

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Jan. 28, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Outgoing mail time changes

Effective Jan. 20, due to staffing changes at the U.S. Post Office, building 2201, outgoing mail will be accepted until 2:30 p.m. Outgoing mail will leave at 3:20 p.m. Outgoing accountable mail will be signed for after the outgoing mail leaves.

For more information, call Al Van Kleeck, postmaster, 410-278-7967.

Wanted: Story ideas on Year of NCO

In order to showcase the year of the non-commissioned officer, the APG News is looking for story ideas to publish. Anyone with a suggestion should call the editor, Debi Horne, 410-278-1150.

New KUSAHC policies

The Kirk U.S. Army Health Clinic has expanded its hours to be more convenient to patients. KUSAHC is now open from 7:30 a.m. to 4:30 p.m., Monday through Friday, to include Thursday training time and the lunch hour.

KUSAHC's child care policy has been modified to accommodate patients who have to bring their child with them to their appointment. Children under the age of 12 are not permitted to be left unattended in the waiting area.

KUSAHC encourages patients to make child care arrangements before their appointment and provides vouchers for the Aberdeen Area Child Development Center.

AFAP conference postponed

The installation's annual Army Family Action Program conference, which was originally scheduled for Jan. 27 through 29, has been postponed to a date that is yet to be determined.

Col. Jeffrey S. Weissman, Aberdeen Proving Ground Garrison and deputy installation commander said this year the installation's AFAP conference will closely coincide with the Department of the Army's AFAP conference.

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APG supports historic Obama train ride



Photo by YVONNE JOHNSON, APG NEWS
President-elect Barack Obama and Vice-President-elect Joseph Biden wave from the inaugural train as it passes through the Edgewood Train Station Jan. 17. A huge, flag-waving crowd was on hand to witness the passing of the historic Whistle-Stop Tour through Harford County.

Story by
YVONNE JOHNSON
APG News

Elements of Aberdeen Proving Ground played a crucial role in supporting the historic Whistle-Stop train ride of President-elect Barack Obama as it passed through Harford County and areas bordering the installation including the Edgewood Train Station.

Along with surrounding law enforcement entities, the APG Directorate of Emergency Services was peripherally involved in security and safety operations in accordance with requests for support from the Secret Service, according to Robert Krauer, DES director.

"Specifically, they were concerned with the APG boundaries," Krauer said. "We provided limited support requested by the Secret Service, primarily in the areas where the train traversed along our boundaries."

In addition to law enforcement personnel, APG emergency medical personnel also supported the operation.

One Secret Service concern was that APG, due to its location, was strategically available to provide "a true safe haven" in the event of an emergency, Krauer said, noting that the one side of the Edgewood train station, where the train rolled slowly through as more than 2,000 people greeted a smiling and waving Obama and Vice-President elect Joe Biden, is bordered by the APG Edgewood Area.

A multitude of Harford County law enforcement officers were on hand at the site providing security, including Harford County Sheriff deputies, Bel Air police officers and Maryland State troopers and Secret Service personnel.

"It's an interesting time for the country, and it was a once-in-a-lifetime event for many folks," Krauer said. "DES was simply on hand for support if needed. We were happy to support it."

The U.S. Army Materiel Command Band's jazz combo, led by Staff Sgt. Eddy Nubine provided musical entertainment for the event. (More on this in next week's APG News.)

TRICARE Reserve Select rings in the new year with lower premiums for healthcare coverage

U.S. DoD Military Health System

National Guard and Reserve Families are ringing in the new year with exceptional savings on their healthcare coverage.

The monthly premiums for TRICARE Reserve Select member coverage officially dropped Jan. 1 by 42 percent, from \$81 to \$47.51. TRS member-and-Family coverage dropped 29 percent, from \$253 to \$180.17.

In response to the 2009

National Defense Authorization Act, section 704, TRICARE analyzed Reserve Select costs from 2006 and 2007 and adjusted TRS premium rates for 2009.

"TRS premiums are billed a month in advance, so members started seeing reductions in early December, 2008," said Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity. "This is good timing considering these challenging

economic times."

"TRS offers an opportunity for our members and Families to have comprehensive, affordable healthcare coverage," said Col. Marty Wong, head of the joint Family program for the National Guard Bureau. "This is great news."

Granger also noted the benefits of purchasing coverage in the relatively new health plan open to qualified members of the Select-Reserve.

"TRS has only been

around since 2005," he said. "Now is one of the best times in the short history of TRS to sign up and start receiving healthcare benefits."

The TRS program was greatly streamlined in October 2007. Since then, the number of members has more than doubled.

"TRS covered about thirty-five thousand National Guard and Reserve members and Families in late 2007," Granger said. "Now we have over eighty

thousand."

TRS delivers coverage similar to TRICARE Standard and Extra to qualified members who purchase the coverage and pay monthly premiums. TRS also features continuously open enrollment.

To qualify, candidates must be members of the Selected Reserve and cannot be enrolled in or eligible for the Federal Employee Health Benefits program. For instance, See **PREMIUMS**, page 11

DES members to take the Polar Bear Plunge Jan. 24

Story by
YVONNE JOHNSON
APG News

For the 13th year the Maryland State Police Polar Bear Plunge will be held at Sandy Point Park in Annapolis and for the first time, Aberdeen Proving Ground emergency and law enforcement personnel will participate in the program that benefits the Special Olympics of Maryland.

Each year, plunge participants take a quick dip in the Chesapeake Bay to raise funds for SOMD, the state's largest year-round organization devoted to sports training and competition for children and adults with intellectual disabilities.

Leading the donation efforts by the Directorate of Emergency Services (DES) Polar Bears is Community Policing Officer Mike "Big Mike" Farlow. APG police officer Jeremy Rondone and fire inspector Doug Farrington championed Big Mike's efforts by encouraging fire and police participation for the event.

So far, the team has 20 volunteers and funds raised have surpassed \$1,400, said Farlow.

For several years, Farlow has coordinated participation with the annual Special Olympics Law Enforcement Torch Run. Farlow said DES has never participated as a team in the MSP Polar Bear Plunge.

"My two children, Nate and Micaela, were kind enough to point out that I looked more like a polar bear than a runner," Farlow said. "That's when I decid-

ed to request permission to start a team."

Team members include police officers, detectives, Police Academy and S.W.A.T staff members and firefighters and inspectors.

"We plan to have a great time and show the APG community that their emergency services are working together to make great things happen," Farlow said.

Proceeds from the MSP Polar Bear Plunge help 10,000 SOMD children and adults with intellectual disabilities experience life-changing benefits through participation in the organization's year-round training and competition programs — all at no cost to them or their Families.

Portions of the 2009 MSP Polar Bear Plunge will be aired live on local TV networks. According to the SOMD Web site, special guests will include Baltimore Ravens quarterback Joe Flacco and Maryland governor Martin O'Malley. Check TV listings or visit <http://www.somd.org> for more information.

DES

The Directorate of Law Enforcement and Security has been renamed the Directorate of Emergency Services. DES Director Robert Krauer embraced the creation of a combined fire and police team.

"This is a perfect example of what the community can expect from these two great organizations working together as a team," Krauer said. "It's an excellent start to the new marriage under the DES banner."

MLK commemorative prayer breakfast emphasizes service

Story by
RACHEL PONDER
APG News

Members of the Aberdeen Proving Ground community gathered together for a commemorative prayer breakfast at Top of the Bay Jan. 14 to pay tribute to Martin Luther King Jr.'s life and legacy.

