Reduced gate hours for holiday weekend

There will be reduced gate operations at Aberdeen Proving Ground for the Thanksgiving holiday. On Nov. 25, the Harford Gate (Route 22) in the Aberdeen Area and the Wine Road Gate in the Edgewood Area will be open at 10 a.m. The Harford Gate and the Wine Road Gate will close at 4 a.m. Monday, Nov. 30.

The Maryland Gate in the Aberdeen Area and the Magnolia Road Gate in the Edgewood Area Route 152 will be open throughout the holiday weekend. This is a corrected notice from the Nov. 10 issue of APG News.

Client Services Division
closed Nov. 27

The Office of the Staff Judge Advocate will be minimally staffed on Nov. 27. The Client Services Division is open 24 hours a day. In case of need for active duty, Family members and minors will be closed.

Holiday refuse, recycling pickup schedule

Refuse and recycling pick- up services will be suspended Friday, Nov. 27. See page 2 for Year of the NCO article.

JIM GARAMONE
Army Staff

Aberdeen Proving Ground and Picke...ing operations at Aberdeen Proving Ground.

The Army will continue to manage and maintain Family housing through Dec. 16.

As paving and road work on Mary...nise Drop off point where employees come out of the system. The law ensures that no employee’s pay will be reduced when converting out of NSPS.

See NSPS, page 7

NSPS, page 7

See HISTORY, page 3

For more information, contact Jer-...n/1001

The work will be done standard...pave, marked and to have full command of the area. Paving will take place organiza-...ng of employees and NSPS, as a result of reduced gate hours, may not be able to use the NSPS system. The law ensures that no employee’s pay will be reduced when converting out of NSPS.

See NSPS, page 7

Editor's note

VYVONNE JOHNSON

As part of transition, Soldiers are required...reducible and curiously unnecessary delay,” Curry said. The transition will take place organiza-...sion will take place organiza-...ing employees in six months. The department has been comprehensive planning pro-...sion will take place organiza-...ing employees in six months. The department has been comprehensive planning pro-...sion will take place organiza-...ing employees in six months. The department has been comprehensive planning pro-...sion will take place organiza-...ing employees in six months. The department has been comprehensive planning pro-

FALLÓN

VYVONNE JOHNSON

With President Barack Obama signed the 2010 National Defense Authoriza-

The new law gives DoD 220 employees a chance to work in the priva-

The Army Museum system for a long time, and, as transformational legisla-

The work will be done standard single lane closures with flaggers and traffic control.

All of this work is totally weather dependent so rain or cold weather will cause schedule delays to any paving operations. Any delayed work should become in the sequence noted.

Cooperation and attention to safety is appreciated.

For more information, contact Jer-...n/1001

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Veterinary Command selects NCO, Soldier of the Year

The U.S. Army Veterinary Command provides military services in support of the U.S. Army Medical Command and Department of Defense missions. The responsibilities of VETCOM include food safety and quality assurance, care of government-owned animals and animal disease prevention and control.

The North Atlantic Regional Veterinary Command, headquartered at WRAIR, is made up of four subordinate commands – the Ohio Valley District Veterinary Command, headquartered at Fort Knox, Ky.; the Atlantic District Veterinary Command, headquartered at Fort Eustis, Va.; the Northeast District Veterinary Command, headquartered at Fort Monroe, Va.; and NCDVC.

The U.S. Army Veterinary Command selects its Noncommissioned Officer and Soldier of the Year after a competition between the eventual winner of the National Capital Veterinary Command (NCDVC) and Soldier of the Year selection board. Beth Jean Gourley, left, and Sgt. Brian Thomas, right, judged the final round of the day’s event in the Edgewood Area. (Contract Photojournalists, Yvonne Johnson)

Instructor Staff Sgt. Peter Damian looks on as a Soldier competes during the combative tournament. Pircher was subbing for Sgt. Brian Thomas who could not participate due to injury.

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army and non-active-duty military personnel on the installation. Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under subscription contract with APG. The editor is responsible for commercial advertising and mailing. To obtain a yearly subscription, which costs $16, the price is subject to change without notice.

