information, call Beth Stoddard, 410-576-2994, e-mail theresa.stoddard@us.army.mil or visit www.camokids.org/games.cfm.

CPR, AED classes available

Aberdeen Proving Ground Fire and Emergency Services is offering 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 Aberdeen Area, classes will be held at the Post Chapel, classroom 3, Jan. 20, March 17, May 19, July 21, Sept. 15 and Nov. 17.

In the Edgewood Area, classes will be held at the Conference Center, building E-4810, Feb. 17, April 21, June 16, Aug. 18, Oct. 20 and Dec. 15. Class size will be limited to 30 participants.

For more information or to register, call Mike Davis, 410-306-0572, or e-mail Michael.ray.davis@us.army.mil.

Planning for retirement

The Directorate of Human Resources provides retirement services to all military members assigned or attached to Aberdeen Proving Ground. An important part of these services is the Transition Assistance Program.

This three-day training session incorporates lecture, practical exercise and guest speaker methodology, with materials provided by the U.S. Department of Labor, Veteran's Employment Training Service and National Training Institute.

This program replaces the former ACAP training, and is mandatory for active component service members, and is strongly encouraged for eligible Family members. Classes are offered monthly and are held in the Aberdeen Area in the Soldier Processing Room, building 4305. To register, visit the DHR Web site, www.apg.army.mil/apghome/sites/humanresources/dhrindex.html and select the "TAP Training Registration" tab located under "Retirement Services."

For more information contact, Janet L. Dettwiler, 410-306-2301.

Getting help with heroin addiction

The use of heroin and cocaine is on the rise in Maryland. Heroin will likely remain one of the largest problems in the state, and will likely continue to spread.

Find out what to do to help. For a brochure about the signs of addiction, call Narconon, 877-413-3073, or visit www.DrugsNo.com.

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

AAFES NEWS

Early birds get the bargains

AAFES

Prices inside the PX are dropping faster than the temperature outdoors as "early bird" shoppers will be rewarded with a flurry of discounts during a special shopping event 7 to 9 a.m., Christmas Eve.

"For just two hours on Thursday, December 24, the APG Main Exchange will offer exclusive 'early bird' discounts," said the PX's Store Manager Debbie Armendariz. "These reduced prices will, of course, be in addition to the exceptional value Soldier's enjoy every day."

Specials during the two-hour event scheduled for the 24th will include 75 percent off all Foster Grant sunglasses, 50 percent of all Goody Hair Accessories as well as a variety of furniture discounts ranging from \$50 to \$250. Shoppers who wait until the day before Christmas to finish marking everyone off their lists will be rewarded the morning of the 24th with offers ranging from 40 percent off Oshkosh brand children's clothing to 25 percent off all in-stock iPod accessories and Bluetooth headsets.

The PX distributed two pages of coupons for the "early bird" event beginning Dec. 17. Discounts reflected on the handouts will be accepted Thursday, Dec. 24.

Picerne Military Housing Neighborhood Office Information

Effective Dec. 17, Aberdeen Proving Ground housing residents should contact their Neighborhood Office for work orders, move-out inspections and neighborhood issues. All homes at APG will be served by this Neighborhood Office.

Picerne Military Housing's dedicated property management and maintenance teams will be located in the offices and are eager to begin serving APG Families.

Neighborhood Office hours will be longer to accommodate the varied hours of APG Families.

Monday thru Friday, 8 a.m. to 6 p.m.
Saturday, 10 a.m. to 5 p.m.
Sunday, 1 p.m. to 5 p.m.

Telephone numbers:

Phone: 410-672-4340
Fax: 410-305-1077
E-mail: aberdeenneighborhoodoffice@picernemh.com



One Company. One Mission. Families First.™

Office: office@picernemh.com
Web site: www.aberdeenpicerne.com

Picerne Military Housing is Family owned and operated and has been building and managing residential communities for 85 years.

The company has also partnered with Forts Meade, Bragg, Polk, Rucker and Riley and just recently, APG, under the RCI program.

Registration open for UMUC Spring 2010

Registration has begun for the University of Maryland University College Spring Semester.

At Aberdeen Proving Ground, UMUC will offer HIST 364 Emergence of Modern America: 1900 to 1945 (3) on Tuesdays, 6:30 to 9:30 p.m., Jan. 26 through May 4.

Online Hybrid Class, WRTG 394 Advanced Business Writing (3), on Wednesdays, 6:30 to 9:30 p.m., Jan. 27 through May 5.

Additional classes are available through distance education formats.

For more information or to register, call 410-272-8269 or 410-306-2048 or visit the APG office of UMUC in building 4305 or visit www.umuc.edu.

Liaison official based at APG helps German, U.S. militaries share technical information

Story by
MIKE CAST
DTC Public Affairs

Most people know that Germany and the United States are allies, but what may be less certain to them is how that alliance works in the military sphere.

What does it mean, for example, in terms of military cooperation? One man who works in the U.S. Army Developmental Test Command's headquarters building can give part of the answer to that question because he serves as the German Liaison Officer to the U.S. Army here.

Eberhard Kloeckner has been in that role since February 2006, working under the auspices of the Federal Republic of Germany Liaison Office for Defense Materiel USA/Canada in Reston, Va. He is the bridge, as he puts it, between U.S. Army research, development, testing and engineering organizations and their counterparts in Germany, to enable both the U.S. and German armies to benefit from the exchange.

Not long after he arrived at APG, Kloeckner used his contacts in Germany to help a tester at the U.S. Army Aberdeen Test Center, Timothy Hoy. At the time, Hoy had been preparing to take part in the International Engineer and Scientist Exchange program, funded by the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology. The program enables U.S. Army engineers and scientists to work in foreign labs on projects of interest to the Army and the host countries. Hoy had no contacts overseas to help him work through the necessary coordination, so Kloeckner steered him to the right people at the Technical Center for Automotive and Armored Vehicles in Trier, where Hoy was sent following seven months of extensive training in German at the Defense Language Institute. He worked for a year with German counterparts who were testing a German armored vehicle similar to the U.S. Army's Palletized Loading System.

Although Kloeckner has been working "very closely" with a wide range of organizations at APG, his efforts are not restricted to what is taking place here, he said. One of his priorities is the development of data exchange agreements, or DEAs, between U.S. and German organizations involved in military procurement. They do not commit any manpower or funding, but they do allow for the exchange of a wide variety of technical information, he said. Seven such agreements with the Edgewood Chemical and Biological Center, four with the U.S. Army Research Laboratory, and one each with the U.S. Army Materiel Systems Analysis Activity and the U.S. Army Developmental Test Command, involve APG organizations, but three were made with an off-post Army agency. They cover the exchange of technical data for programs as diverse as defense against biological and chemical warfare, ballistics research and development, combat robotics, the demilitarization and disposal of conventional munitions, proving ground test techniques and the preparation, preservation and packaging of food.

These 16 DEAs are the tip of the



Photo by ERIKA JORDAN
German Liaison Officer Eberhard Kloeckner, right, discusses the features of U.S. Army Aberdeen Test Center's Roadway Simulator with ATC commander Col. Jeffrey Holt and engineering technician Nathan "Al" Sten.

iceberg because the German Liaison Office in Reston has field offices at seven locations besides the DTC headquarters building at APG as well as project offices at six other locations. The other liaison officers have cumulatively completed a great many more of the data exchange agreements than the 16 Kloeckner helped to shape, he said.

"The DEAs are always the first step toward cooperation," he explained. "Next, one tries to determine where there are common interests for an information exchange. For me, in my role with DTC, the most important data exchange agreement is the one about proving ground technologies because this is actually the tool that enables us to exchange information about technologies between our test ranges and vice versa. We did some trips to Germany, and I want to bring the folks from DTC and the DTC Family to Germany to show how we test and how we work. The goal is to bring the engineers together."