Lt. Col. Casmere Taylor, chief of staff, U.S. Army Center for Health Promotion and Preventive Medicine, served as emcee. He said the theme of the breakfast was "A day on, not a day off; remember, celebrate and act."

"Dr. King was consistent in his overall message of change for equality," Taylor said. "He believed in freedom and justice for all. He encouraged all citizens to

live up to the purpose and potential of America by applying the principals of nonviolence to make this country a better place to live."

Entertainment was provided by Claudia Coleman, Civilian Personnel Operations Center, who performed an inspirational dance to two gospel songs.

"I performed 'Never Would Have Made It' and 'We Fall Down,'" Coleman said. "I came up with the dance routines to express the words and emotions conveyed in the songs. Dance is a form of expression for me, similar to how people express themselves with sign language."

Staff Sgt. Eddy Nubine, a gospel jazz musician with the 389th See **KING**, page 2

Southside Grill opens to huge crowd

Story and photo by
YVONNE JOHNSON
APG News

Employees and Soldiers of Aberdeen Proving Ground enjoyed complimentary dishes and good music while celebrating the grand opening of the Edgewood Area's new eatery, the Southside Grill Jan. 14.

Located in the Stark Recreation Center, the Southside Grill is situated in the former snack bar area of the center. Along with an eye-appealing renovation to the facility, the grill features a southwestern fare menu of chicken and beef quesadillas and fajitas, regular and hot wings, fish and chicken filets and chicken tenders. Condiments include fresh-chopped tomato, onion and pepper salsa, Jalapeño peppers, sour cream, melted cheese, soft and hard taco

shells, cut-up beef and ground beef and chicken, available for guests at no charge.

Dave Brewner, Southside Grill manager, said the new menu items were added to increase the lunch-time options of the area's civilian population.

"The biggest advantage is that this is the only food court available on post, and it gives more choices for those who don't want to go off post," Brewner said.

"Everything here is prepared fresh daily and is available to eat in or to go," added lead cook Fay Christy who with 29-years service on APG, personally prepared all the food.

Approximately 400 guests enjoyed the day's fare including Maj. Gen. Paul Izzo, commander of APG and the U.S. Army See **GRILL**, page 10

New Plans director foresees 'exciting time' for APG

Story and photo by
YVONNE JOHNSON
APG News

To ensure no installation management function is left uncovered, the Installation Management Command established a standard garrison organization to enhance its efforts to provide first class quality of life for Soldiers, civilians and their Families Army-wide. An important part of the SGO includes the reestablishment of the Plans, Training, Mobilization and Security Directorate. At Aberdeen Proving Ground John Kearney was named the director of the new office in December.

Kearney is the former division chief for the Management Support Division at the U.S. Army Aberdeen Test Center.

Kearney assumed command Dec. 8 and the organization stood up Jan. 18.

He said that the office is part of the Army-wide standardization of mission and functions that include personnel security and intelligence, installation and emergency operation center management, anti-terrorism force protection planning and mobilization processing and training support.

"It's an exciting time to be at APG with BRAC [base realignment and closure] coming in," Kearney said.

He said that while it is too early to determine the exact magnitude of the day-to-day activities, his immediate goals are to stand up the organization, build the team, understand

the required processes and community linkages and begin supporting the APG community.

"I plan to walk around, meet the other folks we'll be working with and supporting, and from there, we'll figure out the right organizational structure we need to support all the tenants on the garrison," Kearney said. "The next several years will be very exciting and demanding as we transition new organizations and Families into the APG footprint and help with other units and Families transitioning out as part of BRAC."

A graduate of Western Kentucky University, Kearney retired from the U.S. Army Ordnance Center and Schools as chief of Proponents, Plans and



John Kearney, Director of Plans, Training, Mobilization and Security Directorate

Operations at the rank of lieutenant colonel in 2007 after a 22-year career. He was commissioned into the Armor Corps in 1985 and

then transferred to the Ordnance Corps in 1989.

During his military career, his overseas assignments included Germa-

ny, Korea and Iraq during Operation Iraqi Freedom I.

Kearney is married to the former Moira Nicholson. They have two sons.

King

From front page

AMC Band, performed the national anthem, and the inspirational hymn "Lift Every Voice and Sing" on saxophones.

Col. Jeffery S. Weissman, APG Garrison and deputy commander, introduced the guest speaker and thanked those who participated in the program.

"Dr. King's life, although short, was dedicated to tolerance, peace and equality for all people," Weissman said. "His message has grown stronger and his dream closer with the passing of the years. Dr. King's legacy still reaches out to every man, woman and child in America and throughout the world."

The guest speaker was Dr. Albert J. Williams, school transition specialist for Installation Management Command, Northeast Region at Fort Monroe, Va.

Williams told the audience that Dr. King left behind a legacy of commitment to service and equality.

"Although Martin Luther King accomplished many great things in his life, his legacy is not about the past, it is about the future," Williams said.

He added that Dr. King's vision of hope was to rid our society of racism, poverty and materialism.

"Dr. King believed that the answers to complicat-

ed issues always began in a person's soul," Williams said "His vision was to create positive opportunities for all people. Dr. King could think of no greater lessons for our young people to learn than those of leadership and social commitment."

Williams said that there are many problems in our society, and the only way to improve our society is to carry on King's legacy and to take proactive measures for change.

"We should be extremely concerned about what is happening in our society and in our neighborhoods. Crime is on the rise. Many people believe that when the crime rate goes high in our neighborhoods, the solution is to move farther away. You can't move far enough. We all must take action to ensure that our neighborhood is a safe place for everyone to live," he said.

Williams said that many young people are growing up without positive role models, no one to show them right from wrong. He added that far too many children are not raised by parents; they are raised by video games, television and the local schools.

Williams said that being a positive influence and mentor to children is a way to improve society and to carry on King's legacy.

Williams stated that during a bad economy some people are reluctant to give back. He pointed out that during a slow economy,

there are even more people in need.

"If you think the economy is bad now, for some folks it has always been bad," Williams said.

He concluded his speech by asking the audience to not look at Martin Luther King Jr. Day as a day off, but as a day to continue his legacy of service and volunteerism.

"We must understand that we are our brother and sister's keeper," Williams said. "We must understand that we are one Family: black, white and brown. We have an obligation to give back to mankind."

After Williams' speech, Sharon King, U.S. Army Research, Development and Engineering Command secretary of General Staff office, and Linda Patrick, U.S. Army Center for Health Promotion and Prevention, received Star Notes signed by the previous APG Commander, Maj. Gen. Fred D. Robinson Jr., recognizing their efforts in organizing ethnic observances for the installation.

After the program, several attendees said that they attend the program every year to pay tribute King.

"Every year I pay tribute to his life by attending and participating in programs that honor Dr. King's life," Nubine, the musician, said. "At home, we listen to his speeches on CD and especially around this time of year. I have three chil-

dren, and I aspire to pass on to them the morals and ethics of his legacy."

Inez Tyson said that she feels that it is fitting that Martin Luther King Jr. Day is the day before Barack Obama, will be sworn into office, to become the first African American President of the United States.