Deadline for copy is Thursday at noon for the following week's edition.
Commentary: A holiday message from Defender 6

By LT GEN. RICK LYNCH

Each November, Americans gather with Family and friends to give thanks for the many Blessings they enjoy as citizens of this great land. This Thanksgiving Day will be particularly poignant for the many thousands of Soldiers serving in harm’s way and their Families. As you celebrate in gratitude, let us recognize the selfless service and sacrifice of our Warfighters ensuring our security and freedom. Although a time of joy and goodwill, this season brings particular hardships that can be unimaginable to the unprepared. Now is a good time to remind ourselves how to reduce the risks of driving in winter conditions, heating homes, home decorations and electrical conditions, ice or snow-covered walkways, etc. Find information on these and other current safety topics at the IMCOM Full Winter Safety Brochure at http://www.imcom.army.mil/hihp/office/nos/offices/safety/. Please exercise caution, because winter weather and heavy traffic may complicate your plans. Getting there safely is more important than getting there on time. Use the Travel Risk Planning System (TRPS) at: http://complansapg.army.mil/tp/tymp/Holidays.html to identify traveling risks and help to reduce or eliminate the chance of an accident while traveling over the holiday months.

For those with historical items or facts from local offices and units, Fuller encourages you to tell the whole APG story. “For those with historical items or facts from local offices and units, Fuller encourages you to tell the whole APG story.”

“Today, we’re here to celebrate your sacrifice of our Warfighters ensuring our security and freedom. Although a time of joy and goodwill, this season brings particular hardships that can be unimaginable to the unprepared. Now is a good time to remind ourselves how to reduce the risks of driving in winter conditions, heating homes, home decorations and electrical conditions, ice or snow-covered walkways, etc. Find information on these and other current safety topics at the IMCOM Full Winter Safety Brochure at http://www.imcom.army.mil/hihp/office/nos/offices/safety/. Please exercise caution, because winter weather and heavy traffic may complicate your plans. Getting there safely is more important than getting there on time. Use the Travel Risk Planning System (TRPS) at: http://complansapg.army.mil/tp/tymp/Holidays.html to identify traveling risks and help to reduce or eliminate the chance of an accident while traveling over the holiday months.”

History

Fuller met with Charlotte Cronin, chief curator for the U.S. Coast Guard and a master’s in museum studies from Syracuse University. She has a large collection and a wealth of information, and she is very much interested in telling the Army story, she said. “They all are very excited and interested in telling the Army story, she said. “They all are very excited and interested in telling the Army story.”

The Assembled Chemical Weapons Alternatives program welcomed Jean Reed, deputy assistant to the secretary of defense Chemical and Biological Defense and Chemical Demilitarization to the site to convey thanks to the individuals who successfully planned, coordinated and achieved what can be known as Operation Swift Solution at an Aberdeen Prov- ing Ground award ceremony Nov. 10. “On behalf of our country’s entire chemical community, I want to person- ally commend you, and I thank you for a job well done,” Reed said. “The rough- ally commend you, and I thank you for a job well done,” Reed said. “The rough- ally commend you, and I thank you for a job well done,” Reed said.

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The command is very supportive of the Chemical and Biological Defense Command’s Chemical Weapons Convention (CWC) efforts, Reed said. “The command is very supportive of the Chemical and Biological Defense Command’s Chemical Weapons Convention (CWC) efforts, Reed said.

To identify traveling risks and help to reduce or eliminate the chance of an accident while traveling over the holiday months.

Fuller can be reached at 410-278-8890 or Fuller@imcom.army.mil. A native of Mobile, Ala., Fuller holds a master’s in museum studies from Syracuse University. Her past positions include 15 years as chief curator for the U.S. Coast Guard and curator at the Battleship USS Alabama Memorial Park in Mobile.
AAFES

Promotions, prices and popular name brands will anchor the Army & Air Force Exchange Service’s efforts to invite military Families to “rediscover the value” their exchange is offering this holiday season.

Exclusive savings on tax-free holiday decorations, care package items and electronics have been cycling in and out of BXs and PXs every week throughout November. All of it building towards Thanksgiving weekend and what has practically become a national holiday, “Black Friday.”

At the forefront of the post-Thanksgiving blitz will be thousands of scratch-off cards given out to early birds and customers who shop the exchange after 4 p.m., Nov. 27 through 29. With prizes ranging from free soft drinks to $100 gift cards, every scratch-off will be a winner.