DTC's director James Johnson traveled to Germany with Kloeckner in 2007. They toured several German test ranges and visited Germany's ministry of defense. Mike Etzinger, DTC's technical director, made a similar trip with Kloeckner in 2008.

"I was very impressed with the breadth of test capabilities they had and noted that the United States and Germany had many similar interests," Johnson said. "I was particularly impressed with their automotive test capabilities and their counter-IED capabilities. Mis-

ter Kloeckner makes a great contribution to what DTC does. On occasion, he provides us information on weapon system developments in Germany. This helps us stay abreast of what Germany is doing. We are always looking for ways that we can leverage what others are doing."

Kloeckner is planning for a similar trip next year in April with participants from DTC, ATC and the U.S. Army Evaluation Center. They will be visiting the Technical Center for Weapons and Ammunition in Meppen, the Technical Center for Automotive and Armored Vehicles in Trier, Germany's ministry of defense and the Federal Office of Defense Technology and Procurement in Koblenz.

AEC's Brendan Webb initiated the idea for a trip to German test sites because of AEC's interest in the German truck test and evaluation programs, Kloeckner said. AEC wants to focus on test and evaluation programs for German trucks and see how the process goes from the development of requirements to the way they are tested and evaluated.

ATC's commander Col. Jeffrey Holt said he truly appreciates the work Kloeckner is doing.

"The German Liaison Office is an exceptional resource for the Aberdeen Test Center," he said. "Eberhard serves as the ATC link, intellectually and technically, to one of our most important international partners. The German test centers in particular face many of the same challenges confronting ATC: encroachment, a high operating tempo and limited funding to sustain highly

specialized and expensive test capabilities. I am anxious to expand our relationship with the German test centers, ideally returning to the level we enjoyed in the 1980s and 90s, when many of ATC's technical experts worked closely with their German counterparts testing a wide range of combat systems. Eberhard is working hard to set the conditions for this renewed relationship."

Much is currently in the works as a result of the DEA with the ARL that covers ballistic research and development, Kloeckner said. It led to four project agreements that, unlike the DEAs, do involve shared manpower, cost and budget. The agreements focus on joint efforts with German technical centers to develop a variety of technologies for the benefit of both the German and U.S. Army.

One is designed to "harmonize activities and help avoid redundancies" in developing warheads that can be configured to engage specific target types while minimizing collateral damage. Another is designed to help U.S. and German forces anticipate the destruction caused by weapons inside and outside of structures, to aid planners of military operations in urban terrain. A third is aimed at developing technologies that can enhance the testing of small-diameter munitions and help evaluators assess their performance. The fourth project agreement with ARL is aimed at making it easier to use modeling and simulation to evaluate how soldiers using complex network-centric information systems would perform with them.

A Soldier's Christmas

*'Twas the night before Christmas, he lived all alone,
in a one bedroom house made of plaster and stone.*

*I had come down the chimney with presents to give,
and to see just who in this little house lived.
As I looked all about, a strange sight I did see,
No tinsel, no presents, not even a tree.*

*No stockings by the mantle, just boots filled with sand,
On the wall hung pictures of far distant lands.
With medals and badges, awards of all kinds.*

*A sobering thought came through my mind.
For this house was different, it was dark and dreary,*

The home of a Soldier, I could now see clearly.

*The Soldier lay sleeping, silent, alone,
Curled up on the floor in this one bedroom home.*

*The face was so gentle, the room in such disorder,
Not how I picture a United States Soldier.*

*Was this the hero of whom I'd just read?
Curled up on a poncho, the floor for a bed?*

*I realized the Families that I saw this night,
owed their lives to these Soldiers who were willing to fight.*

*Soon round the world, the children would play,
and grownups would celebrate a bright Christmas day.*

*They all enjoyed freedom each month of the year,
because of the Soldiers, like the one lying here.*

*I couldn't help wondering how many lay alone,
on a cold Christmas Eve in a land far from home.*

*The very thought brought a tear to my eye,
I dropped to one knee and started to cry.*

*The Soldier awakened and I heard a rough voice,
"Santa don't cry, for this life is my choice".*

*I fight for freedom, I don't ask for more,
My life is my God, my country, my corps."*

*The Soldier rolled over and drifted to sleep,
I couldn't control it, I continued to weep.*

*I kept watch for hours, so silent and still,
as we both shivered from the cold night's chill.*

*I didn't want to leave, on that cold, dark night,
this guardian of honor, so willing to fight.*

*Then the Soldier rolled over, with a voice soft and pure,
whispered, "Carry on Santa...., It's Christmas Day.... All is secure."*

*One look at my watch, and I knew he was right,
Merry Christmas, my friend.... and to all a good night.*

~ Author unknown ~



Photo by RACHEL PONDER
The Tobyhanna Virtual Civilian Personnel Advisory Center personnel located in building 314, room #150 created this visionary display to honor and acknowledge the selfless sacrifice and courage of this nation's Soldiers. Their inspiration came from the words in an anonymous poem, "A Soldier's Christmas."
"This holiday season as we gather with our Family and friends we must always remember "Freedom is not free," said Jeri Smith, CPAC.

December Well-Being meeting focuses on upcoming post events in new year

Story by
RACHEL PONDER
APG News

Members of the Aberdeen Proving Ground community gathered at the Aberdeen Area Post Chapel Dec. 17 to discuss upcoming events.

Colonel Orlando W. Ortiz, APG garrison and deputy installation commander, welcomed attendees to the meeting and said that he is still encouraging increased attendance at the meetings, and added that he was pleased to see more involvement from military spouses.

Ortiz then turned the meeting over to Michael Lupacchino, director of Family and Morale, Welfare and Recreation.

"The monthly Well-Being meetings are a time to bring up any issues that you might have," Lupacchino said.

Directorate of Plans, Transportation, Mobilization, Security

Clint Zaengler, chief of Plans and Operations, said that there is an installation calendar which anyone with a Common Access Card or AKO account can access. The calendar can be found on www.apg.army.mil, and shows installation events up to three months in advance.

"This is the best way to stay informed about what is happening on the installation," he said.

Judy Patishnock, from the Security and Intel Division, spoke to attendees about operations security, also known as OPSEC, during the holidays, as theft increases during this time.

Patishnock said that OPSEC, the process we use to identify and protect sensitive information, can also be applied to protecting our Family and home during the holiday season.

"When you are out shopping, be aware of your surroundings," Patishnock said.

Patishnock added to be aware of people watching or using their cell phone camera you as you check out at the cash register or take out cash from the ATM. Also put receipts in a safe place or destroy them properly.

She also said that it is a good idea to split up cash, so that the loss is not as great if you get pick pocketed.

Patishnock added that trash can also make you a target. Boxes from items like jewelry or electronics (such as computer, television and stereo boxes) left curbside for trash collection provide good indicators to potential burglars about what high value items are located in the household. Break down the boxes, throw them in a bag, or put them out just before trash collection time.
(See OPSEC article on page 4.)

AAFES

Debbie Armanderez, manager of the APG Army and Air Force Exchange, said that between Dec. 28 and Jan. 4 customers can save 20 cents off per gal-

lon when they use their Military Star card to purchase gasoline at the AAFES exchange.

Commissary

Anne Morrison, Commissary manager, said that on Dec. 31 the Commissary will close at 7 p.m.

Dentac

Colonel David Kryszak, commander of the APG Dental Clinic, said that there are options for care for active duty Soldiers for treatment. The Army Dental Care System has two main avenues of care for the ADS as well as Dental Insurance for Family members and retired military.

Active Duty Soldiers can be seen at any Military Dental Treatment Facility.

"We as dental officers feel that we can care for our warriors better than anyone else," he said. "However if we cannot treat the Soldier in a timely matter, we can refer them to an authorized civilian provider. The first step is to get an exam and treatment plan by a credentialed military dental provider," he added. "Then we can or you can be referred for all or part of your care."