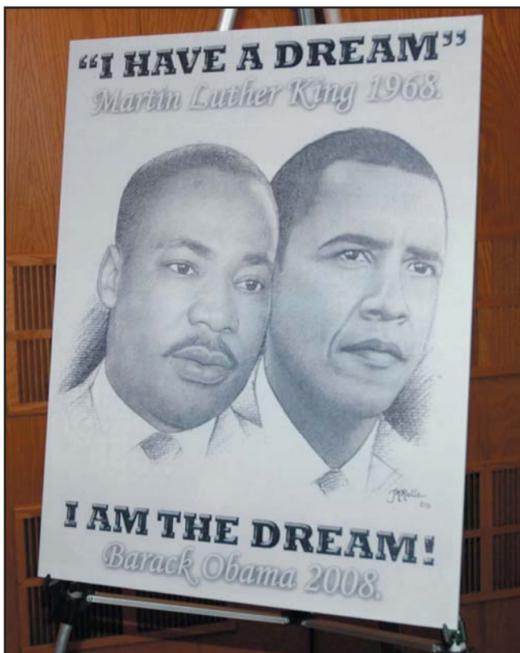
"I believe that he [Obama] is making King's dream become a reality," Tyson said. "Obama's administration is asking for more people to be involved and to give back to their communities, and I really think that is what we need to get this country back on track."

Deborah Shields, who works at Civilian Personnel Operations Center, said that she thought that the program was entertaining, educational and uplifting.

"I try to think of ways to give back to the community and to help those who are less fortunate throughout the year, and especially on Martin Luther King Jr. Day," Shields said. "I am truly blessed to have the opportunity to give back."



Staff Sgt. Eddy Nubine, a gospel jazz musician with the 389th AMC Band, performed the national anthem and the inspirational hymn "Lift Every Voice and Sing" on saxophones at the Martin Luther King Jr. Commemorative Breakfast Jan. 14 at Top of the Bay.



Photos by RACHEL PONDER
Artwork celebrating Dr. Martin Luther King Jr.'s life and legacy was on display during the event.



Claudia Coleman, who works for the Garrison Civilian Personnel Operations Center, performed an inspirational dance to two gospel songs, "Never Would Have Made It" and "We Fall Down," during breakfast.

APG News

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

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APG Outdoor Journal

Commentary: Hummmmmmm

By
BILL ARMSTRONG
APG Wildlife and Marine Law
Enforcement Division

The other day I had a couple of minutes to spare so I started looking back over some of my notes from the past year, sort of gauging the responses I've received about the column, and from that, seeing what subjects Aberdeen Proving Ground folks had a particular interest in. Surprisingly, aside from the hunting and fishing questions which I normally respond to, sometimes even before they've finished their question, with, "It's against the law," I found that a number of people were particularly interested in an amazing critter that migrates all the way up here from Central and South America: the ruby-throated hummingbird.

While most of the comments I got had to do with people noting their presence here on the proving ground, several individuals were interested in their nesting habits and how to attract them with the use of feeders. So I got to thinking; what the heck? spring is just around the corner, and it's really never too early to be thinking of hummingbirds and warmer weather, perhaps I'll try to share with you some of what I've learned about this delightful little visitor.

Rather than going over the same reference material which can be easily found on the Internet (just Google 'ruby throated hummingbirds' and follow the links), I'll pass along some of my first-hand experiences with them, and hopefully, it'll answer some of your questions.

First of all let me begin



Photo by BILL ARMSTRONG

While enjoying my first cup of coffee one October morning last year, approximately 21 hummingbirds stopped by to join me for a drink before they headed south for the winter.

by saying that up until a couple of years ago, I had very little experience with them, primarily with just being able to identify the species and able to point them out to someone who had never seen one up close. All of that ceased when friends of mine down in West Virginia sent me some pictures of hummingbirds they'd taken of them swarming around their feeders, showing literally dozens and dozens of them at one time crowded around, awaiting their turn at the feeding tubes. I was simply amazed.

So, the next spring my wife and I put up a single feeder out on the deck (no food coloring—1/2 cup of sugar to the quart of water), and lo and behold by the end of summer, we had 10 or so using it, even to the point that when the feeder ran dry, the hummingbirds would actually hover

in front of our faces, seemingly demanding that the feeder be filled.

By the end of the summer, I found that they were pretty much acclimated to our presence, allowing us to easily approach to within only a few inches of them as they fed. This lasted well up until early November, when they finally lit out for points south of the border.

Then next spring [last year], long about mid-April, (Spring Gobbler Season for you turkey hunters), I was startled one morning just as I was leaving the house by a very indignant "hummer" who was all in a dither just outside our door, complaining I suppose, about why the feeder wasn't up and filled.

The photograph seen here was taken this past October as I was in the process of having my first cup of morning coffee. At the

time of the photo opportunity, there were 21 hummingbirds having breakfast at the feeder.

Hummingbirds are indeed a fascinating critter to watch. I see them all summer long here on Aberdeen Proving Ground, but one of the best times to see them is when the trumpet vines are blooming.

They are an absolute joy to watch, especially around a backyard feeder as they zip in and out, hovering frontwards, backwards, up and down, sideways...you name it; they are without a doubt, the world's best high flying acrobat.

If you enjoy sitting out on your deck and watching Mother Nature, by all means put out a feeder. It's well worth the effort.

If you do; here are a few hints and reminders:

The color red is an excellent attractor, so if you're
See JOURNAL, page 11

'Man, it's cold out there! Beware!'

Story by

JENELLE L. FERGUSON

Installation Safety Office

What do the following news reports have in common?

- A boater falls in the water on a warm day in early March and drowns before rescuers can get to him. Locals say he was little more 100 feet from shore and was considered a good swimmer and an avid fisherman.

- A man and his Family are stranded in a mountain pass during a snow storm. After running out of fuel and burning the car's tires for warmth and to signal rescuers, he hikes out for help, but perishes.

- A deer hunter is found dead in his tree stand with no apparent wounds. Authorities conclude he died of exposure.

- An 11-year-old girl is found dead in a snow drift beside a road in an attempt to walk to her mother's house 10 miles away.

They all have hypothermia in common.

This is the time of year where people can fall victim to its dangers.

Hypothermia occurs when body heat is lost to a cool or cold environment faster than it can be replaced. Temperatures do not have to be below freezing for hypothermia to occur. Even when the weather turns warmer in spring, the inland and bay waters can still be very, very cold.

When it comes to boating in the colder months of the year, fishermen are able to work their favorite coves nearly undisturbed. However, the water is cold

(less than 60 degrees Fahrenheit) in the off-season. Authorities report that more than half of the fatal boating accidents in Pennsylvania and Maryland occur when the water is cold. Most such accidents occur in calm weather, relatively close to shore. Because fewer boaters are on the water, the likelihood of a prompt rescue is greatly reduced.

Off-season boaters must be as self-sufficient

as possible. Without a life jacket, a victim may inhale while under water (involuntary gasping reflex) and drown without coming back to the surface. This can only be prevented by wearing a life jacket at all times.

The body can cool down 25 times faster in cold water than in air. Water temperature, body size, amount of body fat and movement in the water all play a part in cold water

survival. Small people cool faster than large people and children cool faster than adults. And older adults can develop a low body temperature after exposure to conditions of mild cold, which would only produce discomfort in younger people.

Hypothermia isn't limited to cold water exposure. It can occur when a person spends a lot of time outside in cold weather,

See COLD, page 11



Panic on the highway!

Installation Safety Office

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

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

Situation #17

Imagine you are driving 65 mph (posted speed) on a large interstate highway. You are moving with the flow of traffic and there are vehicles quite a distance ahead of you. Suddenly the cars that were far ahead aren't so far ahead anymore. They are slowing and stopping and you're coming up on them fast. What should you do?

- A. Stomp on brake to come to an emergency stop.
- B. Hard brake to reduce speed, then medium brake to maintain steering control.