“BX and PXs will open at 4 a.m., Friday; 6 a.m., Saturday; and 9 a.m., Sunday after Thanksgiving,” said AAFES’ Commander Maj. Gen. Keith Thurgood. “Depending on the size of the store, we will pass out anywhere from sixty to two hundred scratch-off cards in the morning with the remainder being distributed between 4 p.m. and closing.

“Shop early for the best deals in town at the Aberdeen Proving Ground store,” said Debbie Armendariz, APG store manager. “Quantities are limited, and there will be no rain checks or adjustments on these specially priced items. In addition, we will open early this Friday, November 27 at seven o’clock (a.m). We will have coupons for the early shoppers. There will be free coffee for our early birds,” she said.

Beyond giveaways and prizes, the exchanges will have all of the latest “must have” gifts including the newly introduced line of Ed Hardy jewelry, XBOX military appreciation bundles and specially-priced netbooks and “netbooks.”

The opportunities to shop and save won’t end in November as AAFES (including at APG) has a variety of special events planned including Early Bird specials on Dec. 5, 19 and 24.

Authorized exchange shoppers can view specific details regarding special promotions, updated weekly, throughout the holiday season by visiting AAFES’ “Sale Flyers” page at http://h3.aafes.com/tabloid/default.asp.

AAFES aims to be military shoppers’ first choice for holiday shopping

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, WAJP-TV Channel 3 (at Aberdeen Proving Ground) or call 410-278-SNOW (7669).

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

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

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

Station Frequency Location
WAMD AM 970 Aberdeen
WAVY FM 103.7 Roanoke, Va.
WJZ AM 1320 Baltimore
WJR FM 99.7 Baltimore
WBAL AM 1090 Baltimore
WBAL TV Channel 11 Baltimore
WMAR TV Channel 2 Baltimore
WBFF TV Channel 45 Baltimore
WBFF TV Channel 45 Baltimore

KUSANC SHOTS

H1N1 MIST AVAILABLE
KUSAHC has the H1N1 mist for healthy TRICARE beneficiaries ages 4 through 49, with no underlying medical conditions.

For more information or for daily updates, call the flu hotline, 410-306-3588.

School delay/cancellation due to snow

Harford County Public Schools will notify all parents of a school delay/cancellation due to snow using the Alert Now System (automated phone messaging).

On the morning of a school delay/cancellation, an Alert Now message will be sent via phone by 6:15 a.m. to all parents. Notification of the delay/cancellation will continue to be broadcast through the traditional media outlets (e.g., TV, radio, etc.). Parents are asked not to call the school for questions related to delays/cancellations.
Chapel News

Commentary: A Thanksgiving message

by CHAP (COL) RUBEN D. COLON

Our Thanksgiving dinner was served with the atmosphere and setting of the Native Americans of the 1600s. Thanksgiving did not officially become a national celebration until Abraham Lincoln’s administration. It continues to this day and is a great occasion to consciously take time and give thanks for all that has meaning in our lives. Even in the midst of war and death, we still claim a victory by giving thanks for that which our maker has given us.

Nowadays, holidays in the Army find many of our Soldiers deployed and away from family. Thanksgiving is a time to consciously take time and give thanks for all that has meaning in our lives. Even in the midst of war and death, we still claim a victory by giving thanks for that which our maker has given us.

Today, our Soldiers are in harm’s way everywhere protecting the liberty and freedom they learned to be thankful for as a community. Sacrificing much to provide others with the same opportunities of the finest of eternal life. It is a victory party for which we can give thanks.

Thanksgiving, a time to give thanks for all the soldiers deployed to the far reaches of the world, and many others are preparing to deploy. Since Sept. 11, 2001, and with the recent deaths at Fort Hood, the focus remains the same.

Today, our Soldiers are in harm’s way everywhere protecting the liberty and freedom they learned to be thankful for as a community. Sacrificing much to provide others with the same opportunities in what those early Americans wanted to instill in our nation as it was being born.

Giving thanks in the midst of war, death and destruction are the ideals of a spiritual patriot.