He added that this is similar to what TRICARE medical does.

To find providers for Family, go to <http://www.tricare dental program.com/tdpts/enrollees/findadentist/>

He added that the Web site allows visitors to type in the city and it will provide mapped directions.

"This Web site is more accurate than any list we could maintain at the DTF," he said.

For general information go to <http://www.tricare.mil/mybenefit> and click the 'Dental' tab. It has sites for the Active Duty Dental Program, Retired Military and Family Member Care.

KUSAHC

Lieutenant Col. Christopher Ireland said that the Kirk U.S. Army Health Clinic will be closed Dec. 31 and Jan. 1 for New Years.

Ireland said that the clinic has received the doses for the H1N1 vaccinations that are now available for all active duty. Ireland added that soon H1N1 flu shots will be available for Family members, Department of Defense civilians and contractors.

Ireland thanked those on the installation who have helped with the immunization clinics on post.

Ireland told attendees to call the flu hotline at 410-306-3588 for the most up to date information.

Ireland added that attendees can go to kusahc.narmc.amedd.army.mil for more information.

An attendee asked Ireland if any of the doses at KUSAHC have been recalled, and Ireland replied by saying that recalled doses for the H1N1 flu shot have not happened at KUSAHC.

Directorate of Public Works

Greg Kuester, who represented the Directorate of Public Works, said that the Residential Communities Initiative was put into effect at APG on Dec. 17. Picerne Military Housing, which is privatized housing, will now be in charge of military housing on APG. See previous issues of APG News for more information.

Kuester thanked attendees for being patient during the ongoing traffic changes on the Edgewood and Aberdeen Area.

Directorate of Emergency Services

Robert Krauer, director of Emergency Services, said that the Route 24 gate will be open on Dec. 21. During the week the Magnolia Gate, or the 152 Gate, will be open 12 hours during the day while traffic transitions and will be closed after that week.

He added that the D.A.R.E. program at the Youth Center and the Child Youth Development Center will begin in January.

Krauer asked attendees to remember fire safety during the holidays.

Open Forum

BRAC Transformation Office

Syretta Gross, from the BRAC Transformation Office said that four projects are starting construction in the Aberdeen Area and one project is starting in the Edgewood Area. Two buildings are also being built for the Enhanced Use Lease.

Logistics

Gene Schneck, director of Logistics, announced that the dining facility will have the Italian Specialty Meal at DFACS 4219, 4503 and 4225 from 5:30 to 7, Jan. 19.

February will feature a Black History Month celebration on Feb. 16.

Schneck added that Dining Facility prices will not be going up after the New Year.

CYS Services

Regina Dannenfels, director of Child, Youth & School Services, said that there is a new policy where Family childcare providers on and off post will maintain the same fees as the child development centers. Fees are based on total income categories. Fee category is determined at the time of registration. This policy will go into effect Jan. 4.

Chapel

Gerri Merkel, director of Religious Education, said that there will be a National Prayer Luncheon at Top of the Bay Jan. 14. For more information and to purchase tickets, call 410-278-4333.

Safety

Robert Hailstone from the APG Safety Office said that the U.S. Consumer Product Safety Commission is doing a recall on Roman and roll-up

blinds due to risk of strangulation. For more information, go to www.cpsc.gov/cpsc/pub/prerel/prhtm110.

Picerne Military Housing

Greg Cannito, program manager from Picerne Military Housing, said that his staff is excited to serve the needs of military Families who live on post.

He said that the office can be contacted 24 hours a day for work orders.

Cannito said there is no reason that Picerne residents should have to wait to put in work orders, especially if it is a safety concern.

"When something happens, contact us immediately," he said. "We will have someone at your doorstep within four hours."

To contact Picerne Military Housing for a work order, call 410-305-1076.

Canito added that Picerne will also take care of landscaping, snow removal and cutting grass.

APG School Liaison

Eileen Campbell, the APG school liaison, said that she and leaders on post are working on strengthening APG's partnership in education with schools in Harford County. Campbell said that she met with members of the Harford County Board of Education and Dr. Robert Tomback, the new superintendent of Harford County Public Schools, along with Ortiz and Lupacchino to discuss the partnership.

"You should know that Doctor Tomback is actively engaged with us," Ortiz said.

Campbell added that there is a new booklet called the APG Harford County Public Schools Educational Outreach Program guide. She added that those who would like a booklet may e-mail her at eileen.campbell@us.army.mil.

"It is a very informative booklet that explains the partnerships that APG has with local schools," she said.

Command Sgt. Maj. Rodney Rhoades said that the Interactive Customer Evaluation system, or ICE, has improved dramatically. Rhoades added that he and Ortiz make sure that comments are followed by a response by leadership, and that following up ICE comments is a team effort.

"Picerne will also be actively involved in the process," he said.

Rhoades reminded attendees to use the ICE system to show appreciation for services that they are pleased with on post.

Ortiz closed the meeting by thanking attendees for coming and providing meaningful dialogue.

"Thank you for representing the community," he said.

Ortiz added that during meetings attendees are welcome to discuss any issues related to APG community.

The next Well Being meeting will be at the Edgewood Area Chapel 9:30 a.m., Jan. 21.

CES

From page 3

Justice asked graduates as they go about their work to always remember the Warfighter.

"Our Soldiers are our nation's treasure," he said. "No one in the world can lead like the Army."

After the presentation of diplomas, Gary Martin, the executive deputy to the commander of RDECOM, gave closing remarks.

"This class helps meet the challenges that BRAC presents," he said.

Martin asked graduates to encourage others to take the class and consider taking the intermediate class when it is offered at APG.

Dr. Philip Carter a graduate of the class, who works for the U.S. Army Aberdeen Test Center, said that he learned different leadership techniques while taking the class.

"I think it was very challenging, more of an eye-opening to see the many leadership styles, and finding out more about the different learning styles of individuals."

Dr. Laurel Allender, a graduate of the class who works for the U.S. Army Research Laboratory, said that she felt that the training that she and the other students received was beneficial.

"I have an even greater comradeship with Soldiers now," she said, referring to receiving the same kind of training that officers and NCOs receive. "I think that from receiving the training, I will now be able to support the Soldiers more effectively."

Allender said that students in the class worked on team building and communications exercises.

"We learned how to apply what we learned in class through our exercises," she said. "The next challenge is to take it back and truly put it into work."

Allender said that having the class offered at APG is appropriate, since APG is the center of excellence for research, development and technology.

"Having this class being offered at APG signifies a larger movement at APG, a new excitement," Allender said. "This class is just the tip of the iceberg."



Photo by ROGERTEEL, 20TH SUPPORT COMMAND (CBRNE)
Colonel Thomas Cartledge, chief of staff, 20th Support Command (CBRNE), center, accepts a set of dumbbells from Mary Jane Jernigan, right, president of the Aberdeen Chapter of the Association of the United States Army, during the monthly APG AUSA luncheon at Top of the Bay Dec. 15. Trish Weiss, left, past president of the Bel Air Kiwanis Club and current vice president of Aberdeen AUSA, presented a symbolic check for \$2,338 to Cartledge.

AUSA tosses weights around

The Aberdeen AUSA raised \$1,338 in support of Unit 066, a group of 20th SUPCOM Soldiers in Iraq, by selling "mulligans" at its annual golf tournament in October, and the Kiwanis Club chipped in an additional \$1,000. The money was used to purchase weightlifting equipment, circuit trainers, weighted jump ropes, curl bars sets, a volleyball net and volleyballs, poker chips and a Texas Hold 'em poker table – all currently en route to the Soldiers.

Jennifer Zbozny, chief engineer for the Program Executive Office, Command, Control, and Communications –

Tactical (PEO C3T), was guest speaker for the luncheon and provided an overview of her command which is responsible for system engineering across communications and battle command systems.

Colonel Orlando W. Ortiz, APG Garrison and installation deputy commander, will be the guest speaker at the next AUSA luncheon, Jan. 19 at Top of the Bay.