Answer A. Your decision to "stomp on brake to come to an emergency stop" may not have been the best choice. You shouldn't have to come to a panic stop - this could send you into a skid or result in getting run into from the rear. Since you have been moving with the flow of traffic, you'll have time to slow at the same speed that the cars ahead of you are slowing. Although you have less braking time because they've already started before you, still they should be far enough ahead. **Answer B.** You did the right thing. You don't have to make a panic stop. "Hard brake to reduce speed, then medium brake to maintain steering control" is the way to go. Driving along an interstate with a posted speed of 65 mph and moving with the flow of traffic means you'll have time to slow at the same speed that the cars ahead of you are slowing. The biggest hazard you have under these circumstances would be to stomp on the brakes and get into a skid or stop too quickly. Doing that you could get run into from the rear.



Health Notes

Commentary: Disrupted sleep common after deployment

By
MAJ RICHARD BARTON
U.S. Army Center for Health Promotion and Preventive Medicine

When returning from deployment, a common contributor to feeling out of sorts is disrupted sleep. Living conditions in theater are not exactly four star; air frames zipping overhead, the opening and closing of doors, weapons being slung and un-slung, and roommates shouting over video games—all combined with the possibility of incoming rounds—are poor formulas for solid siestas.

For Soldiers just returning from deployment, those conditions may negatively impact their ability to sleep soundly. For some it is a lack of those sounds, for others it is sounds that are similar and appear to be out of place at home, and for those “lucky” enough to be within earshot of an impact area, well, enough said.

A trick to improved sleep is controlling the things you can and recognizing those that you cannot. Move the television to a viewing place that is not in the bedroom. This will help your body and mind begin to identify your bed as a place for sleep. If you are having problems staying asleep, go to another room and sit while watching TV or reading until you are ready to sleep. This sequence may have to be repeated several times, but eventually your body will get the message.

Set up a sleeping standard operating procedure that cues your body into recognizing when it is time to sleep. If needed, cover your eyes to keep light out. Use earplugs or earphones with relaxing music. Relaxation exercises and martial arts meditation have been proven to be very effective in resetting sleep patterns.

Soldiers attend field training partly to become effective at functioning with low levels of sleep under adverse conditions. These training events cannot simulate adverse conditions such as the impact of near-death experiences, the witnessing of carnage, or the loss of a brother in arms.

Over the last 15 years, sleep research has confirmed links between exposure to combat and sleep difficulties. In other words, poor sleep while deployed or upon return is normal.

Taking steps to learn about and then apply sleep hygiene procedures may be all

that is needed to reset the process for restful sleep. If the body and mind are rested, their ability to deal with combat reactions improves markedly.

Help your body by restricting caffeine and nicotine intake an hour or two before sleeping. Don't use alcohol to manage sleep—it creates short-term, false gains with long-term negative impact. Studies have consistently shown that overuse of alcohol disrupts sleep. They have also demonstrated that a common denominator for those who suffer from severe post traumatic stress reactions is the use of alcohol, resulting in prolonged sleep difficulties.

If after 120 days of postdeployment, you see no significant improvements in sleep or a limited decrease in combat reactions, seek assistance from your primary care provider, from another health-care professional or a behavioral health specialist.

Any of these resources should be able point you in the right direction.

Resources for information

- Sleep Education.com, www.sleepeducation.com;
- National Institute of Mental Health, <http://www.nimh.nih.gov/>;
- National Center for Posttraumatic Stress Disorder, <http://www.ncptsd.va.gov/ncmain/index.jsp>
- Military One Source, www.militaryonesource.com.

KUSAHC SHOTS

TOBACCO CESSATION CLASSES

Kirk U.S. Army Health Clinic will hold Tobacco Cessation sessions for TRICARE beneficiaries, noon to 1 p.m. on Wednesdays, Jan. 21 and 28 and April 1, 8, 15 and 22 at the KUSAHC Ortiz Training Center, third floor, room 316. Signup for class is required; class size is limited.

For more information or to schedule a class, call Community Health Nursing, 410-278-1964/1771/1774.



POST SHORTS

Open Season extended

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

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

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

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

Chapel holds Sweet-heart Banquet

The Post Chapel will hold a Valentine's Sweet-heart Banquet 6 p.m., Feb. 7, at the Clarion in Aberdeen. A signup sheet is located in the Welcome Center of the Main Post Chapel.

Child Care arrangements should be made by calling Joyce Wood at the chapel, 410-278-4333 by Jan. 23.

Tax Center open to public today

The Tax Center will officially open to the public in its new location, building 30, downstairs in Top of the Bay Jan. 22.

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

Hours of operation will

be 8:30 a.m. to 4 p.m., Monday through Friday.

The Tax Center will close April 15.

D.A.R.E.® Dance program begins tonight

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

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

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

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

RAB meeting at new location

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Thursday, Jan. 29, at a new location: Vitali's Restaurant & Banquets, 1709 Edgewood Road and Route 24 in Edgewood.

The topic will be an update on the O-Field Study Area.

Board meetings are open to the public; all APG employees and citizens are invited. For more information, call the Informa-

tion Line, 410-272-8842 or 800-APG-9998.

B.O.S.S. offers Valentine candy grams

Show appreciation to loved ones by purchasing Valentine candy grams, which include a balloon, card and candy and will be sold at the Aberdeen Area PX and the Edgewood Area Shoppette by the Better Opportunities for Single Soldiers program.

Deliveries will be made on the Aberdeen and Edgewood areas on Valentine's Day and another date, to be determined.

Customers can also purchase candy grams that they can deliver themselves to surprise their loved ones off post.

Proceeds from the candy grams will go to benefit the B.O.S.S.

For more information call 410-436-2713.

Fifth annual Best Sapper Competition

Registration for the Army's Fifth Annual Best Sapper Competition at Fort Leonard Wood, Mo., began Jan. 10.

Eligible participants include Soldiers serving in the 21-series career field or any Soldier, Sailor, Marine or Airman who wears a Sapper tab.

The competition, sponsored by the U.S. Army Engineer School's Sapper Leader Course and held in the rugged Ozark Mountains at Fort Leonard Wood, is scheduled for April 20 through 22.

Organized into two-man

buddy teams, the competition's concept is to not only determine the next "Best Sapper" team, but to challenge and test a service member's knowledge, physical prowess and mental fortitude.

Events will be posted at the Sapper's Web site, www.wood.army.mil/sapper/BSC, at a later date.

Two clues for success in this year's contest: be in top physical condition and hone technical know-how by understanding Field Manual 5-34 and the Sapper Handbook.

To register, send an e-mail with competitors' names and biography forms no later than April 1 to sean.m.carroll@conus.army.mil or submit requests at www.wood.army.mil/sapper/BSC/. For more information, call the Fort Leonard Wood Public Affairs Office, 573-563-4145.

NCO Academy holds 9th Annual Dining Out

The Noncommissioned Officer Academy will hold its 8th Annual Anniversary Dining Out March 6 at Top of the Bay. The evening will honor past NCOA commanders from 1987 to present.

Tickets cost \$40. Call to make a reservation by March 3.

For more information or to RSVP, call Sgt. 1st Class Dennis Day, 410-278-9129 or e-mail dennis.day4@conus.army.mil.

WACVA meeting

Freestate Chapter 70 of the Women's Army Corp Veterans Association will not meet in January. The

next meeting will be 11 a.m. Feb. 7, at the Aberdeen Senior Center on Franklin Street. Community service events and fundraisers for 2009 will be discussed.

Meetings and membership in the chapter are open to women who have served or are serving in the armed forces – Army, Navy, Marines, Air Force, Coast Guard, Reserves and National Guard.

For more information, contact Judy Fortier, 1st vice-president, 410-272-4115.

