

Post Shorts

Picerno takes over recycling

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

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



Picerno Housing has moved

The Picerno Military Housing Office has moved to 2727 Chesapeake Boulevard. The temporary offices are no longer in use. For more information, call the Neighborhood Office at 410-305-1076.

Blue Cross/Blue Shield claim representative visits APG Feb. 9

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan Blue Cross/Blue Shield to visit Aberdeen Proving Ground to discuss claim problems and plan coverage.

The representative will be in the Aberdeen Area, building 305, Tuesday, Feb. 9 from 9 to 11:30 a.m. and in the Edgewood Area, building E4520, from 12:30 to 1:30 p.m.

No appointment is necessary. For more information call Teri Wright, 410-278-4331.

KUSAHC closed Feb. 12 and 15

Kirk U.S. Army Health Clinic will be closed Feb. 12 for a training day and Feb. 15 for Presidents Day.

It is important to pick up prescriptions before Feb. 12.

For medical services needed after hours, weekends or federal holidays, call staff duty, 410-278-1725 to coordinate care with the medical officer of the day.

To avoid point of service copay charges, prior authorization and/or a referral is needed to go to an urgency clinic.

Emergency room visits do not require a referral.

Black History Month program

The U.S. Army Research, Development and Engineering Command and Garrison Aberdeen Proving Ground will host a Black History Month

See SHORTS, page 6

Garrison, Picerno formalize Residential Community Initiative

Story by **YVONNE JOHNSON**
APG News

A formal partnership agreement took place as Picerno Military Housing and the Garrison Aberdeen Proving Ground confirmed the Residential Communities Initiative during a Partnership Signing Ceremony at Top of the Bay Jan. 26.

Picerno Military Housing became APG's partner in May 2008 under the Residential Community Initiative. The partnership formally signifies the passing of responsibility to Picerno for the day-to-day management and development of Family housing at APG for the next 50 years.

Colonel Orlando W. Ortiz, APG Garrison and deputy installation commander, and John G. Picerno, president and chief executive officer of Picerno Military Housing, signed the agreement after sharing remarks on the historic event.

Ortiz called the event "very significant for the installation," and said execution of the program would finally facilitate the appropriate level of resources to be provided for families living on the installation.

"The Army has long recog-



Photo by SEAN KIEF, GARRISON PHOTOGRAPHER

From left, Staff Sgt. Lee Menzies, his wife Tiffany and daughter Asiamonet, 7, join John G. Picerno, president and chief executive officer of Picerno Military Housing, Col. Orlando W. Ortiz, APG Garrison and deputy installation commander, Lee Jr., 10, Janiece, 11, and Shadae, 12, in a cake cutting celebrating the Residential Community Initiative partnership signing at Top of the Bay Jan. 26. Not shown are Jahiem, 12, and Ashlee, 15.

nized that it could and should do better for families living on military installations and through the Residential Community Initiative has applied this ideal

solution," he said.

He welcomed special guests Todd Hunter, from the office of the Deputy Assistant Secretary of the Army for Installation, Envi-

ronment and Housing and Ivan Bolden, chief of the Army Public and Private Initiatives Division and he expressed special thanks

See PICERNE, page 7

APG commander reenlists three AMC Band Soldiers

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

The U.S. Army Materiel Command Band hosted a reenlistment ceremony as three Soldiers raised their hands and extended their military careers at the AMC Band Hall Jan. 27.

Specialist Brian Grabowski, a trumpet player, Sgt. Carrie Munoz, a flute player, and Sgt. Jason Williamson, a percussion player, all made the commitment to reenlist for three years.

Chief Warrant Officer 4 Frederick L. Ellwein, AMC Band commander and Sgt. Maj. Wendy Thomson presided over the event, and Maj. Gen. Nickolas G. Justice commander of APG and the U.S. Army Research, Development and Engineering Command was the guest speaker at the ceremony.

Justice thanked the Soldiers of the AMC Band for their service and said that the band was important to the Aberdeen Proving Ground community because it provides music for many events on post.

"You are the heartbeat of this community," Justice said. "You are Soldiers and you are musicians and that is a tremendous responsibility."

Justice continued by saying



Maj. Gen. Nickolas Justice, commander of APG and the U.S. Army Research, Development and Engineering Command, second from left, administers the Oath of Enlistment to Sgt. Carrie Munoz, center, Sgt. Jason Williamson, right, and Spc. Brian Grabowski, far right, while Chief Warrant Officer 4 Frederick L. Ellwein, left, Army Materiel Command Band commander, looks on during a reenlistment ceremony at the AMC Band Hall Jan. 27.

that music is an important part of the Army's culture.

"Language and music are two important things that make up a culture," he said. "On a battlefield that (culture) makes a lot of difference."

Justice said that he and the rest of the APG community will be sad to see the AMC Band relocate when they move to Redstone Arsenal in Ala-

bama next year, a result of base realignment and closure.

The reenlistees formed a line on stage as Justice administered the oath of reenlistment. After the oath, Munoz's husband, Staff Sgt. Jeff Munoz, also from the AMC Band, took the stage to receive a brigade certificate of appreciation for supporting his Soldier.

See BAND, page 8

OPM launches revamped USAjobs.gov

Story by **ALEX M. PARKER**
www.govexec.com

The Office of Personnel Management has launched its long-awaited revamped federal jobs Web site, the first step in reforming the government's hiring process, officials said.

The new version of USAJobs.gov simplifies the site's searching capability. OPM officials said a key change was adding more flexibility to refine job searches based on location, grade, salary and type of profession. The site, incorporating feedback from users, also includes updates on the status of positions as well as a candidate's application.

"Once you applied for a job [previously], it went into a black hole," said Christine Griffin, OPM deputy director. "That really has all been changed."

Instead of a home page crammed with links and pictures, the site's new landing page allows users to look for jobs by key word or location. After the

results of the search are displayed, the user then can refine those results further according to salary or agency, without going to another page or starting another search. The search page also has easier features to refine searches by salary or agency.

"The [previous] home page had a lot of information, but one of the things we found is that a lot of people weren't using that information, because they found it overwhelming," said Kim Bauhs, OPM assistant director of recruitment and diversity.

The revamped site also has streamlined the feature for job seekers to keep documents on file to use for multiple applications and special Web pages for students, members of the Senior Executive Service, and applicants with disabilities, as well as links to a new site for military veterans seeking federal employment.

According to Griffin and Bauhs, the agency consulted with popular sites such as

Facebook, and also conducted focus groups with students from George Washington University. The six-month development of the site was included as part of the agency's \$5 million annual contract with Monster Government Solutions, Bauhs said.