The wisdom of the Old Testament tells us that in our life’s journey there are times for all kinds of experiences. And even in the face of separation and evil. The wisdom of the Old Testament tells us that in our life’s journey there are times for all kinds of experiences. And even in the face of separation and evil. It is a time to consciously take time and give thanks for all that has meaning in our lives. Even in the midst of war and death, we still claim a victory by giving thanks for that which our maker has given us.

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Giving thanks in the midst of war, death and destruction are the ideals of a spiritual patriot.
Employer Support of the Guard and Reserve, a Department of Defense agency, announced Nov. 2 the opening of the nomination season for the 2010 Secretary of Defense Employer Support Freedom Award.

The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. government to employers for their outstanding support of their employees who serve in the National Guard and Reserve.

Almost one-half of the U.S. military is comprised of the National Guard and Reserve. The DoD shares these citizen warriors with their civilian employers, many of whom provide significant support to their employees who serve in the National Guard and Reserve.

The Freedom Award was instituted in 1996 under the auspices of ESGR to recognize exceptional support from the employer community. "There is much excitement surrounding the fifteenth anniversary of the Freedom Award," noted acting ESGR Executive Director Polli Brancato, "and we’re enthusiastic to begin selection of the 2010 recipients from among all of the heart-felt nominations that will be submitted by thousands of proud citizen warriors." ESGR is a Department of Defense agency established in 1972. Its mission is to gain and maintain employer support for Guard and Reserve service by recognizing outstanding support, increasing awareness of the law and resolving conflicts through mediation.

The 2010 recipients will be announced in the spring and honored in Washington, D.C., at the 15th annual Secretary of Defense Employer Support Freedom Award ceremony on Sept. 23, 2010. Recipients of the 2009 Freedom Award met privately with President Barack Obama and Secretary of Defense Robert Gates Dr. Jill Biden, Deputy Secretary of Defense William Lynn and Assistant Secretary of Defense for Reserve Affairs Dennis McNerney presented the awards at a ceremony attended by members of Congress and senior government and military officials.

The 2009 honorees ranged from Aero-Dyn Wind Tunnel, LLC, a small automotive testing wind tunnel testing company in North Carolina, to large businesses including Microsoft and AstraZeneca Pharmaceuticals. In addition, several state and federal government agencies were honored, including the Santa Ana, California Police Department. Past recipients of the Freedom Award have provided significant support including full salary, continuation of benefits, care packages and family assistance to employees fulfilling their military obligation.

For more information, visit www.FreedomAward.mil or contact Maj. Melissa Phillips, ESGR Public Affairs, 703-380-9262.
The Non-Traditional Emerging Workforce in Science, Technology, Engineering and Mathematics, or NEW-STEM, program opened its registration for the Fall 2010 class on Nov. 9, with an application deadline of April 2, 2010. Registrants must be separated or retired by July 31, 2010, and available to begin classes at UAHuntsville in mid-August. NEW-STEM is designed to attract more technically-trained noncommissioned officers, ranks E5 through E9, and warrant officers, ranks W1 through W5, exiting the Army, Air Force, Navy and other branches to the technology-rich Huntsville, Ala., region. The program provides NCOs and WOs with the opportunity to earn their engineering degree at the University of Alabama in Huntsville.

While pursuing their degree, students participate in a paid co-op program or part-time employment offered by either a private sector company or Department of Defense command located on Realistic Arsenal in Huntsville. NEW-STEM is part of the Tennessee Valley Corridor’s “Arms to the Valley” program, which is initially focused on two areas within the TVC—Huntsville and Oak Ridge, Tenn. Military from across the country are recruited to apply for both the NEW-STEM program, as well as its counterpart in Oak Ridge, Tenn., “America’s Veterans to Tennessee Engineer.”

Innovating and accelerating many of the priorities and reforms embraced by this legislation,” Gates said.

The annual defense authorization bill prepared for the president’s approval or veto kills under the House and Senate Armed Services Committees and is one of two bills required for the DoD to spend money. The other is the appropriations bill, crafted by the House and Senate Appropriations Committees, which provides funding to pay for the defense programs specified in the authorization bill.

The authorization bill contains funding to develop and produce an alternate engine for the F-35 Lightning II joint strike fighter that Gates had opposed, the legislators were able to provide funding that without taking resource.