Gunpowder Toastmasters meet

Make a resolution to conquer the fear of public speaking by learning to speak with confidence. Toastmasters clubs seek to help members improve communication, leadership, evaluation and public speaking skills in a fun and friendly environment. Meetings are open to everyone. The Gunpowder Toastmasters meet 11:30 a.m. to 1 p.m. the first and third Monday of each month. Due to federal holidays in January and February meeting dates are Feb. 2; and Feb. 17.

Meetings are held in the Chemical Demilitarization Training Facility building E-4516, small seminar room, on the Edgewood Area of Aberdeen Proving Ground.

For more information, contact Adam Freeland, 410-652-8026 or Carmen Lane, 410-436-8969.

BRAC Job Fair

CECOM LCMC and Army Team C4ISR will hold a BRAC Job Fair 10 a.m. to 4 p.m., Feb. 7, at the Harford Community College Chesapeake Center, 401 Thomas Run Road, Bel Air.

Recruitment will be for government positions at Aberdeen Proving Ground including but not limited to budget analyst, computer scientist, contract specialist, engineer, logistics manager, management analyst, operations research analyst and accountant, program analyst and program manager.

Registration at www.swnetwork.org is required in order to attend.

For more information, call 410-939-4240.

Black History Month Specialty Meal Feb. 17

The Black History Month Special Meal will be held in the Aberdeen dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, E-4225, 5:30 to 7 p.m.

All military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$4.25 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.65 applies to spouses and other Family members of enlisted personnel in the ranks private through specialist/corporal.

The menu includes hearty beef vegetable soup, barbecued spareribs, fried chicken, southern fried catfish, baked chicken, simmered ham hocks, steamed rice, baked macaroni and cheese, sweet potato casserole, collard greens, corn bread, assorted salad bar, potato salad, cole slaw, assorted breads, peach cobbler, pecan pie, soft serve ice cream and assorted beverages.

Note: Menu is subject to change without prior notification.

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

National Prayer Luncheon Feb. 20

The Post Chapel will host the National Prayer Luncheon 11 a.m., Feb. 20 at Top of the Bay.

The guest speaker will be Lt. Gen. Benjamin C. Freakley, commanding general, U.S. Army Accessions Command and deputy commanding general, Initial Military Training.

Call the chapel to reserve tickets, 410-278-4333.

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

Community Notes

THURSDAY

JANUARY 22 SAME CHESAPEAKE POST MONTHLY MEETING

The Society of American Military Engineers Chesapeake Post meeting is scheduled for 11:30 a.m. at Top of the Bay. The featured speaker is Maj. Gen. W.B. (Bo) Temple, U.S. Army Corps of Engineers, deputy commanding general, Military and International Operations. Space is limited and reservations are required. RSVP by Jan. 20 online at www.same-chesapeake.org.

FRIDAY

JANUARY 23 BASKET BINGO

A basket bingo will be held at the Aberdeen Fire

Hall, Rogers Street, Aberdeen, to benefit Homes for Our Troops (<http://homesforourtroops.org>). Doors open at 6 p.m., and games begin at 7 p.m. Tickets cost \$12 for a 20 game packet. Extra packets cost \$5 each. Food and drinks will be available for purchase. Kitchen sales benefit St. Paul's Lutheran Church. Bring a non-perishable food item for a free ticket for a special drawing.

For more information or tickets, call Peggy or Chuck Kendzierski, 410-879-7823 or Brenda Conjour, 410-273-7332.

SATURDAY

JANUARY 24 VARIETY QUARTER AUCTION

A Variety Quarter Auction for handmade or home-

made collectibles will be held at the St. Paul's Lutheran Church in the Fellowship Hall, 201 Mt. Royal Avenue, Aberdeen, to benefit Family Share – Community 76 Girl Scouts. Doors open at 6 p.m., and games begin at 7 p.m. Paddles cost \$2 each, maximum of two per person.

Food and drinks will be available for purchase. Kitchen sales benefit Community 76 Girl Scouts Service Unit Fund. Bring a non-perishable food item for a free ticket for a special drawing. Vendors needed.

For more information, contact Carol, b_a_scout@hotmail.com.

TEXAS HOLD'EM

American Legion Susquehanna Post 135 located on 300 Cherry Street, Perryville, invites the public to a night of Texas Hold'em. The first game starts at 2 p.m., the second game starts at 7 p.m. Register by 1 p.m. with a \$50 buy in. First-come, first-served. A cash bar and food will be available.

For more information, call 410-642-2771.

THURSDAY

JANUARY 29 AMERICAN CANCER SOCIETY RELAY FOR LIFE

The 2009 American Cancer Society Relay For Life

of South Harford Kick-Off Party will be held 6 to 7:30 p.m., at the Abingdon Library, located on 2510 South Tollgate Road, Bel Air, Md. Visit www.relayforlife.org/southharford for all May 15, Relay For Life of South Harford information.

For more information, call Kelly Scott, 410-933-4174, e-mail kelly.scott1@can-cer.org.

SUNDAY

FEBRUARY 1 HEALING HERBS – HEALING MARSHMALLOW CREAM

Explore the medicinal and therapeutic values of herbs and wild plants. Take home a product made from the highlighted plant. The program will be held 1 to 2 p.m. for ages 14 through adult. Cost is \$4 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.

LUCKY GARDEN

When short cold days are depressing, look to the luck of the green in the windowsill. This program will be held 3 to 4 p.m. for all ages. Ages 12 and under must be accompanied by an adult. Cost is \$3.50 per person. Registration is required.

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

SATURDAY

FEBRUARY 7 BRAC JOB FAIR

CECOM LCMC and Army Team C4ISR will hold a BRAC Job Fair 10 a.m. to 4 p.m. at the Harford Community College Chesapeake Center, 401 Thomas Run Road, Bel

Air.

Recruitment will be for government positions at Aberdeen Proving Ground including but not limited to budget analyst, computer scientist, contract specialist, engineer, logistics manager, management analyst, operations research analyst and accountant, program analyst and program manager.

Registration at www.swnetwork.org is required in order to attend.

For more information, call 410-939-4240.

WHOSE FEET ARE THOSE?

Want a unique wreath for Valentines Day? How about using feet? Learn about animal tracks and make an unusual wreath to take home. The group will also go outside and look for tracks in the snow, weather permitting.

The program will be held 1 to 3 p.m. for ages 7 through 10. Registration is required. Cost is \$5 per person.

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.

QUARTER AUCTION

The Sons of the American Legion and American Legion Auxiliary Edgewood Service Unit 17 located on 415 Edgewood Road will sponsor a quarter auction at 6 p.m. Doors open at 5 p.m. Pre-sale costs \$3 for a paddle; second paddle is free. Cost at the door is \$3 for a paddle and the second paddle costs \$2. A bake sale, snacks and food will be available for purchase. Bid items include tools, Tupperware, Home Interiors, Longaberger Baskets, Cookie Lee and more.

For more information, call Keith, 410-937-3421

or e-mail ksandlass@comcast.net.

BASKET BINGO

The Good Shepherd Catholic School, located at 810 Aiken Avenue, Perryville, will hold basket bingo at 7 p.m. Doors open at 6 p.m. and early bird cash games begin at 6:45 p.m. Tickets cost \$12 for a 20 game packet. Extra packets cost \$5 each.

Food and drinks will be available for purchase. Bring a non-perishable food item for a free ticket for a special drawing.

For more information or tickets, call Good Shepherd School, 410-642-6265 or Brenda Conjour, 410-273-7332.