The Web site requires the active involvement of the hiring agencies to be effective, she said. Those agencies need to keep up-to-date the status of jobs and applications, and ensure that their hiring systems are in sync with the site's format. According to Bauhs, 73 percent of the agencies with representatives on the Chief Human Capital Officers Council are fully integrated with the site, and OPM plans to have total compliance within a year.

Bauhs said the new Web site was a critical first step in the process of hiring reform, but declined to say what the next steps would be, or when they would be rolled out.

TRAFFIC ALERT

DPW

Providing notice on road closures

In the Aberdeen Area, Susquehanna Avenue between Bel Air Street and Havre De Grace Street will be closed to through traffic from 7 a.m. until 4:30 p.m. on Friday and Saturday, Feb. 12 and 13. While the closure is currently planned for these two days only, inclement weather may require extending it to Monday, Feb. 15.

As always, please use caution in all construction areas.

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

BOSS concert to feature Leigh Jones, live band and comedians

MWR

The "I. AM. Strong." tour presented by Army G-1, SHARP program and produced by Army Entertainment brings the up and coming pop/RB singer Leigh Jones to the APG Post Theater for a free concert 7 p.m. Tuesday, Feb. 9. Also appearing will be the band Animate Objects and comedians Jessi Campbell and Drew Thomas.

With wide-ranging musical influences from Ella Fitzgerald to Josh Stone, Leigh Jones' soulful style creates a distinct retro sound sure to entertain.

Doors open 6 p.m. This is a free, ticketed event. Four tickets per person can be picked up at the Leisure Travel Ticket Office inside the Aberdeen Area Recreation Center, building 3326 or at the Stark Recreation Center, building E4140 in the Edgewood Area. For more information, visit www.apgmwr.com/.

The I. AM. STRONG campaign empowers Soldiers to Intervene, Act and Motivate to prevent sexual assault.

ISSUE HIGHLIGHTS

Page 2

Chapel News - 'On Saint Valentine's: Love Is Unconditional'; January Well-Being meeting

Page 3

ACWA program transforms plans into reality

Page 4

Understanding and preventing cold weather injuries

Page 5

Community Notes

Page 7

Patent granted to USAPHC Provisional employee

Page 13

FMWR

Chapel News

'On Saint Valentine's: Love Is Unconditional'

Story by
**CHAPLAIN (COL.)
RUBEN D. COLON**
APG Chapel



A young bride-to-be learned, to her dismay, that some of her fiancé's religious beliefs were less than orthodox. "What shall I do?" she asked her mother anxiously. "Harold doesn't even believe in hell!"

"Don't worry dear," her mother replied, "between the two of us we'll show him how wrong he is."

Later, during the wedding rehearsal, the bride-to-be grew nervous about her walk down the church's extremely long aisle. "Don't worry dear," her mother said, "you can get rid of any last minute jitters if you concentrate on three words. First, think of the aisle. It's the same aisle you've walked down every Sunday since you were a little girl. Second, focus on the altar. You were baptized at that same altar and have knelt before it every Sunday for years. Third, think about him -- your loving groom, waiting to begin your new life together."

On the wedding day, the mother's advice worked like a charm. The bride focused hard on the first word, as she began her wedding march: "Aisle! ... Aisle! ... Aisle!" she repeated over and over again. Then the second word: "Altar! ... Altar!...Altar! ..." Then the third word, "Him! ... Him! ... Him!..."

Finally, when the march ended and she took the groom's arm, she looked

into his eyes and said, "I'll alter him!"

When asked to tell the creation story, a little girl answered, "God created Adam. Then he said, 'I can do better than that.' So he created Eve." Sad to say, this is what happens in a great many marriages. After the march down the aisle and when the honeymoon is over, husbands and wives begin to look at each other and say, "I can do better than that." They begin to see the self rather than the other as the better half. They begin to concentrate on the need for the other to change: "I'll alter him! ... I'll alter her!" And the holy ground of the marriage begins to turn into a battleground. Persons who "measure themselves by one another, and compare themselves with one another are without understanding," St. Paul has written (1 Cor. 10:12). "Why do you pass judgment on your brother?" he asks. "For we shall all stand before the judgment seat of God." (Rom. 14:10).

We are all alike only in that we have

all sinned, as Paul reminds us. But he also reminds us that we are unique in our personhood, "...having gifts that differ according to the Grace given to us" (Rom. 12:6). Therefore, "Let love be genuine," Paul exhorts us.

We express genuine love when we acknowledge the unique personhood of another and rejoice in it. We express genuine love when we call forth another's unique God-given gifts and rejoice in them. We express genuine love when we call forth our own unique gifts and place them at the service of another.

The idea behind Saint Valentine's day is to learn again that we can meet all the demands of love for our partners unconditionally with our hearts going there first.

I urge you - let your hearts go - love God and love each other as deeply as you can. When you do - you will find, no matter how many mistakes you may make on the way, that goodness and blessedness will blossom along your path, and all that God has planned will come to pass.

January Well-Being meeting focuses on post improvements, upcoming events

Story by
RACHEL PONDER
APG News

Members of the Aberdeen Proving Ground community gathered at the Edgewood Area Chapel Jan. 21 to discuss post improvements and upcoming events.

Colonel Orlando W. Ortiz, APG garrison and deputy installation commander, welcomed attendees to the meeting and then turned the meeting over to Linda Edwards, Business Operations Division chief for Family and Morale, Welfare and Recreation.

DPTMS

John Kearney, director of Plans, Training, Mobilization and Security, said that attendees should check the installation calendar [when it becomes available] regularly for post events. Kearney said that the calendar is updated every Thursday and lists point of contact information. The calendar, which can be found on www.apg.army.mil, shows installation events up to three months in advance.

Kearney added that in the event of inclement weather, attendees should call the Snow Line at 410-278-SNOW (7669), check the APG Web site, or call the DPTMS Operations Office at 410-278-4500.

Kearney added that there will be a Force Protection Exercise on April 27 through 28 in which garrison staff and emergency responders will practice responding to emergency situations.

"That prepares the garrison staff and the emergency responders to better support this installation," he said.

AFFES

Debbie Armanderez, manager of the APG Army and Air Force Exchange Service, told attendees that merchandise from nearby PX and Shoppette stores can be sent to the PX store that is most convenient to them.

"Anything you do not see in our stores, ask and we can see if we can get it for you," she said.

Commissary

Anne Morrison, manager of the Post Commissary, told attendees that military Family members can now apply for the commissary scholarship, adding that the deadline is Feb. 17. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) and that they have a current military ID card. See the Jan. 21 issue of the *APG News* for more information, or go to www.militaryscholar.org/apply/apply.shtml. Morrison asked attendees

to please not procrastinate, as deadline exceptions will not be made for inclement weather.