RSVP to c2402@ausa.org. Cost of the luncheon is \$20.

Some corporate sponsorships are available to military personnel when RSVPing.

APG closing announcements

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

A recorded telephone message

will contain updated information and should begin at about 5 a.m.

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

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



FAMILY AND MORALE, WELFARE & RECREATION

Commentary: New year EDGE! programs offered

Story By
CHUCK ROSE
FMWR

With the New Year comes new resolutions we all promise ourselves we will fulfill.

New ideas bring about plans on what we can do to relieve our stress, improve our health, make more money and have more fun. We find that these thoughts also apply to our Family members, including our youth and teens.

To help them get back into the swing of things, Aberdeen Proving Ground Child, Youth and School Services has some great programs that our youths and teens just might find interesting.

Beginning in January, three new EDGE programs are scheduled for our kids.

Digital photography Program

First, for our photography buffs, a digital photography program is set for Mondays and Fridays for the entire month. Kids can learn how to use a digital camera and begin their own portfolios. All facets of digital photography and camera techniques will be covered in this four-week program. Our goal is to help everyone learn to take better and sharper pictures.

This program will really benefit our youths and teens who have an interest in entering their photos in the annual Boys and Girls Clubs and 4H Fine Arts Photography competition coming later this spring.

Classes will be held Mondays, Jan. 4 through Feb. 1, at the Aberdeen Area Bowling Center and Fridays, Jan. 8 through 29, at the Edgewood Area Youth Center. All sessions are scheduled for 4 to 6 p.m. The program is open for all eligible Department of Defense youths and teens ages 6 through 18.

There will be a \$40 fee for our youths ages 6 through 10 currently not enrolled in our School Age Services programs; no fee applies for the teens ages 11 through 18.

Auto maintenance 101

A new program that will be a big help to all the "new driver's" in the house is the "Auto Maintenance 101 or "What do I do now?" This EDGE! program will show our teens how to perform basic maintenance and preventive measures to keep their cars running just right. Teens will learn how to change the oil in the car, change a tire and check for bad tread wear, how to change wiper blades, replace lights and fuses and more.

This is a "don't miss" program for all DoD-eligible teens ages 16 through 18. The program is free and will be held on Thursdays, Jan. 7 through 28, 4 to 6 p.m. at the Auto Crafts Center, building 2379, in the Aberdeen Area.

This program will fill up fast, so don't hesitate and register early.

Yoga program

How many of our teens dream of finding that inner strength and peace, a new way to focus on life's trials and tribulations, or just a great way to exercise and get into better shape? This new EDGE! Yoga program has just the answer. Teen's ages 11 through 18 will be able to increase their strength and flexibility while also learning to focus on their inner strength. Programs dates are Tuesdays, Jan. 5 through 26, 4:30 to 5:30 p.m., at the Aberdeen Area Athletic Center, building 3300. Come meet other teens and share ways to alleviate stress from school, sports, friends, family and life.

This program is free for our DoD-eligible 11- through 18-year-old teens.

For more information on these three or other EDGE! classes, contact me,



Photo by RACHEL PONDER

Eddy Nubine Jr. bowls at the Aberdeen Proving Ground Bowling Center during the EDGE! learn how to bowl package. The EDGE! is offered through Family and Morale, Welfare and Recreation's School and Youth Services program, a year-round program designed to provide young people with access to free activities. Most activities are offered in FMWR facilities, and serve as a precursor to other FMWR programs.

FMWR partnership specialist, 410-278-1399 or chuck.rose1@us.army.mil.

To register, contact our CYS Services Central Registration Office to walk in or make an appointment, 410-278-7479/7571.

HIRED! program schedules next training session

All DoD-eligible teens interested in learning a trade or gaining valuable experiences in a variety of work areas need to be at our next HIRED! program training sessions at Youth Services building 2522, 6 to 7 p.m.:

"Time management for teens," Jan. 8

"Dress for success," Jan. 22

"You have the job now keep it," Jan. 21

Sign up at central registration Jan. 2.

Topics to be discussed include financial management, resume writing, goal

setting, interview tips and more. This training is mandatory for teens who wish to participate in our next HIRED! program term.

HIRED! is a program of 12-week terms where high school teens ages 15-18 can gain valuable work experience through an apprentice-type program. Each teen will be able to do their own career exploration in a variety of work areas and setting. And, each teen who completes each term receives a stipend of \$500 or more.

So, why wait, contact us now to see how you can register for this great program.

Contact Jay McKinney, 410-278-3250, or e-mail him at Jay.A.McKinney@us.army.mil. Don't miss out on this opportunity!

Activities/Events

Hoop shoot free throw contest

The Elks National Free Throw Contest "Hoop Shoot" will be held 4 p.m., Jan. 9, at the Aberdeen Area Youth Center, building 2522.

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

The program builds character while promoting integrity, hard work, quality family time and good sportsmanship.

Sign up the day of the event at 4 p.m.

Holiday golf sale at Ruggles

Ruggles Golf Course has a holiday sale through Dec. 24. Sale items include 25 percent off all men's and ladies apparel (excludes shoes and previously marked down items). Save up to 40 percent on select group of clubs from Titleist, Cobra and Ping; 20 percent off all Golf Gloves; 10 percent off golf balls; and 20 percent off Etonic Shoes (in-stock only).

Harlem Globetrotters tickets

Tickets are available for The Harlem Globetrotters, 2 or 7 p.m., Dec. 26, at

the 1st Mariner Arena, 201 West Baltimore Street, Baltimore. Tickets cost \$20 per person all seats are located in Section 114. For 84 years, the Harlem Globetrotters have thrilled audiences around the world. Today, a new generation of stars carries on this storied tradition with timeless basketball exhibitions.

For more information or to purchase tickets, contact FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail apgr-usag-mwr-lesuretravel@conus.army.mil.

Volunteer today

Explore a new career, develop new skills, network with other professionals and create opportunities. Army Community Service has many opportunities and needs support for its various programs.

For more information, call Army Community Service, 410-278-2453.

Leisure Travel Services available at EA Recreation Center

Limited services are available at Leisure Travel Services, 11 a.m. to 6 p.m., Wednesdays, at the EA Recreation Cen-

ter, building E-4140.

For more information, visit or call 410-436-2713.

For full services, visit or call the APG Leisure Travel Office located in the AA Recreation Center, 410-278-4011 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

2009 White House ornament sale

FMWR Leisure Travel Services is selling the latest White House ornaments for \$16, but supplies are limited. The 2009 White House Christmas Ornament is in honor of Grover Cleveland's 24th presidency, which was his second non-consecutive term. Cleveland was the only president elected for two non-consecutive terms in U.S. history.

The ornament is also in honor of the first Christmas that used electric lights in 1894.

For more information or to purchase, call FMWR Leisure Travel Services, 410-278-4011/4907, visit AA Recreation Center, building 3326, or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

CDC implements Army's Strong

FMWR daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City, N.J. FMWR Leisure Travel Services offers daily bus service to Trump Taj Mahal Casino. Cost of the trip is \$45 per person with \$25 back in cash and a \$5 buffet coupon.

Only for ages 21 and over. The bus will leave Vitali's Restaurant, Best Western in Edgewood 9 a.m. and return 9 p.m.

For more information, contact FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail apgr-usag-mwr-lesuretravel@conus.army.mil.

Looking for a job?

Visit FMWR Jobs Available at www.apgmwr.com.

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

SKIES Unlimited

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

Toddler Art

Calling all young Picassos. Toddler Art lessons will be given 11:30 a.m. to 12:45 p.m., Saturdays, Jan. 9 through Feb. 20, for ages 2 through 4 at Aberdeen Area Youth Center, building 2522.

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

Cost is \$70 per student.