FRIDAY AND

SATURDAY

FEBRUARY 6

AND 7

AN INTRODUCTION TO WINTER BIRD PHYSIOLOGY, ECOLOGY

This course will provide a brief introduction to the world of winter birds and how they cope with changes in habitat and food choices. Students will get a close look at birds and obtain a greater appreciation of their unique adaptations including a background on how species develop and diversify.

This program will be held 6:30 to 8:30 p.m. on Friday and 9 to 11:30 a.m. on Saturday for ages 12 to adult. Cost is \$20 per person. Registration is required.

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

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

Registration open for UMUC Spring 2009

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

Online Session 2: Feb. 2 – May 15

Online Session 3: Feb. 14 – May 15

Online Session 4: Feb. 28 – May 15

At Aberdeen Proving Ground, UMUC will offer MRKT 310 on Tuesdays, 6:30 to 9:30 p.m. and IFSM 303 on Wednesdays, 6:30 to 9:30 p.m.

Students are advised to register early, as some classes fill quickly. For more information or to register, visit the office of UMUC APG in building 4305, room 210, or call 410-272-8269 or 410-306-2048.

Information about UMUC is also available online at www.umuc.edu.

Host Families needed for exchange students

The Educational Merit Foundation, a non-profit, educational exchange organization, will sponsor and supervise exchange students from Germany and France. These students need a host Family and a host school for the coming school year 2009-2010. Caring people (with or without children) are needed to provide food, a bed and a loving home for one or two semesters starting in late August.

High school students are between the ages of 15 and 18, have medical insur-

ance, spending money for their personal expenses and expect to share their host Family's daily life including household responsibilities. They speak English, are well-screened and eager to experience life in America.

Due to limited school space, interested host Families are encouraged to contact EMF as soon as possible.

For more information, call Marie-Claude Dijoud, 1-800-467-8363 or visit www.emfusa.org.



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

Ski with FMWR

FMWR offers three trips to Ski Roundtop: Jan. 31, Feb. 21 and 28.

Each trip costs \$65 per person and includes all day lift tickets, transportation to and from APG, tuned and fitted skis or snowboard with boots, poles, and bibs (if requested). Also includes beginner group instructions from FMWR staff for those who want it. No meals or food included. The bus will depart 6 a.m. and return 6 p.m.

Register and be fitted for equipment by Jan. 23, Feb. 13 and 20.

For more information, call 410-278-4124.

Scrapbooking Crop

Get those Christmas pictures ready. Seasoned scrapbookers or anyone who has always wanted to try scrapbooking is welcome to attend the "Crop Till You Drop" session, 9 a.m. to 5 p.m., Feb. 21, at

Top of the Bay. Cost of the event is \$25 per person and includes lunch and door prizes. Vendors will have items for sale for all scrapbooking needs. Optional classes may be offered.

A massage therapist will also be available to help make it a stress-free day.

For more information or for reservations, call 410-273-2075, or e-mail Patti Harkins, patti.harkins@us.army.mil.

Texas Hold-em Tournament

Family and Morale, Welfare and Recreation will host a Texas Hold'em Tournament, 1 p.m., Feb. 28, at Top of the Bay. The event is open to all DoD cardholders, military, civilian, contractors, retirees, Family members and guests over 18 years of age.

Entry fee costs \$35 and includes buffet, soda, snacks and cash bar. Registration deadline is Feb. 20.

Volunteer dealers are

needed. Volunteers will be trained by tournament personnel. Those interested should e-mail Louise Glose, louise.glose@us.army.mil or Teri Hall, teri.s.hall@us.army.mil.

Registered players and volunteer dealers can practice and train at 1 p.m., Jan. 25. Optional food charge of \$15 includes 12 wings, bucket of beer and cash bar. Registration deadline for practice is Jan. 22.

For more information or to register, call 410-278-2552/3062 or visit <http://www.apgmwr.com/Store/texasholdem.html>.

Talent Show auditions tonight

Auditions for the APG Talent Show will be held 5:30 to 7:30 p.m. Jan. 22 at the Aberdeen Area Recreation Center, building 3326; and 2 to 6 p.m., Feb. 7 at the Post Theater.

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

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

Tickets cost \$5 for active duty military and \$7

for non-military.

For more information or to purchase tickets, visit FMWR Registration, building 3326, 410-278-4011/4907 or visit Hoyle Fitness Center, building E-4210, 410-436-7134.

Amateur Boxing Night

The 16th and 143rd Ordnance battalions face off again in the 2009 Amateur Boxing Night March 7 at the Edgewood Area Hoyle Gymnasium, building E-4210. Doors open 5 p.m., the event begins at 6 p.m. Tickets cost \$5 for active duty military; \$10 for nonmilitary; and \$20 for ringside seats. Children under 6 are admitted free.

This event is open to the public.

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

Purchase Hippodrome Theater tickets online

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

for available discounted tickets.

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

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

ACS hosts meeting of Family Information Network

Army Community Service hosts a Family Information Network meeting 6 to 7:30 p.m. the second Tuesday of each month in building 2754. The next meeting is Feb. 10. This support group is designed to assist military members who have Family members with special needs. Its goals are to provide a supportive network as well as assist with community resources.

For more information, call 410-278-2420.

Youth Sports Bowling League

The Youth Sports Bowling League is open to all boys and girls ages 6 through 16 (age determining date is Jan. 1).

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

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

Cost to join is \$45 for six weeks.

Volunteer coaches are needed to make the program a success. To volunteer, call 410-306-2297.

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

MWR 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-leisure-travel@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.

Private guitar lessons

Private guitar lessons for ages 7 through 18 will be held 3:30 to 7 p.m., Fridays,

Feb. 20 through March 13, at the Aberdeen Area Youth Center, building 2522.

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

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

purchase books required for the course as recommended by the instructor.

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

Tae Kwon Do

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

conditioning.

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

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

Class size is limited so register early.

Infant/Child First Aid, CPR Class

An Infant/Child First Aid and CPR class will be held 9 a.m. to 3:30 p.m., for ages 13 and older, April 13, building 2752, Child and Youth Services administration building. The class costs \$5 per person.

Brazilian Jujitsu

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

Beginner classes will be held 6 to 6:45 p.m., ages 7 to 18.

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

matter their gender, size or natural ability.

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

Private Voice Lessons

Ages 7 through 18 can register for private voice lessons, 3:30 to 7 p.m., Fridays, Feb. 20 through March 13, at the Aberdeen Area Youth Center, building 2522.

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

Open to all DoD ID card holder Family members.

Free movies at Post Theater

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

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

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

Snack Bar will be open for all performances.

Last day to apply for Soldier Show

The application deadline to apply for an audition to join the cast and crew of the 2009 U.S. Army Soldier Show has been extended from Dec. 31 to Jan. 22.

Army Entertainment Division needs vocalists, dancers, musicians, technicians and specialty acts for the song-and-dance extravaganza that provides "entertainment for the Soldier, by the Soldier."

Application instructions and a letter of release sample are available on the Internet at ArmyMWR.com by clicking on Recreation & Leisure, Entertainment, and then U.S. Army Soldier Show.

New arrivals required to attend Newcomers' Orientation

All newly arriving Soldiers and civilian employees are required to attend the APG Newcomers' Orientation, 1 to 3 p.m., Feb. 11 at the Aberdeen Area Recreation Center, building 3326. Sponsors are encouraged to bring their Family members, and all members of the APG community are welcome to attend.

More than 50 APG community activities and organization representatives will welcome arrivals with handouts and literature and will answer questions regarding their programs.

Each unit/activity is requested to report the number of attending personnel to Phyllis Ethridge, Army Community Service, building 2754, 410-278-9669/7572, fax 410-278-9685 or e-mail Phyllis.ethridge@us.army.mil.