Dentac

Colonel David Kryszak, commander of the APG Dental clinic, said that there are options for care for active duty Soldiers and beneficiaries for treatment.

For general information go to www.tricare.mil/mybenefit and click the "Dental" tab. It has sites for the active duty dental program, retired active duty dental program, retired military and Family member care.

To find providers for Family, go to www.tricare/findadentist.com

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

He added that Advanced Individual Training Soldiers currently have priority at the Dental Clinic, due to limited staffing at the dental clinics in the Edgewood and Aberdeen areas, and that when there are no more AIT students left on APG due to base realignment and closure, then the Dental Clinics will be able to see more permanent party Soldiers.

"We want to take care of your dental needs but there is just not enough active duty military in the facilities here to do everything," Kryszak said. "We have partnerships with civilian dentists to take care of the needs of people that we can't take care of here at APG."

KUSAHC

Lt. Col. Christopher Ireland, commander of Kirk U.S. Army Health Clinic, said that KUSAHC will be undergoing a renovation in September. He added that all services will still be available at KUSAHC during renovation.

Ireland said that KUSAHC will implement the Patient Centered Medical Home Model of primary care delivery. PCMH is an approach to providing comprehensive primary care to all beneficiaries. It facilitates stronger partnerships between patients, physicians and the rest of the staff who provide medical care.

Ireland added that H1N1 vaccine is available at no cost for all active duty, Family members, military retirees, Department of Defense civilians and DoD contractors. Call the flu hotline 410-306-3588. Visit www.kusahc.narmc.amedd.army.mil for more information.

Ireland asked attendees to let the pharmacy know as much as 10 days in advance before calling in a refill.

"If you are running out of a medication and need a refill, call and make an appointment with your primary care manager," Ireland said.

A question was asked by an attendee about veterinarian services on post. Ortiz said that a veterinarian from Dover, Del. is currently providing services for pets on post.

Ortiz said that NCOs who work at the APG veterinary clinic work with the veterinarian in Dover to provide the necessary services and that the Veterinarian Command Group is working to provide a full-time veterinarian for APG in the future.

For more information about veterinarian services and phone numbers visit <http://kusahc.narmc.amedd.army.mil/Pages/vet.aspx>.

Directorate of Public Works

Tom Kuchar, Director of Public Works, said that DPW along with DPTMS work to salt and clear the roads during winter weather. "We take ice and snow conditions seriously," he said.

DES

Rob Krauer, director of Emergency Services, asked attendees to please keep fire safety in mind this winter by remembering to not leave candles or cooking unattended. He added to not use too many extension cords in one area, as they are prone to overheating.

Logistics

Gene Schneck, director of Logistics, announced that the Edgewood and Aberdeen dining facilities will have a special meal to commemorate Black History Month on Feb. 16 from 5:30 to 7 p.m. at buildings 4503, and E4225.

Schneck said that the Re-Nu-It Center's hours have changed. The center's hours are Monday thru Friday 8 a.m. to 4:30 p.m. The center's supplies are for organizations on APG, as home repairs are now tasked to Picerne Military Housing. For more information call 410-298-8814 or 410-278-8815.

FMWR

Chris Lockhart, marketing director for FMWR, told attendees to check their Web site, www.apgmwr.com, for the most up-to-date information on upcoming FMWR events. Lockhart also announced that youth summer program waiting lists will be available Feb. 16, in building E1902, or at Outreach Services in building 2752. Registration is now taking place for youth T-Ball, softball, and baseball. All patrons must register with CYSS Out-

reach Services at 410-278-7479/7571 or email APGR-USAG-CYS-Registration@conus.army.mil. For more information about CYSS programs go to http://www.apgmwr.com/family/youth_services.htm.

Lockhart added that FMWR will be hiring lifeguards for the summer. For more information on jobs with FMWR go to <http://www.apgmwr.com/resources/jobs.htm>.

Edwards added that the Aberdeen Area gym and the Top of the Bay will be undergoing renovations this year.

"This is a very exciting time for FMWR, and the entire installation," Edwards said. "We must certainly maintain our programs for active duty Soldiers and their Families."

Edwards said that FMWR will be providing some "ice breaker" activities to welcome those who are new to the APG community due to base realignment and closure.

"I appreciate your patience as we grow," Edwards said. She told attendees that she appreciates the feedback that she and the garrison staff receive from the Interactive Customer Evaluation or ICE comments, which can be found on the APG Web site, www.apg.us.army.mil.

"Customer service is something that we pride ourselves on," Edwards said.

To close the meeting, Garrison Command Sgt. Maj. Rodney Rhoades added that he would like to see more people using the ICE comment system to communicate with the garrison staff. He said that the ICE comments will help improve the post. "If you have a concern, share it; don't just sit and stew over it," he said. "We are working together as a team to improve APG."

Rhoades said that the staff recognizes the importance of improving the quality of life for Army Families, in keeping with the Army Family Covenant, and that outreach to local schools with military children and the work of Picerne Military Family Housing are examples of keeping the Army Family Covenant.

Rhoades said he appreciated the outreach that people in the APG community gave to Soldiers and their Families during the holidays, like providing free Christmas trees and food vouchers to military Families.

Ortiz thanked the attendees for coming to the meeting and providing feedback to the garrison staff. He said that everyone from the APG community is allowed to attend future meetings.

The next Well-Being meeting will be held at the Aberdeen Area Post Chapel 9:30 a.m., Feb. 18.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal oppor-

tunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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 exclusive written contract with APG. The civilian printer is responsible for commercial advertising and mailing. To obtain a yearly subscription, which costs \$16, the price for weekly mailing, or for problems with incorrect mailing addresses, contact the publisher at 10 Hays Street, Bel Air, MD 21014, or call 410-838-0611. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-

PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; send e-mail to editor-apg@conus.army.mil or debi.horne@us.army.mil or contact reporters Yvonne Johnson at yvonne.johnson5@us.army.mil or 410-278-1148 or Rachel Ponder at rachel.ponder@us.army.mil or 410-278-1149.

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

Staff

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

The Assembled Chemical Weapons Alternatives program transforms plans into reality



Photo courtesy of ACWA
Iron workers place and reinforce rebar in preparation for a cement placement for a munitions service magazine foundation at the Pueblo Chemical Agent-Destruction Pilot Plant in Pueblo, Colo.

Story by
KRISTEN SZYDLOSKI
ACWA

The Assembled Chemical Weapons Alternatives program, known as ACWA, achieved many milestones throughout 2009 and continues to progress toward eliminating the chemical weapons stockpile in both Pueblo, Colo., and Blue Grass, Ky.

“The construction teams have been transforming all of the planning and preparation required to build chemical weapons destruction facilities into reality,” said ACWA Program Manager, Kevin Flamm.