Martial Arts at APG presents Tiny Tigers

Children ages 3 to 5 (parent participation required) can join the Tiny Tigers Unity Tae Kwon Do School of Martial Arts at APG. Instructor Kyo Sa Nim Sean A. Williams will teach this program.

Tae Kwon Do builds confidence and self-esteem in young students.

Classes will be held at the Child, Youth and School Services Center, building 2522, Monday and Wednesday, 5:30 to 6 p.m., Jan. 1 through Feb. 1. Cost is \$40 per parent/child pairing.

Students must wear a white T-shirt and sweat pants. Class size is limited to 12 parent and child pairings, so register early.

Private piano lessons

SKIES Unlimited private piano lessons will be given for ages 4 thru 18,

3:30 to 6:30 p.m., on Tuesdays or Fridays, Jan. 5 through Feb. 12 (no class on Jan. 15) and Feb. 23 through April 2.

Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Parents choose which time frame session they want to sign-up for when they register their child.

Students will be responsible for purchasing the required books for the course as recommended by the instructor.

Tae Kwon Do

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

Classes will be held at the Child, Youth and School Services building 2522, Monday and Wednesday; Jan. 4 through Feb. 1 and Feb. 3 through March 3, 6 to 7 p.m. (ages 6 to 14). Cost is \$65 per student for a one-month session or \$150 per student for a three-month session.

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

Class size is limited so register early.

Basic arts and crafts class

Basic Arts and Crafts will be taught Jan. 14 through March 4 on Thursdays, 5:30 to 6:30 p.m. for ages 6 thru 10; and 6:45 to 7:45 p.m. for ages 11 thru 15, at the Aberdeen Area Youth Center, building 2522.

Children will learn about the art of other cultures and famous artists. They will explore art techniques, processes and mediums through a variety of activities, including painting, drawing, print-making and paper mache.

Cost is \$100 per student for 10 weeks.

December bowling specials

Adult Lunch Leagues bowl Tuesday and Thursday during the day. No open bowling until 1 p.m. Evening leagues are Wednesday, Thursday and Friday.

There will be no open bowling on Thursdays after 5 p.m. and no open bowling on Friday until after 9:30 p.m. On Wednesday a few lanes will be issued on a first-come, first-served basis.

Leagues are still forming

Saturday youth leagues are accepting members ages 18 months to 20 years for their youth league. Youths ages 18 months to 11 starts at 9 a.m. and ages 12 thru 20 starts at 10:45 a.m.

Bowling specials

- Bowl for \$.75 per game Monday

APG Bowling Center Snack Bar specials Building 2342

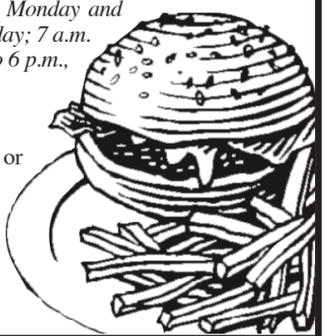
The Bowling Center hours are 7 a.m. to 3 p.m., Monday and Tuesday; 7 a.m. to 10 p.m., Wednesday and Thursday; 7 a.m. to 11 p.m., Friday; 1 to 11 p.m., Saturday; and 1 to 6 p.m., Sunday.

Week of Dec. 21

Buy one meal and get the second one (of equal or lesser value) one-half price.

The Bowling Center will be closed Dec. 24, 25 and 31 and Jan. 1.

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



Edgewood Area holds tree lighting event



Photos courtesy of JIM FOARD, GARRISON PHOTOGRAPHER
Cameron Rutherford, 6, whose mother is assigned to the 20th Support Command, throws the switch for the official tree lighting at the Edgewood Area Recreation Center holiday party Dec. 8. From left, Col. Orland Ortiz, APG Garrison and deputy installation commander; Lori Rhoades, wife of APG Garrison Command Sgt. Maj. Rodney Rhoades, right, provide assistance under the watchful eyes of jolly Old St. Nick.



Samantha Devorak, 9, daughter of Jennifer Devorak, U.S. Army Medical Research Institute of Chemical Defense, sings "Nine ladies dancing" from the "12 Days of Christmas" song during the Edgewood Area Youth Center's entertainment portion of the holiday party.

Holidays

From front page

"I can feel the pride of this community, and I welcome you all," he said. "I look forward to meeting many of you, and I'm excited to be here with you tonight."

Ortiz said that he and Rhoades were happy to share in the festivities.

"This is a wonderful opportunity to be with you tonight as we light the tree symbolizing the start of the holiday season," he said. "It's wonderful that we live in a great society where we can enjoy these freedoms, and I encourage all of you to think about our Soldiers and Warriors who aren't with us and remember the sacrifices that allow us to be here with our Families."

Guests filled 10 rows of tables and chairs in the center's ballroom and dined on a meal catered by the Z-Squared Catering Company from Lakewood, N.J.

Supporting elements for the event included Picerne Military Housing, Best Buy and USAA, whose representatives distributed raffle tickets for prize drawings.

In addition, Marge Fissel, Marilyn Howard and Aida Rivera manned the ACS information table. Staff members from the Army Substance Abuse Program provided samples of nonalcoholic beverages for holiday parties.

Children enjoyed face paintings and playing the cake walk, ring toss and Pin the Ornament on the Tree games while awaiting their turn for photos with Santa and Mrs. Claus.

Diana Hayes, ACS Information Referral and Outreach Program, thanked the volunteers who assisted the event. They included about 40 Soldiers from the Basic Noncommissioned Officer Course classes 005, 006 and 007 and firefighters Christina Liddel and L.R. Brown who gave toys to all the children who posed with Santa.

"This was such a success thanks to so



Courtesy of ACS
Resigning of the Army Family Covenant was an official part of the Army Community Service Holiday Extravaganza. Signing are, from left, Maj. Gen. Nickolas G. Justice, commander of APG and the U.S. Army Research Development and Engineering Command; Col. Orlando W. Ortiz, APG Garrison and deputy installation commander; RDECOM Command Sgt. Maj. Hector G. Marin and APG Garrison Command Sgt. Maj. Rodney J. Rhoades.

many who supported this event for the community," Hayes said. "Our thanks go out to the U.S. Marine Corps Detachment; Lamont Harbison, Mike Miller and Beth Brendle-Williams of the Multimedia/Visual Information Services Center; FMWR Marketing; Child, Youth and School Services; the Military Transportation Office; Picerne Military Housing; ASAP; DFMWR, the caterers, and of course the ACS staff.

Children and parents alike said they enjoyed the festivities. At the guessing game table, ACS volunteer Ashlee Menzies watched as children tried to guess

the amount of candy in four jars.

"It's amazing what they do for Families here," said Johanna Gonzalez, a military spouse, as she watched her sons Jheudy, 11 and Joshua, 10, offer their best guesses.

"We just got here in June from Fort Polk [Louisiana] and we didn't go to any events like this [there]," she said. "We're looking forward to our stay at APG."

"This is our first time here and he's really enjoying himself," said Spc. Dominique Davis of Kirk U.S. Army Health Clinic as she watched her son Donte, 2, play with a rubber USAA ball.

Military spouse Leslie Clark, who

ressed her two daughters in bright red dresses for their photos with Santa, said they attended the event last year and the children couldn't wait to come back.

"We love it," she said. "It's a great thing to have for Families."

APG civilian Shariese Demby with the Chemical Materials Agency, said she "just enjoyed watching" her 18-month old grandson Aiyee Alexander share in the festivities.

"He's really caught up in the excitement with all the kids running around," she said, "but he loves it. It's just wonderful what APG does for our children."

Ball

From page 2

than the last time the Army honored NCOs in 1989.

He said that NCOs translate the orders of their officers into action.

Mellinger said that the NCO Creed was put into place in 1977 so we can start to grow the NCO Corps and instill pride and discipline.

Mellinger paid a special tribute to sergeants, asking them to stand up.