APG Bowling Center Snack Bar specials Building 2342

Week of Jan. 19

Special #1: Crab cake platter with french fries, coleslaw, cookie and soda for \$9.95.

Special #2: Egg salad sandwich with potato chips, cookie and soda for \$3.75.

Week of Jan. 26

Special #1: Cheese steak wrap, potato chips, cookie and soda for \$4.75.

Special #2: Two hot dogs, french fries, cookie and soda for \$4.95.

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



Grill

From front page

Research, Development and Engineering Command, and Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander.

Several guests expressed their appreciation of and satisfaction with the new venue.

"I haven't eaten here before but I think it's really nice," said Spc. Misty Avila, Company B, 22nd Chemical Battalion, as she dined on fajitas and hot wings. "Of course I'll come back," she said. "I can come here, relax and eat lunch without rushing."

Darlene Donovan, an SAIC contractor, said she decided to attend the

grand opening at "the last minute."

"This is all wonderful, I'm amazed," she said as she enjoyed a bowl of hot chili. "We have a group that gets together and goes somewhere for lunch once a month. Now we'll add this place to the list."

"The food is great and the price is right," added Jerry Morrison, a civilian employee with the Edgewood Chemical Biological Center. Morrison said he favored the hot and mild wings.

"It's great to finally have something like this on post. Now I don't have to bother with going in and out the gate," Morrison said.

Shariene Demby, a secretary with the U.S. Army Chemical Materials Agency, agreed.

"I ate here before but the change is amazing," Dem-

by said. "It's very convenient and the food is great. I'll definitely be back."

The Best Buy electronics store in Bel Air donated a 26-inch HDTV grand prize. Other door prizes for the event included a Dream Cloud Day Spa package given by Mika Brown and a one-night stay at the Wingate Hotel in Belcamp given by Linda Walls.

Natasha Henderson of C4ISR won the HDTV; Rhonda Hazelton of C4ISR won the Dream Cloud Day Spa Package and Mike Wise, Directorate of Installation Operations/Department of Public Works, won the Wingate Hotel package.

The U.S. Army Materiel Command Band's jazz combo, led by Staff Sgt. Eddy Nubine provided musical entertainment for the event.



Photo by YVONNE JOHNSON
Guests enjoy a complimentary meal during the grand opening of the Edgewood Area's Southside Grill Jan. 14. Located inside Stark Recreation Center, the grill offers a convenient lunchtime alternative to EA Soldiers and civilians.

Premiums

From front page

National Guard or Reserve personnel are not eligible to purchase TRS if their spouses have Family plans under FEHB and the mem-

bers are covered (enrolled) under FEHB.

Once a member's qualifications are established by the services, the member can go to the TRICARE Reserve Select page at <http://www.tricare.mil/trs> and follow the instructions to purchase coverage through the Guard

and Reserve Web portal found on the page. The direct link to the Guard and Reserve portal is <https://www.dmdc.osd.mil/appj/trs/index.jsp>

For more information about TRS visit the TRICARE Web site, <http://www.tricare.mil/trs>.

Journal

From page 3

shopping around for a feeder, look for one with red coloring. No food coloring in the water. Just plain sugar water (four parts water, one part sugar; preferably boiled and allowed to cool to room temperature before filling the feeder). No honey or artificial sweeteners.

Change the water mixture frequently, every day or so, completely cleaning and rinsing out the feeder when refilling it. The sugar will cause the water to ferment if left for more than a couple of days, and that's harmful to the birds.

As with feeding any birds, once you start the feeding process, I'm of the opinion that it's essential that you continue feeding them.

Most authorities recommend continu-

ing the feeding well into the fall, noting that the hummingbirds are in the process of gathering as much body fat and nutrition as they can for the long migratory flight over the Gulf of Mexico, sometimes in excess of 500 to 600 miles.

Now about that yellow perch limit

And on another note, I mentioned last week that the Maryland Department of Natural Resources Fisheries Service is in the process of implementing some new recreational fishing regulations pertaining to the yellow perch. It looks as though, effective Jan. 26, the daily recreational creel limit on yellow perch will be increased to 10 fish per day, with a 9-inch minimum size limit.

There may be some additional changes forthcoming, if there are, I'll be sure to pass them along.

Cold

From page 4

unprotected from the elements or wears cold, wet clothing for too long.

Hypothermia is progressive - the body passes through several stages before an individual lapses into an uncon-

scious state. The extent of a person's hypothermia can be determined from the following:

Mild hypothermia - the person feels cold, has violent shivering and slurred speech.

Medium hypothermia - the person has a certain loss of muscle control, drowsiness, incoherence, stupor and exhaustion.

Severe hypothermia - the person collapses and is unconscious and shows signs of respiratory distress and/or cardiac arrest probably leading to death.

The everchanging water temperatures in the bay area, paired with steady currents in the rivers and streams, create a hazard for those wanting to ice-skate, play or walk on the frozen waters. Maryland Natural Resources Police describes the inconsistent icy temperatures of the bay water to be a dangerous condition due to the unstable ice.

During this time of the year, parents need to know that hypothermia and frostbite are a danger when children play for long periods in very cold weather. Children are at greater risk from these conditions because they lose heat from their skin more quickly than adults, and because they may not want to leave their winter games to go inside and warm up.

Frostbite is a more visible condition that occurs when skin and other tissue (usually on appendages like little fingers, toes and the tip of the nose) become frozen. The area gets pale, gray or even blistered.

If frostbite does occur, bring the child indoors immediately and soak the affected body part in water warmed to 104 degrees Fahrenheit. Do not rub the areas and risk damaging skin. After a few minutes of soaking, dry and cover the effected area with a warm blanket. If symptoms do not improve, call for medical help.

Tips to help protect children

- Dress children in layers. Clothing such as thermal underwear, cotton socks and mitten liners help keep moisture away from the body. Next to that, dress in loosely woven clothing such as sweat suits, pants, and sweaters to trap heat. The third layer should be tightly woven materials

such as waterproof boots, pants, jackets, mittens and hats to keep out moisture and wind.

- Outdoor clothing shouldn't be tight or restrict movement. Nothing that interferes with blood circulation, such as tight shoes, should be worn in cold weather.

- Young children should be checked every half hour. If they get wet, bring them inside and have them change into something dry before allowing them outside again.

- If the child starts to shiver or becomes clumsy and sluggish, or if speech is inaudible, hypothermia may be setting in. This means that the child's body temperature has fallen below normal. If this happens, bring the child indoors and call 911. While waiting for help, carefully remove outer clothing, lay the child on a warm blanket, and utilize your own body heat to help warm the child's body slowly.

Hypothermia was once considered to be a wartime military problem. But with the growing popularity of winter sports and increasing at-risk populations, hypothermia has slowly become a civilian, urban problem.

Signs in adults to watch for hypothermia

They do not necessarily mean a person is suffering from hypothermia.

- Muscles: unusually stiff, particularly in the neck, arms and legs. This stiffness may be accompanied by a fine trembling, perhaps limited to only one side of the body or one arm or leg.

- Shivering: a sign that the body is having trouble keeping warm. The shivering response is frequently diminished or absent in older adults, and the fact that an older person is not shivering in a cool or cold environment does not guarantee that the person is not cold.

- Face: frequently puffy or swollen. This can be an important sign, especially when found in combination with cold skin and signs of confusion.

- Coordination: The person often has difficulty walking and has problems with balance.

- Breathing and heart rate: Both are slowed at low body temperatures, and may be very difficult to detect in severe hypothermia.