“The authorizers have been able to do it in a way that doesn’t seriously disrupt the overall F-35 program; we’ll see if the appropriators are able to come up with a way to do it that way,” Morrell said. “If they don’t — if they seriously disrupt it — then the secretary will recommend to the president that he veto the appropriations bill.”

The House and Senate appropriations committees are evaluating budget provisions contained within the Defense Authorization Act just signed.

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**APG News • November 26, 2009**

**SATURDAY**

**28**

**PHUN WITH PHYSICS**

Discover the fun and fascinating side of physics. Various hands-on items. This program will be held 3 to 4 p.m., and the cost is $4 per person. Registration is required. For more information, to register, or for directions to the Edgewood Area dining facility, call 410-612-1888 or 410-612-2104.

**CHRISTMAS PRIZE BINGO**

VFW Post 818 located on Route 222, Point of the Bay. All are invited to Bingo to benefit the Ladies Auxiliary of the Edgewood Area Combined Federal Campaign. Doors open at 5 p.m., Bingo begins at 7 p.m. with 20 games. Single special card packages cost $1.00 for each card, in addition to the standard cost of $1.00 under; extra packages cost $5.00 each. Tickets are available at the door. Refreshments, toys, raffles and more will be available. Calling cards will be accompanied by an adult.

For more information, or to purchase tickets, call Anne Gibson, 410-378-3308; Stephanie Gibbons, 410-378-2675 or Carrie McCall, 410-378-3198.

**SUNDAY**

**29**

**NATURAL GIFT WORKSHOP**

Spend the afternoon creating handmade gift ideas. Several gift making stations will be set up and a raffle for a gift basket is planned. Located in the Aberdeen Area Commercial Recreation Center. Cost is $4 per person. Registration is required. For more information, or to register, call 410-612-2104 or for directions to the Anita C. Leight Estuary Center, call 410-879-2000, ext. 1688.

**FRIENDLY**

**DECEMBER 4**

**MIDNIGHT MAIN STREET FIRST FRIDAY**

Havre de Grace Main Street First Fri-

days "Light Up Night" kicks off at 6
day of each month, 9 a.m. to 1 p.m.

**CHRISTMAS COOKIE SALE**

United Methodist Church, 101 Union

**APG Holiday Ball Dec. 18**

The "2009 FMWR 5K Rudolph Run"

**LUAN CUP AT THE PIER**

Lunacy at the Pier on a fire truck down Washington

**KUSACH closes for the winter**

The U.S. Army Health Clinic will be closed to the area on Sat.

**REDECOM holds change of com-

The use of heroin and cocaine is on

**November 26**

**APG News**

**December 2009**

**72**

**FREEBIE**

**DECEMBER 9**

**DECORATIVE GLASS GIFT MEETING**

**DECEMBER 7**

**GAG GIFT MEETING**

**DECEMBER 5 AND 6**

**BINGO TO BENEFIT VETS**

Bingo will be held Tuesdays and Thursdays at 7 p.m. in the Bingo Hall at the VFW Post 8185 located on Route 222, Havre de Grace. Cost is $20 per person; $10 will be donated to the Ladies Auxiliary of the Edgewood Area Combined Federal Campaign. For more information, contact Fortier, chapter president, 410-939-2267.

**KUSACH closes for the winter**

The U.S. Army Health Clinic will be closed to the area on Sat.

**REDECOM holds change of command**

on a federal holiday), in the Chem-

**BOOKS**

**RECEIVED**

**WRAP-UP MEETING**

**DECEMBER 5 AND 6**

**FREEBIE**

**DECEMBER 9**

**DECORATIVE GLASS GIFT MEETING**

**DECEMBER 7**

**GAG GIFT MEETING**

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_Soldiers and their Families with a level_ly Covenant, which pledges to provide quality of life.

_ily housing that will enhance Families’ build, own and maintain military Fam-

continue living in on-post housing after

t were provided information on all ACS

Dinosaur.”

ad and garlic bread served by ACS staff

treated to spaghetti with meat sauce, sal-

Army Community Service hosted a spe-

Military Family Appreciation Month,

 opted to rent or lease a pet. Picerne

RACHEL PONDER

in celebration of November being

ACS shows appreciation to military Families with dinner, movie event

 shaved off fur that may be left on the

are now available at the VTF and at

To make an appointment, call 410-

Vet facility available for pet owners

U.S. Army Health Clinic in building 2479.