"Sergeants have two things they have to do get done every day--accomplishing the mission and looking after the welfare of the Soldiers," he said. "The first one is a lot easier to get done, especially during this day in age."

Mellinger said that officers ask sergeants to be sociologists, physiologists, marriage counselors, finance counselors and Post-Traumatic Stress Disorder counselors. Sergeants carry great responsibility as they are accountable for four to six Soldiers and that the responsibility of NCOs is greater than when he was first drafted in Army.

"NCOs are tactically and technically proficient," he said. "The sergeants in Iraq make strategic decisions every day that are pretty powerful. Their Soldiers



Installation Command Sgt. Maj. Hector G. Marin, presents the guest speaker Command Sgt. Maj. Jeffrey Mellinger, U.S. Army Materiel Command, with a print that depicts noncommissioned officers on APG which reads "No one is more professional than I," while garrison Command Sgt. Maj. Rodney Rhoades, and Maj. Mathieu Petraitis, Headquarters and Headquarters Company, watch.

expect and demand outstanding leadership from them."

After Mellinger's remarks, Rhoades presented him with a print that represents work of NCOs on APG.

The formal portion of the evening concluded with a cake cutting by Justice, Ortiz, Mellinger, Rhoades and Pfc. Billy Pardue, a chaplain's assis-

tant, who was the youngest Soldier in attendance.

Chief Warrant Officer 4 Dan Singh, from the 16th Ordnance Battalion, who attended with his wife, daughter and son, said that he enjoyed the night's event.

"I think it is nice for everyone on post to get together," Singh said. "I like

how the guest speaker focused on the accomplishments of NCOs throughout the Army's history. The NCOs make things happen. It is important to remember our comrades. We are all working together."

More information on the Year of the NCO can be found at <http://www.army.mil/yearofthenco/home.html>

APG civilian mentors SMA Capstone project

Completed project will be added to Harford County Web site

Story and photo by
YVONNE JOHNSON
APG News

Harford County Rideshare and Bike to Work Day organizers are excited about a project being conducted by an Aberdeen High School Science and Mathematics Academy senior and an Aberdeen Proving Ground civilian that will result in a Web-based interactive map of Harford County's bike routes for bicycling enthusiasts.

Volunteer mentor Bryant DeBruyne, a Geographic Information System specialist with the Directorate of Public Works is guiding 18-year-old senior Montrell Koonce in the Capstone Project which is a part of the academy's four-year Science, Research and Technology requirement.

Working with DeBruyne, Koonce is creating a map that will show bicycling routes, Harford Transit bus stops, hazard areas, elevations and points of interest throughout Harford County.

Koonce meets with DeBruyne two-to-three days a week in the GIS Computer Aided Drawing and Design room in building 4304 to work on the project.

DeBruyne supervises Koonce in the use of ARCMAP 9.2 GIS System software, which he uses in his daily work and Harford County data to design the map.

He said the map will include state roads, be color coded by slope and will show road hazards such as construction or obstacles that could cause damage to tires as well as bus stop information for the Harford County Transit system.

"One click on a bus stop will bring up a bus schedule," DeBruyne said, adding that the project should be completed in May in time for the annual Bike to Work Day.

Harford County will maintain the site. He said that he and Koonce have been working together since September and called him a fast learner.

"After he got the basics and explored the hands-on applications, the questions got fewer and fewer and the work got faster and faster," DeBruyne said.

He said the two will present the project during the SMA Capstone Project Presentation program in May.

DeBruyne said the project is the first phase of a three-part project.

The first phase, which he and Koonce will complete, is building the base map. A second project will involve adding a "bicycle level of comfort" to the site which will address comfort levels on specific roads for inexperienced bikers,



Bryant DeBruyne, a geographic information system specialist with the Directorate of Public Works mentors Montrell Koonce from Aberdeen High School's Science and Math Academy on his Capstone Project in the Computer Aided Drawing and Design room in building 4304 Dec. 3.

and the third and final phase will involve the construction of a network database or map route in which bikers can input their preferences to map a compatible route.

"That is the ultimate goal," DeBruyne said. "Technology is changing constantly, and I take several courses a year just to keep up. The only way to be comfortable with this software is to be totally immersed in it and Montrell understands that."

Koonce said that working with DeBruyne has been a non-stop learning experience.

"Sometimes when I'm not sure where to begin, he shows me how to slow down and sort things out," he said. "I've learned a lot about the software and about problem solving, and I'm definitely more knowledgeable than when we started. I like the scientific hands-on aspect of learning and at this point, I'm very proud of what I've achieved."

Koonce is a history major who also is interested in engineering and robotics. He has applied for admission to the University of Maryland. His father is an Army Soldier deployed to Iraq.

DeBruyne is a retired Army major who worked for the U.S. Army Ordnance Center and Schools while on active duty and then with the U.S. Army Aberdeen Test Center before joining DPW. A longtime bicycling enthusiast, he also has mentored with the Joppa-towne High School math program and with the Cycles Across Maryland Teen Challenge.

He encourages others with knowledge to share to mentor youths.

"There's always a need for mentors," he said. "You don't have to be a research scientist or have a degree [Ph.D.]. If you have something to share it's worth the time. The more you put into it the more you get out."

Pat Fielder, Harford County Rideshare and Bike to Work Day coordinator, said the project will be a boon for the professional as well as the recreational cyclist.

"With the information he has gathered, it will also benefit those who ride Harford Transit," she said. "Ultimately, his interactive map will allow anyone to hyperlink to Harford Transit to identify

when a bus will arrive at a particular bus stop by a simple click of the button.

"Kudos to Mister DeBruyne," she added, "for his interest, expertise and time in mentoring Montrell in this significant project."

AHS Science and Mathematics Academy

Exclusive to the SMA is a four-year, series of courses called Science, Research, and Technology (SRT I-IV), which allow students to discover and pursue unique areas of interest using the tools, techniques and valid protocol inherent in scientific research. Students in the program develop critical thinking and creative problem solving skills through regular contact with practicing scientists, engineers, and mathematicians who volunteer as mentors.

The program culminates in a year-long Capstone Project which concludes with a written report and an oral presentation.

The SMA is a member of the National Consortium for Specialized Secondary School of Mathematics, Science & Technology.

Volunteers mail care packages to deployed CBRNE Soldiers

Story and photos by
CHANEL S. WEAVER
20th Support Command (CBRNE)

When Jocelyn Runice opened her presents at her "Sweet 16th" birthday party a few weeks ago, the contents were a bit unusual.

Cans of shaving cream, hundreds of socks, tubes of toothpaste and too many boxes of snack food spilled out onto the floor.

But Runice loved the presents. She had asked her guests to donate supplies for deployed Soldiers in lieu of gifts.

"I have everything I want, so I really didn't need any presents," Runice said. "I am thankful for the Soldiers because they help us with our freedom."

Runice was among 15 other volunteers who gathered at the Veterans of Foreign Wars Post 5337 in Abingdon, Nov. 19, to mail care packages to deployed Soldiers of the 20th Support Command - Chemical, Biological, Radiological, Nuclear and High-Yield Explosives.

The Abingdon VFW Post adopted the 20th SUPCOM and continues to send care packages to Soldiers who are deployed to Iraq.

A cross-section of people - members of the VFW Post, APG employees, military spouses and local Harford County residents - packed dozens of boxes for shipment overseas in a little more than an hour.

"We appreciated all of the volunteers who showed up," said Leola Bogdan, president of the Ladies Auxiliary for the VFW Post. "We were particularly impressed with the youths who volunteered to send items to the Soldiers."

Ten-year-old Marissa Smith asked students at her local elementary school to donate some of their Halloween candy to the Soldiers.

"What she did was amazing," said Sabrina Bauld, spouse of 22nd Chemical Battalion Commander Lt. Col. Chadwick Bauld. "She gathered about forty pounds of candy."

Smith hopes 20th SUPCOM Soldiers will distribute the candy to the children in Iraq.