Pueblo Chemical Agent-Destruction Pilot Plant

Although the “topping off” of the Enhanced Reconfiguration Building was a highlight of the year at PCAPP that signified the final placement of structural steel for the building where explosives will be removed from munitions, construction progress was made on other fronts as well.

Processing equipment was installed in the Agent Processing Building; many new support buildings sprung from the ground; corridors connecting key areas of the plant were built; and an 86-foot air filtration stack that will vent air before

being released back into the atmosphere was installed.

Testing and validation continues on site-specific equipment, including the Munitions Washout System and Projectile/Mortar Disassembly Unit.

“Pueblo became the first demilitarization site under construction to be awarded Star Status in the Occupational Safety and Health Administration’s Voluntary Protection Program in February,” said Flamm.

Star status is designed for exemplary worksites with comprehensive and successful safety and health management systems. According to OSHA, these sites are self-sufficient in their ability to control workplace hazards. Achieving Star Status, ACWA recorded injury and illness rates at or below the national average.

Blue Grass Chemical Agent-Destruction Pilot Plant

The design of the Blue Grass facility reached 97 percent completion, with the remaining design packages to be finished in 2010. For the Munitions Demilitarization building, where the bulk of destruction operations will take place, an explosive containment area redesign was completed, and in August, the Defense

Department Explosives Safety Board approved construction activities in this section of the building.

“Blue Grass increased its safety record this year to more than 4.3 million job hours without a lost-time injury and is now also applying for VPP status,” said Flamm.

Other construction efforts included horizontal concrete placements for the Control and Support building, water storage tanks and underground utilities, all of which culminated with the site’s first vertical construction in September, when structural steel was placed for the Control and Support building.

Additionally, fabrication and testing continued on site-specific equipment, including the metal parts treater and energetics batch hydrolyzer.

“As construction moves ahead, our teams will be focused on the development and testing of the specialized systems and equipment needed in each of the pilot plants, the planning and preparation for systemization activities and the transition into actual destruction opera-

tions. Together with the support of Congress and stakeholders at federal, state and local levels, these efforts are bringing us closer every day to our collective goal of safe chemical weapons destruction and have set the stage for a successful [year],” said Flamm.

To learn more about the overall ACWA program, visit www.pmacwa.army.mil. To view pictures of construction status, visit www.flickr.com/photos/acwa/.

Understanding and preventing cold weather injuries

Story by
VICKI ARNESON-BAKER
ARNEWS

During the past 10 years, Soldiers have experienced an average of 361 cold weather-related injuries every year. Cold weather injury prevention is a command and leadership as well as a personal responsibility and successful management of cold depends on proper knowledge and understanding of problems associated with working in cold environments.

Exposure to the cold can lead to a variety of cold weather-related injuries and while the cold makes military tasks more difficult, it does not make them impossible. The key to overcoming the cold and successfully completing the mission lies within an understanding of cold weather injuries and ways of preventing them. Officials at the Armed Forces Health Surveillance Center Office offer the following descriptions of the most common cold weather injuries and information about how to prevent them.

Injuries

Chilblains is a nonfreezing cold injury resulting from repeated, prolonged skin exposure to cold and wet (high humidity) temperatures above freezing. Exposed skin becomes red, tender, hot to the touch, and is usually accompanied with itching. This can worsen to an aching, prickly (pins and needles) sensation and then numbness. Chilblains can develop in exposed skin in only a few hours. The most commonly affected areas are the ears, nose, fingers and toes.

Immersion Foot/Trench Foot is a non-freezing injury that results from prolonged exposure to wet conditions between 32 and 60 degrees with damp socks and boots. Immersing feet in cold water, not changing socks frequently, not maintaining proper hygiene, and allowing sweat to accumulate in boots or gloves will soften the skin, causing tissue loss, and, often, infection. These cold and wet conditions constrict blood vessels and the affected areas become cold, swollen, discolored, waxy and are often accompanied by sensations of pins and needles, numbness, and then pain. In extreme cases, flesh dies and amputation may be necessary.

Frostnip is the freezing of the top layers of skin tissue and is considered the first degree of frostbite. Frostnip usually results from short-duration exposure

**GEAR UP!
FOR COLD WEATHER**

GETTIN' COLD FEET
Cold Weather clothing:
- Keep it Clean
- Avoid Overheating
- Wear it Loose and in Layers
- Keep it Dry

WATCH FOR EFFECTS TO THE SKIN, SUCH AS:
- SWOLLEN RED OR DARKENED
- PAIN, TENDERNESS, HOT OR ITCHY
- NUMBNESS OR TINGLING
- BLEEDING OR BLISTERED
- GRAY, WAXY FEELING OR "WOODEN" TO THE TOUCH
- DIZZINESS, WEAKNESS OR BLURRED VISION
- VIGOROUS SHIVERING
- LACK OF COORDINATION AND IMPAIRED JUDGMENT
- PAINFUL, RED, WATERY OR GRITTY FEELING IN THE EYES (SNOW BLINDNESS)

**ARMY SAFE
FALL WINTER
NO TIME TO CHILL**

ARMY STRONG
BE APT TO SERVE
IS ARMY STRONG
A BOND OF BROTHERS & SISTERS

to cold air or contact with a cold object such as metal. Exposed skin, such as the cheeks, ears, fingers, and wrists are more likely to develop frostnip. The top layer of frozen skin becomes white, waxy, and feels hard and rubbery while the deeper tissue is still soft. The affected area feels numb and may become swollen, but does not blister. Frozen skin thaws quickly, becoming red and painful with eventual peeling of the skin with complete healing within 10 days and injury is normally reversible.

Frostbite is the actual freezing of skin tissue that can extend through all layers of the skin and actually freeze the muscle and bone. Frozen skin may turn red and then gray-blue with blisters and in worst cases, the skin dies and turns blue-black. At this stage, amputation often is required. Deep frozen skin feels "wooden" to the touch with zero mobility of the affected body part. Instantaneous frostbite can occur when the skin comes in contact with super-cooled liquids, such as POL, fuel, antifreeze, and alcohol, all

of which remain liquid at temperatures as low as -40 F.

Hypothermia is a potential life threatening condition that is defined as the general cooling of the body core temperature below 95 degrees (normal body temperature is 98.6). Hypothermia sets in when the body-heat lost exceeds the body's heat production due to prolonged cold exposure. Although hypothermia is usually associated with cold climates, it can occur at temperatures well above freezing especially when a person is exposed to extended wet conditions.

Signs and symptoms of hypothermia change as body temperature falls. Mental functions typically decline first; marked with declined decision making ability, slurred speech, disorientation, incoherence, irrationality, and possible loss of consciousness.