November 26, 2009    APG News

en for a move for Military Families in celebra-

of Military Appreciation Month.

This was the first time ACS has of-

tumen was great,” said Dana Hayes, ACS

the support of Military Families and

In order to sell any veterinary prod-

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in honor of their pet owners, their pets must have been seen at the VTF within 12 months, including exams at any military vet clin-

The VTF is located adjacent to Kirk

Vet facility available for pet owners

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Families with exceptional service.”

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Picerne’s property management and

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RACHEL PONDER

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Army Community Service hosted a spe-

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RACHEL PONDER

in celebration of November being

ACS shows appreciation to military Families with dinner, movie event

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To make an appointment, call 410-

Vet facility available for pet owners

U.S. Army Health Clinic in building 2479.

November 26, 2009    APG News

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Native American history and culture was celebrated during the Aberdeen Proving Ground annual observance of Native American Indian Heritage Month at the Edgewood Area Stark Recreation Center Nov. 14.

The program featured musical performances, a food tasting of traditional dishes and remarks by guest speaker "Iron Lightning" Lakota Deputy Garnex, dressed in Native American regalia, who spoke about the importance of military members, their Families and the civilian workforce.

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The suicide rate among Soldiers serving on active duty in 2008 is expected to exceed that of 2007, a statistic the Army doesn’t take lightly, said Vice Chief of Staff of the Army Gen. Peter Chiarelli.

“Are we most certainly going to end the year higher than last year,” Chiarelli said. “Obviously we would prefer not to have another suicide this year, or in the years that follow. But we know that will not be the case. This horrible — and I do not want to downplay the significance of these numbers in any way.

During the Power’s Conference Room next door, a series of speakers addressed subjects as diverse as peripheral neuropathy, age-related eye diseases, stress and spinal health and the Army’s new mental health program plan.

The guest speaker was Tina Tockarshewsky, a registered nurse with Medstar/Una, during the ATC/U.S. Army Evaluation Center sponsored health fair Nov. 5.

Neuropathy

Neuropathy is different as it is, peripheral neuropathy and its treatment options are not well understood, even among medical professionals, Tockarshewsky said. It is not a disease in itself but a process that involves damage to the peripheral nerves that branch out from the spinal cord and the rest of the body. It nor-

About neuropathy

Neuropathy can be painful or even disabling especially in the small nerve fibers found in skin.

Neuropathic pain is different from the type people experience from injuries that don’t involve nerve damage, she said. It can show up as a burning sensation where the nerves are damaged, although it can also cause other ty-

About macular degeneration

The macula is the part of the eye that provides sharp, central vision and has two main areas: the macula and the fovea.

About stress spinal health

Many employers are finding that ergonomically designed chairs and computer workstations improve health.

Suicide numbers may top 2009, but progress being made

One issue for people with neuropathy, it often takes a long time to find successful treatment. It is important to advocate for yourself, Tockarshewsky said. Many physicians don’t know a lot about peripheral neuropathy effectively or are not involved in something that is often resistant to treatment. It is important for military professionals such as psychologists and psychiatrists who often can be the best option for people experiencing neuropathy pain, she said.

Depending on the severity of the neuropathy, doctors may prescribe a “cocktail” of drugs such as anti-inflammatory agents, pain relievers and even stronger sub-

More people are finding that the use of acupuncture, an ancient Asian practice, is helping them.

Suicide rates for 2009 exceed those of 2008, it will be the fifth in a row in the num-

Suicide numbers may top 2009, but progress being made

In 2008, the Army asked the National Institute of Mental Health (NIMH) to conduct a study to get to the root causes of suicide in the Army. During the study, which is expected to last five years, the NIMH will collect detailed, confidential health and family data from all of the National Guard and Army Reserve.

Chiarelli said suicide will be tied with NIMH officials in early December to get a brief-

Until then, the general said, the Army will continue to work towards the goal of reducing the leading cause of vision loss.