In addition to requesting supplies for Soldiers, Runice asked students in her high school art class to make cards for



Dee Schildt, left, and Kim Blische fill boxes with items for 20th Support Command Soldiers who are deployed to Iraq.

the troops.

"The response from the children was overwhelming," Doris Runice, Jocelyn's mom, said.

Though accolades for the youth volunteers were plentiful, they called the Soldiers the real heroes.

"I'm blessed to be a part of the VFW, and I am very appreciative of what our Soldiers do in defense of our freedom," Jocelyn said.

Erica Amos, left, and Jocelyn Runice write letters to 20th SUPCOM Soldiers who are deployed in support of Operation Iraqi Freedom. Runice asked her family and friends to donate supplies for Soldiers in lieu of receiving gifts for her 16th birthday.





Health Notes

Chiropractic care for active duty service members expands to new locations across the country

U.S. DoD Military Health System

Eleven military hospitals and clinics geared up this year to ensure more active duty service members have access to chiropractic services.

The 11 new locations join the 49 military clinics and hospitals currently providing chiropractic care to ADSMs. Also, for the first time, ADSMs overseas will have access to chiropractic services with two of the new locations in Germany and one in Okinawa, Japan.

The 2009 National Defense Authorization Act called for the Department of Defense to expand the number of military facilities offering chiropractic services to ADSMs. As a result, "TRI-

CARE Management Activity convened a chiropractic workgroup composed of senior service representatives," said Kathy Larkin, chief of the TRICARE Policy and Benefits Branch. "The group worked long and hard to determine where to expand chiropractic care to best meet the needs of active duty service members."

The planned sites are:

- Air Force**
 - 1st Special Operations Medical Group, Hurlburt Field, FL
- Army**
 - Irwin Army Community Hospital, Fort Riley, KS
 - Lyster Army Health Clinic, Fort

Rucker, AL

- Bayne-Jones Army Community Hospital, Fort Polk, LA
- Bassett Army Community Hospital, Fort Wainwright, AK
- Landstuhl Regional Medical Center, Germany
- Grafenwoehr Army Health Clinic, Germany
- Navy**
 - Naval Health Clinic Quantico, Va.
 - Naval Branch Health Clinic Groton, Conn.
 - Naval Hospital Lemoore, Calif.
 - U.S. Naval Hospital, Okinawa, Japan

For a complete list of military facilities offering ADSMs chiropractic care,

or for more information about chiropractic care, see the TRICARE Web site at www.tricare.mil/ChiropracticCare.

The Chiropractic Care Program has been in effect since 2001 and is only available to ADSMs at designated military treatment facilities. A service member's primary care manager determines if chiropractic care is appropriate.

TRICARE does not cover chiropractic care, but Family members may be referred to non-chiropractic health care services—physical therapy, Family practice or orthopedics—for treatment as appropriate.

For more TRICARE news, go to www.tricare.mil/pressroom.

Soldiers can find a sympathetic ear online, through TRIAP

Story by
C. TODD LOPEZ
Army News Service

Soldiers who need somebody to talk to any time of the day or night can turn to the TRICARE Assistance Program.

TRIAP allows Soldiers to use a telephone, a computer, or even a computer with video conferencing capabilities, to communicate directly with licensed counselors about stress management issues, Family difficulties and pressures, Family separations and deployments, relationships and marital issues, parent/child communication, or any personal problems that might adversely impact work performance, health or well-being.

The TRIAP service is available day or night, year round, comes at no cost to Soldiers, is confidential, and doesn't get

reported to a Soldier's command, said Vice Chief of Staff of the Army Peter W. Chiarelli.

"I am very excited that our Soldiers and Family members can now access care from the comfort and privacy of their own home, if necessary, and the processes are in motion to move us through a phased approach to eventually get to where Soldiers and Family members can access truly comprehensive behavior health care at home," Chiarelli said.

No records are kept of when a Soldier uses the services provided by TRIAP. Additionally, if Soldiers are using TRIAP, and they need more advanced mental-health services, the online licensed counselors will assist them in setting up such an appointment.

Each region of the three regions of TRICARE has developed its own ver-

sion of the TRIAP pilot program. These individual programs can be accessed on each region's Web site at the URLs listed below:

- <https://www.hnfs.net/bene/authorizations/behavioralHealth/TRICARE+Assistance+Program+Web+Based+Counseling.htm>
- <http://www.humana-military.com/south/bene/health-wellness/triap.asp>
- <http://www.triwest.com/beneficiary/behavioralhealth/onlinecare/default.asp>

The TRIAP program uses commercial communications applications like Skype or iChat to connect Soldiers face-to-face with counselors.

To take full advantage of the service, Soldiers must have the correct software and hardware on their computer. Face-to-face counseling services, for instance,

would require a video camera.

Also part of the initiative by TRICARE to place more emphasis on mental health, is the expansion of its Telemental Health Network. Under that expansion, about 251 locations are available where TRICARE beneficiaries can visit via teleconference with a professional mental-health-care provider, such as a therapist or psychologist and participate in a session.

Sessions under Telemental Health must be scheduled like any appointment, and are fully documented and placed into a patient's records.

"I believe we have taken a very important first step in getting behavioral healthcare to Soldiers and Family members who might not have received it otherwise, because of stigma or geographical separation," Chiarelli said.

Commentary: Clarifying common misconceptions about nutrition

Story by
CHRIS HALAGARDA
U.S. Navy

Having counseled and trained many athletes, health enthusiasts and aspiring health enthusiasts over the years, I've noticed that there are many reoccurring misconceptions about nutrition. Here are just a few of the more common ones:

A supplement must be safe if it's all natural.

Many supplement companies try to prey on the public's naivety by claiming that their product is natural, therefore, it must be safe and effective. This message assumes that there is nothing harmful in nature, right? Not true. Marijuana, cocaine, penicillin, ephedrine, tobacco and many other powerful supplements, drugs and medications are "all natural," yet we know how powerful they are.

Don't be confused by the good advice to eat foods in their most "natural" state. Continue to eat natural foods such as fruit over processed fruit roll-ups. Just don't be fooled into thinking that consuming "natural" supplements is risk-free. Better yet, instead of spending your hard-earned money on unproven and potentially dangerous supplements, go to the commissary regularly to stock up on a variety of fruit and vegetables. They are the most natural and powerful foods on earth.

Nuts are fattening.

This statement is nuts. The truth is nuts are some of the healthiest foods in the world. You can buy nuts with all the nutrients that have been shown to improve our



health at your commissary while saving money at the same time. The "grocery list" of nutrients in nuts includes amino acids (the building blocks of protein), complex carbohydrates, fiber, dozens of vitamins and minerals and fats, but the healthy kind of fats. Nuts have mono- and poly-unsaturated fats instead of saturated fats or trans fats. Saturated fat and trans fat promote clogging of the arteries and are a main reason why heart disease is the number one killer in the United States. Substituting saturated fat with a healthy alternative such as mono- and poly-unsaturated fats can help lower your risk of developing heart disease.

The only warning with regard to nuts is that more is not better. Nuts are calorically dense, just like butter and oil. So an ounce or two of nuts a day is all that you need. Sprinkle some almonds or sunflower seeds on a salad, add sliced walnuts to vegetables, spread a tablespoon of peanut

butter on an apple or pear, blend some peanut butter or whole peanuts into a shake, or add a scoop of peanut butter or whole nuts into your morning oatmeal. Don't limit yourself to peanut butter either. Try different types of nut butters such as almond, macadamia, pecan, pistachio and sunflower, or try making your own mixed nut butter by mixing nuts and oil in a blender.

Drinking water promotes weight loss.