Muscle functions deteriorate with shivering, loss of fine motor ability (i.e. unable to complete tasks with hands), progressing to stumbling, clumsiness, and falling. In severe cases, shivering ceases, and the Soldier exhibits stiffness and inability to move. Pulse and respiration rates decrease progressing to unconsciousness, irregular heartbeat, and death. Unfortunately, early signs and symptoms of hypothermia can be difficult to recognize and may easily go undetected. A victim may deny he/she is in trouble; believe the symptoms, not the victim.

Dehydration is a lack of water in the body and most people associate dehydration with hot weather conditions. However, it is very easy to become dehydrated in cold weather because many individuals fail to drink enough liquids and underestimate fluid loss from sweating. Proper hydration is especially important in cold weather as dehydration adversely affects the body's resistance to cold injury, increasing the chance of cold weather injuries. Remember that proper hydration is essential to supplying fuel and energy to body parts to facilitate heat production.

Risk Factors

Understanding the contributing factors of cold weather injuries provides a better understanding of the best methods on how to combat the cold. Environmental factors including temperature, wind, rain, immersion, and altitude; work load; duration of cold/wet exposure; and individual risk factors such as physical fitness, fatigue,

See COLD, page 8

Community Notes

SATURDAY

FEBRUARY 6 TRAIL TOTS

Explore and focus on the forest in winter. Bundle up! This free program will be held 10 to 11 a.m. for ages 1 to 4. 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.

FRIDAY

FEBRUARY 12 WINTER SKY CAMPFIRE

Enjoy a Friday night campfire of roasted hot dogs with all the fixins while surrounded by winter's beauty. This program will be held 5:30 to 7 p.m. for all ages. The cost is \$5 per person or \$15 per family, (limit 5 per family). Registration is required.

SATURDAY

FEBRUARY 13 VALENTINE CANDY CRAFT

Create a hand-crafted Valentine's gift ready to go. This program will be held 11 a.m. to 1 p.m. for ages 7 to adult; ages 7 to 12 must be accompanied

by an adult. The cost is \$5 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.

FEBRUARY FOX WALK

Hike the uplands and stream valleys of Leight Park to search for signs of fox activity. This free program will be held 2:30 to 4 p.m. for ages 8 to adult. Registration is required.

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

SUNDAY

FEBRUARY 14 VALENTINE'S DAY OPEN HOUSE

Valentines come for a visit that will include "sweets for the sweet" and a Valentine craft. This program will be held 1 to 4 p.m. for Valentines of all ages. There is no fee but donations will be gratefully accepted. 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.

PURSE BINGO

Purse Bingo will be held 2:30 p.m., at Prince of Peace Church, 2600 Wiltoughby Beach Road, Edgewood. Doors open 1:30 p.m. Tickets cost \$17 in advance and \$20 at the door. Tickets are required for admission for all ages. Cost includes 20 regular games. Raffles, baked goods, refreshments and a split-the-pot coverall will be offered. Three special games sold separately. Proceeds benefit the Faith Formation Program for Children and Youth. No smoking is allowed.

For more information or to purchase tickets, call Sister Susanne, 410-679-

5912 or Dolores, 410-676-0418.

VALENTINE'S BANQUET

Join Bread of Life Church for its annual Always and Forever Valentine's Banquet, 5 p.m., at the Richlin Ballroom, 1700 Van Bibber Road, Edgewood.

This event will be a formal affair with dining, music and door prizes. Cost of the banquet is \$60 per couple; childcare will be provided starting 4:30 p.m., for children ages 1 to 10 years old at Bread of Life Church. For more information, call Jennifer at 410-272-7818 or Bread of Life Church at 410-273-1660.

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

Ruben's Rotisserie & Grille

The Food Court in the APG Edgewood Area will temporarily close Feb. 12 while undergoing construction in preparation for the opening of Subway.

Ruben's Rotisserie & Grille will be located in the Edgewood Shoppette parking lot for alternate food options while renovation is underway.

Ruben's Rotisserie and Grille Menu

- Sabrett All Beef NY Hot Dog ... \$2.00
- Authentic Italian Sausage ... \$3.00 - Served with grilled peppers and onions on a roll.
- German Style Bratwurst ... \$3.00 - Served with sauerkraut and mustard.
- Rotisserie 1/4 Chicken Platter ... \$5.99 Seasoned with fresh garlic, lemon and aromatic spices. Includes choice of one side.
- Rotisserie 1/2 Chicken Platter ... \$7.99 Seasoned with fresh garlic and

aromatic spices. Includes choice of two sides.

- Ruben's Philly Cheese Steak....\$8.00
 - Classic Chicken Sandwich..... \$5.99 - Crispy chicken breast served on a roll with iceberg, tomato and sliced pickles.
 - Mediterranean Delight Platter ... \$7.99 - Greek gyro platter served with salad, feta cheese, and cucumber sauce over a warm pita. Includes French fries
 - Signature Ruben Sandwich Platter\$6.99 Served on rye bread with Swiss cheese, sauerkraut and Thousand Island dressing Includes chips and cole slaw.
 - Sides - A la Carte ... \$1.50
French Fries, Red Beans and Rice
Cole Slaw, Sweet Cucumber Salad
Sweet Yellow Plantains and Buttered Corn
 - Assorted Beverages and Desserts
- For more information call Store Manager Debbie Armendariz, 410-272-6829, armendariz@aafes.com.

POST SHORTS

program Feb. 24, 11:30 a.m., at the APG Recreation Center, building 3326.

Guest speaker will be Michael E. Crutcher, Sr., army retiree, former assistant professor, and actor who brings Frederick Douglass to life through his dramatization. Food samplings will be available.

For more information, call Sgt. 1st Class Elwood Veney, RDECOM, 410-436-4810.

Basic Boating Classes

The U.S. Coast Guard Auxiliary Flotilla 22-04 will offer Basic Boating classes, 9 a.m. to 1 p.m., Feb. 13 and 14; Feb. 27 and 28; March 27 and 28; April 10 and 11; April 24 and 25; May 1 and 2; and May 29 and 30. Classes will be held at the Middle River Yacht Club located at 200 Nanticoke Road, next to the Riverwatch Restaurant in Essex, Md.

The course will feature instruction on essential topics of boating to include navigational rules, safety equipment and boat handling along with lessons on

essential knot tying and nautical history. Graduates will receive a State of Maryland certification.

Maryland law states that anyone born on or after July 1, 1972, must possess a certificate of boating safety education in order to operate any motorized vessel.

The cost of instruction is free; however a charge of \$25 per student is needed to cover administrative costs. All required material will be provided.

For more information and registration, call Arny Fox, 410-287-8863, e-mail captainsly@comcast.net.