At least 65 years of age and older and Macular degeneration is a growing problem because about 1.75 million Americans have some form of the disease, and that number is expected to reach three million by the year 2030. The disease is the primary cause of the rena responsible for the sharp, central vision required for reading and driving. Because the macula is responsible for these tasks, it is often referred to as the “window of the brain,” con-

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Volunteer today to help students, create develop new skills, network with other professionals and create opportunities. Army Community Service has many opportunities and needs support for its various programs. To volunteer, call Army Community Service, 410-278-2433.

Holiday Gift Wrap Program begins Friday

Gift wrapping will start Nov. 28 and run through Christmas Eve, Dec. 24. See schedule on page 11.

2009 House ornament sale

FMWR Leisure Travel Services is selling the latest White House ornament once again this holiday season. The 2009 White House Christmas Ornament was unveiled Dec. 1 as the 24th presidency, which was his second non-consecutive term in office from Cleveland to the only president elected for two non-consecutive terms in U.S. history.

For more information or to register for a SKIES Unlimited class, call the Centennial Recreation Center at 410-278-7571/7547. Open to all DOD ID card holders. For an appointment, e-mail sta_tours.umbarger@conus.army.mil.

Skiing and Snowboarding

At the EA Recreation Center, 410-278-4011 or e-mail APGR-USAG-NWR-LeisureTravel@conus.army.mil.

Recreation:

RUGGLES

Specials cost $76.75 for adults and $67.75 for children ages 2 through 12. Children ages 2 and under do not need to sit on a parent’s lap. All tickets must be pre-ordered. Tickets are limited and are available on a first-come, first-served basis. Seats are located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

Private flute lessons

Cost of the lesson is $10 per student and includes one 30-minute session per week for six weeks.

Private Piano Lessons

Parents choose which time frame session they want to sign-up for when they register their child.

Looking for a job?

FMWR facilities Thanksgiving schedule

See schedule on page 11.

Advanced Leagues begin Tuesday and Thursday during the day. No open bowling until 1 p.m. Evening leagues are Wednesday, Thursday and Friday. There will be all 300 plus leagues, Thursdays after 3 p.m. and no open bowling on Friday after until after 9:30 p.m. On Wednesday there are a few lanes which will be sold on a first-come, first-served basis.

Leagues are still forming

Saturday youth leagues are accepting ages 18 months to 20 years for their games. Youth leagues begin Nov. 21 and runs until Jan. 3. Adults are free. There are a few lanes which will be sold on a first-come, first-served basis.

Buy a purchase a snack from the snack bar and receive one free fruit. On Nov. 25, anyone who bowls three strikes in a row (a turkey), the game is free.

• Anyone that bowls two strikes in one game wins a gift certificate up to $25 for a free turkey.

• Cosmic Sundays: Each Sunday receive one hour of bowling, one whose choose pizza (toppings extra) and one pitch of soda for $2.00.

The Bowl will be holding a special bowling promotion Dec. 18 through Jan. 3. Soldiers and their Families can bowl two free games with free shoes rental per adult. Soldiers or Family member must present your DoD ID Card or Family member. (No limit to the number of families.)

This is based on available lanes and is subject to change without notice.

SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Centennial Recreation Center at 410-278-7571/7547. Open to all DOD ID card holders. For an appointment, e-mail sta_tours.umbarger@conus.army.mil.

Driver’s Ed

For more information about Driver’s Education classes will be held Dec. 7 thru Dec. 22. (There is no class on Christmas holiday). Classes will be held Monday Tuesday Thursday, 2:30 to 5:45 p.m., and will run 9:15 a.m. to 11:30 a.m., per student.

All Drivers Education classes are conducted by Roles Driving School, Inc. Classes will be held at Aberdeen at the Community Center, 18 N. Philadelphia Boulevard from 9 a.m. to 2 p.m. Classes include 30 hours classroom instruction and 6 hours behind the wheel instruction.

The last day to register for a class is one week prior to the first class day. Classes must be between the ages of 16 and 18 years old. Students must meet the requirements for a Class DF, learner’s permit. (No license must attend the last day of class. Open to all DOD ID card holders.

Private piano lessons

For more information call 410-436-2173.