Unfortunately, water does not accelerate weight loss. There may be a small amount of calories burned when extremely cold water is consumed, because the body will burn a small amount of calories to warm it to body temperature, but not a significant amount. Most of us also know that it is important to stay well hydrated because when we are dehydrated we are weaker and slower and less efficient at breathing. So, if we are dehydrated while exercising we will exercise more slow-

ly and will burn fewer calories during a workout. Water may also provide a feeling of satiety or fullness when we eat a small meal. This could add up to weight loss over time. There is also some thought that when we lose fat successfully, our adipose tissue (fat cells) shrinks and releases toxins. Being adequately hydrated is important for flushing these toxins out of the body through the kidneys. So be sure to drink regularly for many different reasons, but don't expect drinking water to lead to a shrinking waist.

To ensure you're adequately hydrated, monitor your urine color. This is a method used by firefighters after returning from a fire and many active-duty personnel during military exercises. It's also a good habit to weigh yourself before and after a workout. Drink about 16 to 24 ounces of fluid for every pound lost during your workout. The weight lost during a workout is water in sweat, not fat.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCADietitian Forum https://www.commissaries.com/healthy_living/dietitian/forum/index.cfm.

Be sure to look for other useful information in the Dietitian's Voice archive https://www.commissaries.com/healthy_living/dietitian/column/index.cfm. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen https://www.commissaries.com/kays_kitchen.cfm.

DENTAC Health Notes

Commentary: 'All I want for Christmas is my two front teeth'

By
**SGT 1ST CLASS
SUMID SMITH**
Aberdeen Proving Ground Dental Clinic Command

It's a busy time of year for most people: shopping, preparing food, traveling to relative's houses for parties. It can also be a dangerous time with the snow and ice and bad road conditions. But one thing people don't think of during the holidays is their dental health.

All safety measures are considered, except what happens if you get an object caught in your teeth, break a tooth, get a toothache, and what about all those holiday sweets. I would like to discuss these teeth issues.

During the holiday season (and other times of the year), people often eat walnuts and pecans, but do not open the

nuts with your teeth. Using your teeth as a tool can cause fractures and possibly extreme pain. Use a nutcracker instead.

Another dental hazard that increases during the holidays is sugar intake. Prolonged exposure to sugar carbohydrates or sweets and candies filled with sugar is a great way for bacteria to cause decay. During the holiday season it is very important to brush and floss after meals and snacks.

Lastly, there is the toothache. The winter weather can make even the smallest tooth pain huge and can bring out tooth problems you never knew existed. If you experience a toothache or tooth pain, tend to the tooth or teeth immediately by calling your dentist for an evaluation.

(Editor's note: Author is a senior dental noncommissioned officer at the APG Dental Clinic Command.)

Aberdeen and Edgewood Area Dental Clinic holiday schedule

Aberdeen Area

- Dec. 24, 7 a.m. to 2:30 p.m.
- Dec. 25, closed; Christmas
- Dec. 28, 7 a.m. to 3:30 p.m.
- Dec. 29, 7 a.m. to 3:30 p.m.
- Dec. 30, 7 a.m. to 3:30 p.m.
- Dec. 31, 7 a.m. to 2:30 p.m.
- Jan. 1, closed; New Year's Day

Sickcall hours, 7 to 9 a.m.
For more information, call 410-278-1795/1796

Edgewood Area

- Dec. 24, closed; for emergencies, report to the AA Dental Clinic
- Dec. 25, closed; Christmas
- Dec. 28, 7 a.m. to 3:30 p.m.
- Dec. 29, 7 a.m. to 3:30 p.m.
- Dec. 30, 7 a.m. to 3:30 p.m.

- Dec. 31, closed; for emergencies, report to the AA Dental Clinic
 - Jan. 1, closed; New Year's Day
- Sickcall hours are 7 to 9 a.m.
For more information, call 410-436-3487/2756

For after hour emergencies, call the Kirk U.S. Army Health Clinic.

The AA and EA Dental Clinics will return to their regular schedule on Jan. 4.





Engaging the target

Specialist Joshua Uhrig, from Chillcothe, Ohio, zeroes his M-4 carbine during a weapon qualification range held at Aberdeen Proving Ground Dec. 10. Uhrig is a chemical, biological, radiological, nuclear and explosive specialist with Company A, 22nd Chemical Battalion (Technical Escort), 48th Chemical Brigade, 20th Support Command.

Chemical Soldiers refine their marksmanship skills

Photos by
SGT 1ST CLASS JB JASO III
22nd Chemical Battalion (Technical Escort)

Going to annual qualification at a marksmanship range in December can pose many frosty challenges, yet Soldiers from the 22nd Chemical Battalion (Technical Escort) beat winter's icy blast and completed their qualifications Dec. 10 on Aberdeen Proving Ground.



Firing away

Fairport Harbor, Ohio, native Spc. Danielle Doucette fires her M-4 carbine from the prone supported position during weapons qualification. Doucette is a decontamination specialist with Company A, 22nd Chemical Battalion (Technical Escort), 48th Chemical Brigade, 20th Support Command.



Nice grouping

Houston native, Sgt. 1st Class Martin Bryant assists a Soldier in identifying corrections that need to be made to his sights during weapons qualification. Bryant is an assistant team sergeant with Company A, 22nd Chemical Battalion, 48th Chemical Brigade, 20th Support Command.



Fire at your target

Sergeant Dave Williamson, from Quincy, Ill., fires his M-4 carbine from the kneeling position during weapons qualification. Williamson is a sample team leader with Company A, 22nd Chemical Battalion (Technical Escort), 48th Chemical Brigade, 20th Support Command.



Taking aim

Staff Sgt. Jeffrey Bolden from San Diego uses his M-4 carbine to shoot targets during weapons qualification. Bolden is a chemical, biological, radiological, nuclear and explosive specialist with Company A, 22nd Chemical Battalion (Technical Escort), 48th Chemical Brigade, 20th Support Command.



Counting bullet holes

Captain Justin Brooks from Modesto, Calif., left, assists Sgt. Dave Williamson from Quincy, Ill., count the number of hits during weapons qualification. Williamson, who qualified expert, is a sample team leader with Company A, 22nd Chemical Battalion (Technical Escort), 48th Chemical Brigade, 20th Support Command, while Brooks is a team leader with Company A, 22nd Chemical Battalion (TE).



FIRE DEPARTMENT HOSTS LETTERS TO SANTA



From: NICOLAS Y CAMILA

To: SANTA CLAUS



Dear Santa ☺
 Boy: 6 years
 Girl: 4 years
 I think I have been nice this year
 I have played with my sister, I respect
 my parents,
 what I'd like for Christmas. Is
 a ① Air Hogs Switchblad 27 MH Red.
 ② Nerf N Strike Raider Rapid Fire CS-35
 Blaster with 35 Darts. and for my
 Sister, She wants
 ① Barbie Car Convertible
 ② Littler Mommy Walk and Giggle Doll.
 Thank you very much!!
 Attn: Nicolas
 and Camila

2009
 DEAR SANTA,
 I've been a good girl. And my brother too, Brendan. And my mom feeds me healthy stuff.
 I want a Tinkerbell flower book for Christmas. My brother wants a bow - children's size. And he wants Star Wars Clone Wars Republic Heroes video game for Nintendo DS.
 I have always been wanting the Baby Woopsie Do doll. And I want a Cinderella costume size 6. And I want the glass slippers that go with it.
 Love,
 KIERAN

Dear Santa;
 My name is Gabriella and I am 9 years old. For Christmas this year I would like a Tinker Bell video game for my Nintendo DS. Thank you and Merry Christmas.
 Gabriella (9 year old girl)
 Dear Santa;
 My name is Brian and I am 4 years old. For Christmas this year I would like a new Tonka Truck. Thank you and Merry Christmas.
 Brian (4 year old boy)
 Dear Santa;
 My name is Conner and I am 2 years old. For Christmas this year I would like a toy from the Toy Story movie. I like Woody and Buzz Lightyear the most. Thank you and Merry Christmas.
 Conner (2 year old boy)