American Sign Language class to start

A lunch time Basic American Sign Language class will be held 11:30 a.m. to 12:30 p.m. each Tuesday, Feb. 9 through May 4 in the conference room in building 1950 on the Edgewood Area of Aberdeen Proving Ground.

The class is for beginners to advanced students. The class text book, "ABC: A Basic Course in American Sign Lan-

guage," can be purchased online or from a book store. To receive credit for the class, military and civilian personnel must complete 10 sessions and submit SF 182. There is no fee for the class. Obtain supervisor approval as needed. Bring your own lunch.

To register, or for more information, contact BethAnn Cameron at 410-436-7175, BethAnn.Cameron@us.army.mil; or instructors Pat Reeves, 410-436-2917, or Randy Weber, 410-436-8546.

Black History Month Specialty Meal Feb. 16

The Black History Month Specialty Meal will be held 5:30 to 7 p.m. in the Aberdeen Area dining facility, building 4503, and the Edgewood Area dining facility, building E4225, Feb. 16.

During this event all military personnel, Family members, Department of Defense civilians, contractors, 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 civilians, retirees 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 Black History Month Specialty Meal Menu includes: bean soup with ham hocks, fried chicken, barbecued spareribs, baked chicken, southern-fried catfish fingers, fried pork chops, hopping john (black-eyed peas and rice), baked macaroni and cheese, candied sweet potatoes, collard greens, green beans, potato salad, cole slaw, assorted salad bar, corn bread, assorted breads, bread pudding with raisins, pecan pie, sweet potato pie, soft serve ice cream and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information; call Edward Parylo, 410-278-3142.

Perry Point hosts veterans benefits seminar

The VA Maryland Health Care System and the Chesapeake Health Education Program will co-host a free special VA Health Care Enrollment, Eligibility and Veterans Benefits Seminar for community health care providers, social workers and counselors 9 a.m. to 2 p.m. at the Perry Point VA Medical Center Theater, building 314 Feb. 18.

Representatives from VA will provide information about VA health care services including primary care, prescription services, long term care, social work services and mental health care. There will also be representatives available to talk about VA compensation benefits and cemetery services.

Registration for the seminar will begin at 8:30 a.m. in the Perry Point VA Medical Center's Gymnasium, building 314. Parking for the program will be available free of charge in Parking Lot I located at the front of the building. Lunch is optional and is available at \$7 per person.

For more information, call Alyssa Sexton at 1-800-949-1003, extension 5487 or register online at www.chepinc.org/admin/course.asp?id=09-38.

Irish Specialty Meal March 16

The Irish Specialty Meal will be held 5:30 to 7 p.m. in the Aberdeen Area dining facility, building 4503 and the Edgewood Area dining facility, building E4225, March 16.

During this event 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 civilians, retirees 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 Irish Specialty Meal Menu includes: creamy potato soup with bacon, Sheppard's pie, Dublin coddle (bacon and pork sausage), Irish chicken and dumplings, fish and chips, corned beef and cabbage, Irish Champ (potatoes and onions), fried cabbage, buttered spinach, seasoned potatoes, carrots and onions, marinated green bean salad, creamy cole slaw, assorted salad bar, buttered hot rolls, assorted breads, Irish cinnamon apple cake, oatmeal cookies, soft serve ice cream and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information; call Edward Parylo, 410-278-3142.

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

Employee idea leads to U.S. patent

Story by
JANE GERVASONI
USAPHC (Prov) Public Affairs

Frustration led Larry Tannenbaum, a 15-year civilian employee with the U.S. Army Public Health Command (Provisional), to devise a method to directly assess the health status of animals called terrestrial eco-receptors that reside at contaminated properties. His frustration has paid off: his method was granted a patent (U.S. Patent No. 7,627,434) in December 2009.

Tannenbaum, an environmental scientist with the Environmental Health Risk Assessment Program, was motivated to improve ecological risk assessments for contaminated sites. His method for field-based ecological risk assessments uses rodent sperm analysis, or RSA, to show that in most and perhaps all cases, terrestrial eco-receptors may be unharmed by their chemical exposures.

"This all came about because I tried to convince a workgroup to try something outside of the box instead of doing desktop calculations," explained Tannenbaum as he described his patent-winning idea.

"Chemical-by-chemical evaluation doesn't give you anywhere near a 100 percent picture of what is going on in the environment," he said. "Animals have

an integrated exposure to the stressors in their environment, and a proper assessment needs to take a holistic approach, which we achieve with RSA."

In looking at ecological risk assessments, guidance indicates that field conditions should be assessed to verify the desktop calculations, Tannenbaum said. He developed his method for RSA to examine small rodents, which represent a potential worst case for chemical exposure at a contaminated site.

Mice, rats, voles and squirrels spend all their time on the ground, beneath the ground or eating in potentially contaminated areas. If these animals do not demonstrate reproductive impacts, Tannenbaum said it follows that other species, including humans, who have less direct contact with any possible contamination may not have reproductive impacts as well.

The RSA looks at sperm count, motility (ability to swim normally) and morphology (form and structure).

"These factors, if impacted, can directly affect the ability of the animals to reproduce," Tannenbaum explained. "With this method, you can look for reproductive effects after a hundred generations of breeding in the contaminated site condition. If we don't see something wrong some forty years after contami-

nants were released to the environment, then there is really little chance that health effects will ever arise in the larger animals, and perhaps humans, too," he explained.

As animals were collected for analysis, Tannenbaum contacted the Smithsonian Institution in Washington, D.C., for assistance in identification of the rodents. They agreed to identify the species and in return, they received samples of different rodents from a wide variety of locations to augment their displays.

Tannenbaum's method has already been used on 10 sites including National Priority Listing sites, and it appears to hold great promise for field-based ecological risk assessments. During a standard two-week field study, population data including species diversity, sex ratio and age distribution are used to corroborate the findings of the RSA for a contaminated site relative to a matched non-contaminated site.

The patent process took almost six years to complete because the U.S. Patent Office has a large backlog of applications. Government patent law attorneys sub-

mitted the paperwork to the U.S. Patent Office and followed the process through the entire review and question period. Tannenbaum received a "notice of allowance" in July, which indicated that his patent had gone through, and the patent was finally issued on Dec. 1, 2009.

Both the Army and Tannenbaum will benefit from any potential royalties resulting from the patent. Most importantly, the Army could recognize savings in its efforts to protect animals and humans from potential health effects of contaminated soils. Tannenbaum said the RSA outcomes provide the strongest line of evidence demonstrating that contaminated soils are not posing health risks to mammals and other species.

Tannenbaum is continuing his work to improve the scientific community's understanding and application of risk assessment methods for ecological receptors in relation to environmental contamination at Army installations. He anticipates that the method can be used in relation to human receptors and possible exposures in both garrison and deployed settings to enhance force health protection.