- Skin: cool or cold. Skin color is usually very pale, but it may also have large, irregular blue or pink spots.

- Consciousness: As the body cools, consciousness is depressed. Some hypothermia victims will still be conscious when

their body temperatures are as low as 80 degrees Fahrenheit. However, "conscious" and "mental clarity" are two different things. A person can be "conscious and reactive" and yet still be in a confused, disoriented, and hypothermic state, so the level of consciousness is not always a reliable indicator of the victim's condition.

- Confusion: One of the first changes brought on by hypothermia is a growing mental confusion, which becomes progressively worse as body temperature falls. Logical thinking becomes impossible and the person may become completely disoriented. Memory is affected and familiar things are often forgotten

- Attitude: Often the person doesn't care what happens and will do nothing to help reduce the danger. He or she may behave strangely, or become irritable, hostile, mean and aggressive.

To help avoid being harmed by hypothermia

- Wear warm clothing. Wear several loose, warm layers instead of tight clothing.

- Wear a hat and scarf to avoid significant heat loss through the head and neck.

- Stay dry. Moisture from perspiration, rain, or melting snow can reduce or destroy the insulating value of clothing because water conducts body heat over 25 times faster than air.

- Use extra blankets because hypothermia can develop during sleep.

- Eat nutritious foods and exercise moderately; proper diet and physical conditioning help protect you against abnormal heat and cold.

- Get proper rest; fatigue makes one more vulnerable to subnormal heat and cold.

- Drink adequate amounts of liquids, such as water. Limit alcohol intake because alcohol speeds up body heat loss.

Should someone fall victim to hypothermia, call an ambulance immediately. These are some things to do until help arrives:

- Insulate the victim with available covering, such as blankets, towels, pillows, scarves or newspapers.

- Do not attempt to re-warm the victim at home. Hot baths, electric blankets, and hot water bottles can be dangerous.

- Do not give the victim any food or drink.

- If the victim is unconscious, do not raise the feet. This will cause blood from the legs to flow into the body "core" and further depress the body temperature.

AAFES NEWS

AAFES, Pentagon Channel launch monthly exchange benefit show

AAFES

The Army & Air Force Exchange Service and the Pentagon Channel have teamed up to bring original, exchange-focused programming to more than three million viewers around the world.

On Jan. 7, the Pentagon Channel began broadcasting the monthly 30-minute show focused on what makes AAFES special compared to other retailers.

Dubbed "EXchange On Air," the new show airs on the following days and times (all times EST):

Monday - 5 a.m.

Tuesday - 1:30 a.m.

Wednesday - 11 p.m.

Friday - 3:30 a.m. and 2 p.m.

Sunday - 11:30 p.m.

"Partnering with the Pentagon Channel is a tremendous opportunity for AAFES to inform and educate our customer base on the value and services AAFES brings to troops and their Families," said AAFES' Commander Maj. Gen. Keith Thurgood. "Although thirty minutes a month isn't enough time to capture everything AAFES does, military shoppers will still walk away with a better understanding of their exchange benefit."

Each show will focus on what AAFES brings in support of troops and their Families stationed across the world. Upcoming shows include a focus on the AAFES motto "We Go Where You Go," the overall value of the exchange bene-



fit, how AAFES welcomes troops home, mobile field exchange support in the aftermath of a natural disaster, shopping secrets, overseas Department of Defense school lunch programs and operations in Iraq and Afghanistan.

Regular segments of the show will include celebrity spotlights, questions for the AAFES commander, earth-friendly advice, product testing, AAFES and the military Community Connection as well as "My Exchange, My Benefit."

"It's very important that the military community gets a true understanding of what AAFES is and how it's a big part of their life," said AAFES Chief Marketing Officer Mat Dromey. "AAFES is more than just the base/post exchange on an installation; it's a lifestyle and benefit, something that our customers will see and understand through these Pentagon Channel shows."

For more information, visit <http://www.flickr.com/photos/aafes/3176325153/>.

Pentagon CHANNEL®

Pentagon Channel for January 2009

The Pentagon Channel will feature the following programs on Channel 21 during the month of January. These programs are subject to change each week and will be updated accordingly.

MONDAY

Fit for Duty, 6:30 a.m.
Freedom Journal Iraq, 10:30 a.m.
The Grill Sergeants, 12 p.m.
Battleground, 3p.m., 11 p.m.
Around the Services, 7:30 p.m.
Recon, 8 p.m.
Battleground, 11 p.m.

TUESDAY

Fit for Duty, 6:30 a.m.
Freedom Journal Iraq, 10:30 a.m.
Around the Services, 12:30 p.m.
Battleground, 3 p.m., 11 p.m.
Army Newswatch, 4 p.m.
The Grill Sergeants, 6:30 p.m.
Recon, 8 p.m.
Battleground, 11 p.m.

WEDNESDAY

Fit for Duty, 6:30 a.m.
Tour of Duty, 10 a.m.
Freedom Journal Iraq, 10:30 a.m.
Freedom Watch Afghanistan, 1 p.m.
The Grill Sergeants, 2 p.m.
Recon, 4:30 p.m.
Around the Services, 7:30 p.m.
The Grill Sergeants, 10 p.m.
Battleground, 11 p.m.

THURSDAY

Fit for Duty, 6:30 a.m.
Army Newswatch, 10 a.m.
Freedom Watch Afghanistan, 1 p.m.
Battleground, 3 p.m.
Freedom Journal Iraq, 5 p.m.
Around the Services, 7:30 p.m.
Recon, 8 p.m.
Battleground, 11 p.m.

FRIDAY

Fit for Duty, 6:30 a.m.
Freedom Journal Iraq, 10:30 a.m.
The Grill Sergeants, 12 p.m.
Around the Services, 12:30 p.m.
*EXchange on Air, 2 p.m.
Battleground, 3 p.m.
Freedom Journal Iraq, 6:30 p.m.
The Grill Sergeants, 8:30 p.m.
Battleground, 11 p.m.
*See AAFES article above explaining this new listing.

SATURDAY

Fit for Duty, 6:30 a.m.

Army Newswatch, 9 a.m.

Recon, 11 a.m.

Around the Services, 1 p.m.

Battleground, 3 p.m.

Freedom Journal Iraq, 5 p.m.

The Grill Sergeants, 6:30 p.m.

Tour of Duty, 8:30 p.m.

Recon, 10 p.m.

SUNDAY

Fit for Duty, 6:30 a.m.

Battleground, 7 a.m.

Around the Services, 10 a.m.

The Grill Sergeants, 12:30 p.m.

Army Newswatch, 2 p.m.

Recon, 4 p.m.

The Grill Sergeants, 5:30 p.m.

Army Newswatch, 6:30 p.m.

Battleground, 9:30 p.m.

This Week in the Pentagon, 10 p.m.

- Army Newswatch: Bi-weekly report on the men and women of the Army.

- Battleground: Features historic films from WWII, the Korean War and the Vietnam War.

- Fit for Duty: Takes viewers through a high-energy 30-minute workout led by service members.

- Freedom Journal Iraq: Focuses on military missions, operations and U.S. military forces in Iraq.

- RECON: Provides an in-depth look on a variety of topics from real world operations, missions, military events/history and other subjects highlighting the accomplishments of U.S. military men and women.

- Freedom Watch Afghanistan: Presents the latest from Operation Enduring Freedom in a daily newscast showing the activities of American troops in country.

- The Grill Sergeants: Serving up meals military style! A Pentagon Channel original program.

- Around the Services: Features military news from top Defense officials and the Military Services from around the world.

- This Week in the Pentagon: An update on news coming out of the Pentagon.

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.