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

Radio City Christmas Spectacular

See the Rockettes perform in the Radio City Christmas Spectacular at the 1st Mariner Arena, 201 West Baltimore Ave., Timonium, Timonium, Baltimore. There will be two shows, 4 or 7 p.m., Dec. 17. Adult tick-

ets cost $76.75 for adults and $67.75 for children ages 2 through 12. Children ages 2 and under do not need to sit on a parent’s lap. All tickets must be pre-ordered. Tickets are limited and are available on a first-come, first-served basis. Seats are located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

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

November bowling specials

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The Great Russian Nutcracker

Youth League Open House will be held at 340 West Mount Royal Avenue, Baltimore, will present the Nutcracker, the 73rd Dec. 19 and 5 p.m., Dec. 20.

Tickets cost $30.50 for adults and must be pre-ordered. Children under the age of 2 do not need a ticket if seated on a parent’s lap. Tickets are limited and are available on a first-come, first-served basis. Seating is located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

For more information, call Army Community Service, 410-436-2713.

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Pre-dawn was the perfect time for a workout. It’s peaceful, quiet, and the cool morning air gives the body a refreshing start. The Geneva 20th Support Command (CBRNE) Physical and mental fitness have long been pillars of the U.S. Army, so it is no surprise that Company A, 22d Chemical Battalion, (Technical Escort) gathers in the pre-dawn hours Nov. 6 for their workout. Like many other Army units, Company A is committed to being physically fit. At quarter-past six in the morning, the sounds on the Edgewood Area of Aberdeen Proving Ground are few, but distinct. A bird chirps to signal the start of the new day; a car moves down Magnolia Road, its occupant undoubtedly on the way to work. On a side street, there’s the authoritative voice of 1st Lt. Maritzabel Mustafaa shouting in the pre-dawn air. “Everybody listen up,” Mustafaa says, her voice as loud as necessary to get her Soldiers’ attention. She gives a safety briefing to the Soldiers of Company A as they prepare for a workout. But this is no ordinary workout. Dressed in full personal protective equipment — chemical suits, gas masks, gloves and boots — the Soldiers of Company A prepare to run a two-mile course. Mustafaa, a battalion team leader, organized the workout known as, “Responder’s Challenge.” During the exercise, two Company A teams raced the two-mile course, stopping every quarter mile to face a challenge they might face in a chemical response situation. “We wanted to combine physical fitness and combat-focused training and test the ability of each team to conduct chemical response,” she said. The 22d Chemical Battalion’s mission is to provide chemical, biological, radiological, nuclear and high-yield explosives, or CBRNE, response in support of military operations and civil authorities. The unit is no stranger to deployment, members of the command having mobilized numerous times to Iraq and Afghanistan in support of the Global War on Terrorism. The clock begins. The first team races toward the quarter-mile point. A casualty, a mannequin for training purposes, lies on the road. They load the victim on a litter and run another quarter mile. At the half-mile point they treat a victim who has been exposed to a nerve agent. They safely cut the victim’s outer clothing. As they continue, they stop to seal a chemical leak, drop off a chemical round, take samples and transport hazardous materials — jobs they routinely perform as CBRNE warriors. Before reaching the finish line, they answer a technical question posed by Staff Sgt. James Hunt. They receive the all-clear as they finish their run. As they begin to remove their chemical gear, drenched in perspiration, they are reminded that nothing in the Army is accomplished alone. “Help your buddy out,” Hunt yelled. The Soldiers helped each other remove their PPE. The first team, comprised of Company A veterans, finished in 48 minutes. “The training was good,” Sgt. David Williamson said, catching his breath. “The scenarios were realistic and caused you to think on your feet.” The first team gained confidence as chemical responders and earned bragging rights as the fastest team. The second team, mostly new members to the unit, was not discouraged. They had a few bragging rights of their own. “We only lost by five minutes,” Staff Sgt. Rigaud Julien said. “That’s not bad for a bunch of new kids on the block.” As traffic in the area began to pick up and the sun rose a little higher in the sky, all the Soldiers said their success was due to their dedication and perseverance. “You’ve got to contract the core,” Staff Sgt. Tobias Bivines said of the physical challenge. "You go deep and pull out everything that’s inside of you." Adding a little kick: 22d Chemical Battalion takes physical fitness to a whole new level