Picerne

From front page

to members of the Harford County Council in attendance - Dion Guthrie, James McMahan Jr., Chad Shrodes and Mary Ann Lisanti - as "critical players in securing financial support for this effort."

Ortiz called Picerne a reputable partner that has well served six other installations providing quality leadership, great management and a capable and competent work force.

"We look forward to working with Picerne to ensure quality of life and service is preserved for our Soldiers and their Families," Ortiz said.

John Picerne thanked Ortiz and council members then outlined plans for the next five years that include the building of 210 three and four-bedroom homes, renovations to historical homes, and the construction of a neighborhood center in the Bayside Housing area.

"Our partnership with APG is focused

on quality of life for Soldiers and their Families," Picerne said. "Every decision we make is based on how Families will benefit from what we do."

After the signing of the agreement, Staff Sgt. Lee Menzies, an instructor with Company A 16th Ordnance Battalion, his wife, Tiffany, and their six children joined Ortiz and Picerne at the front of the room for the RCI partnership cake cutting.

Menzies said he's noticed a difference in service since Picerne assumed responsibility for housing and maintenance in December.

"Work orders are the big difference. They're usually there in a few minutes," he said. "They've also been replacing old fixtures and focusing on fire prevention."

He and his wife agreed it was a great improvement over when they were stationed at Fort Campbell, Ky. and were charged for minor wear and tear repairs before they were able to clear housing.

"This is a great improvement. It makes us feel like we're not being taken advantage of. It's just an overall better situation for all of us."

Cold

From page 4

health, prior history of cold injury, use of medications, alcohol, nicotine, and poor nutrition can all contribute to cold weather injuries.

Prevention

Individuals can work and play in cold environments if they are properly prepared and understand basic control measures to prevent cold weather injuries.

Keep body warm:

- Keep moving by exercising big muscles (arms, legs) to keep warm.
- Avoid alcohol use as it impairs the

Soldier,” he said. “We wanted to travel while we are young, so we are looking forward to this move.”

Grabowski, who has been in the Army for almost three years, said that he wanted to stay in the Army because he wanted to gain more experience as a musician.

“I would like to gain more experience and more responsibility,” Grabowski said.

William said that he and his wife are grateful for the stability of a career in the Army.

“We appreciate the benefits that the Army provides for us,” Williamson said. “The Army supports you in a way that the civilian field cannot, especially in this current economy.”

Reenlistees received gym bags filled with Army notebooks, flashlights, pens, MP3 players and other accessories, as tokens of appreciation.

Band

From front page

Williamson accepted a brigade certificate of appreciation on behalf of his wife who could not make it to the ceremony.

Soldiers and spouses gave a variety of reasons for reenlisting.

For Sgt. Carrie Munoz and her husband, Staff Sgt. Jeff Munoz, the reenlistment brings a change of location. They will be relocating to Korea to work for the 8th United States Army Band later this year.

“This move will be a nice cultural experience for our Family,” she said.

Her husband added that he is very proud of his wife.

“I couldn’t see why she wouldn’t reenlist, she is a really good, responsible

body’s ability to shiver and gives a false sense of warmth.

- Avoid all tobacco products as they decrease blood circulation to the skin.
- Eat all meals to maintain energy.
- Drink water or warm non-caffeinated/alcoholic fluids to prevent dehydration. Drinking warm liquids like tea and hot chocolate containing sugar provides energy to help the body generate additional heat.
- Limit the amount of time outside on extremely cold days. Periodically move into a warm area such as a warming tent.

Wear proper clothing:

• Wear several layers of loose clothing, rather than one or two “bulky” layers. Air is trapped between these layers and acts as insulation against the cold. The layers can also be removed if you become too hot to prevent sweating. Loose clothing allows the blood to circulate to the extremities.

• Ensure all clothing is in good condition, clean, and dry; change wet, damp clothes immediately.

Protect feet:

• Carry an extra pair of socks and change damp socks immediately. Use foot powder to help absorb moisture.

• Avoid tight socks and boots, ensuring not to over tighten laces on boots or shoes.

• Wear overshoes to keep boots and socks clean and dry.

Protect hands:

• Wear gloves, mittens, or gloves/mittens with inserts to avoid frostbite injuries.

• Keep gloves/mittens clean and dry; change damp gloves immediately.

• Warm hands under clothes if they become numb.

• Avoid skin contact with snow, fuel or bare metal that has been exposed to the cold for extended periods.

Protect head, face and ears:

• Wear a hat. As much as 70 percent or more of the body’s heat is lost through an uncovered head and a hat reduces the amount of body heat that escapes through the head.

• Cover face and ears with a scarf to prevent frostbite injuries. In combination, a hat and scarf protect the skin and retain body heat.

• Warm face and ears by covering them with your hands, but do not rub face or ears.

• Wear sunscreen.

• Exercise facial muscles to help maintain circulation.

Protect friends and family:

• Watch for signs of frostbite and other cold weather injuries in your buddy.

• Ask about and assist with re-warming of feet, hands, ears, or face.

• Immediately treat persons showing any sign/symptom of cold injury.

• Remove sick, injured, and wounded individuals from the cold as they are very susceptible to cold injuries.

For more information about cold weather-related injury prevention, visit the Army’s Center for Health Promotion and Preventive Medicine Web site at <http://chppm-www.apgea.army.mil/HIOCWI/>.

For more information about the Army’s Fall/Winter Safety Campaign, visit <https://safety.army.mil> and click on the Fall/Winter icon on the bottom right corner.

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Carolyn Russell, 410-278-5327, e-mail carolyn.russell2@us.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Audrey Alba	Bennie Ford	Deborah Moore
April Avina	John Furchert	Marie D. Nowak
Debra Bonsall	Allan Gayhart	Michele Reamey
Georgia Braun	Walter Holland	Deborah Shirley
Jason Burr	Kari Jackson	Anna Smelley
John Daigle	Angela Lambert	Cherie Trees
Meg Downey	Anthony Lee	Luis Villafane
Wayne Erb	Colin McCloskey	Victoria Yates-Sparks



FAMILY AND MORALE, WELFARE & RECREATION

NFL Pro bowlers interact with APG troops via VTC NFL Legends VTC chat open to public Feb. 4

Story and photo by
YVONNE JOHNSON
APG News

The public is invited to a video teleconference chat with NFL legends participating in the 5th NFL Super Bowl Celebrity Bowling Classic near Tampa, Fla. Hosted by football and bowling hall of famer Lynn Swann the event will be held 6:45 to 8:15 p.m. Thursday, Feb. 4 at the Aberdeen Area Recreation Center. This event is free and open to the public. Legendary NFL stars and hall of famers confirmed to participate in the celebrity bowling classic include Hank Bauer, Marlin Briscoe, Keith Byars, Richard Dent, Rodney Hampton, Reggie Haynes, Thomas "Hollywood" Henderson, Fred Williamson, and more.

This will be the second VTC event with professional athletes at APG. Several players from the National Football League took time out from preparing for the Pro Bowl to chat with Aberdeen Proving Ground service members during a video teleconference at the Aberdeen Area Recreation Center Jan. 29.

Champions 4 Champions, an organization led by Charles "Coach" Hatcher, a Washington, D.C. radio show host, coordinated with the APG Team to host the troop morale program. Soldiers, Marines and Airmen from around the installation participated in the event which ran for about 90 minutes in the center's ballroom.

During the Jan. 29 event, APG troops gathered before a split screen that showed live images from Miami on one side and the gathered troops on the other. Most of the Pro Bowlers were gathering off-screen for team photos and more than 20 came over to chat with the troops when they were done.

Participants said they enjoyed the experience.



Aberdeen Proving Ground Soldiers, Marines and Airmen chat with NFL running back Adrian Peterson, defensive end Jared Allen and special teamer Heath Farwell of the Minnesota Vikings during a video teleconference hosted by Morale, Welfare and Recreation and the Champions 4 Champions troop morale program at the Aberdeen Area Recreation Center Jan. 29.

"They were awesome," said Tech. Sgt. Tim Newcomb of the U.S. Air Force Detachment, after chatting with strong safety Brian Dawkins and outside linebacker Elvis Dumervil of the Denver Broncos.

"I just congratulated them on their season and asked what they would change for next year," he said. "I'm a Broncos fan so I was glad to be able to talk to those two."

"I loved it," said Pfc. Bradley Godtel, Company A 16th Ordnance Battalion. "I never got the chance to talk to an NFL player before. I didn't ask any questions, I was too nervous. I didn't know them all but I know Donovan McNabb and I can't wait to tell all my friends."

Terry Allen, a recreation program manager said he got to ask James Harrison of the Pittsburgh Steelers what adjustments the team should make on defense.

"He said they just had to tighten up and stop making mistakes," Allen said.

"I wasn't sure what to expect today but it was awesome to actually have a conversation with them."

"It was nice to talk to members of another service," added Pvt. Jeffrey Quota, U.S. Marine Corps Detachment. "We all serve our country," he added. "We're the defenders and they're the entertainers."

The Pro Bowl was played in Land Shark Stadium in Miami, Fla. Jan. 31. The American Football Conference defeated the National Football Conference, 41-34.

The following NFL players interacted with APG troops during the Champions 4 Champions VTC Jan. 29:

- Vince Young, quarterback, Tennessee
- Chris Johnson, running back, Tennessee
- Chad Ochocinco, wide receiver, Cincinnati
- Jake Long, tackle, Miami
- Joe Thomas, tackle, Cleveland
- Kris Dielman, guard, San Diego

- Kyle Vanden Bosch, defensive end, Tennessee
- Shaun Ellis, defensive end, N.Y. Jets
- Elvis Dumervil, outside linebacker, Denver

- James Harrison, outside linebacker, Pittsburgh
- LaMar Woodley, outside linebacker, Pittsburgh

- Brian Dawkins, strong safety, Denver
- Donovan McNabb, quarterback, Philadelphia

- Aaron Rodgers, quarterback, Green Bay
- Adrian Peterson, running back, Minnesota

- Frank Gore, running back, San Francisco
- Vernon Davis, tight end, San Francisco
- Jared Allen, defensive end, Minnesota
- Justin Smith, interior lineman, San Francisco

- Andy Lee, punter, San Francisco
- David Akers, place kicker, Philadelphia
- Heath Farwell, special teamer, Minnesota

- Wade Phillips, coach, Dallas Cowboys

Champions 4 Champions is a cadre of retired sports legends and celebrity athletes that are committed to positively impacting the lives of underprivileged youth and supporting American troops and their Families. The Champions 4 Champions Troop Morale Program enables Soldiers to interact with sports celebrity athletes, dignitaries and loved ones using video collaboration technology.

It also provides access to Morale, Welfare and Recreation events, such as celebrity appearances, to deployed service members. Charles "Coach" Hatcher, the founder of C4C, is the host and executive producer of the remote broadcast sports radio show 'Sports Inside and Out.' A Navy veteran and lifelong athlete and motivational speaker, Hatcher is the step-father of NBA stars Dominique and Gerald Wilkins.

Activities/Events

Broadway Across America

To purchase advanced tickets for shows at the Hippodrome Theater in Baltimore, Warner Theatre in Washington, D.C., or at the Chrysler Hall in Norfolk, Va., please follow these steps:

Based on the theater's location, visit the appropriate website:

Baltimore: <https://oss.ticketmaster.com/html/go.htm?l=EN&t=baabal&o=62101240&g=448>

Washington: <https://oss.ticketmaster.com/html/go.htm?l=EN&t=baawdcmem&o=62101240&g=449>

Norfolk: <https://oss.ticketmaster.com/html/go.htm?l=EN&t=baanor&o=62101240&g=450>

After selecting a show, click on BUY TICKETS. Enter the password 105MWRAPGMD, then create a new account or log into an existing one. After choosing number of tickets, follow on-screen prompts to check out.

Tickets are offered for a limited time.

Check the website frequently for prices, show times, dates, seat availability, and expiration date.

For more information, call FMWR Leisure Travel Services at the Recreation Center, building 3326, 410-278-4011 or 4907 or email APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Experience the Cherry Blossom Festival

MWR Leisure Travel Office offers a trip to Washington, D.C. for the annual Cherry Blossom Festival and fireworks show April 3.

The National Cherry Blossom Festival is an annual event that celebrates springtime in Washington, D.C., as well as the 1912 gift of the cherry blossom trees and the enduring friendship between the people of the United States and Japan.

Come to the Southwest Waterfront at 5 p.m. as the Washington Waterfront Association kicks off the fifth annual Prelude to the Fireworks, which is a free three-hour festi-

val of Family entertainment that includes live musical performances, kids' craft activities, cuisine from local restaurants, and special guest appearances for the kids to enjoy. At 8:30 p.m. all eyes will head toward the sky for a spectacular fireworks display. The fireworks will occur rain or shine. Space is limited; Reserve your seats today.

Cost of the trip is \$25 per person and includes roundtrip bus transportation. The bus will depart APG at noon and return at midnight.

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

Racquetball Tournament

Register now for the Racquetball Tournament that begins Feb. 10. Registration is free. Participants should register by phone or in person by Feb. 8 at the APG Athletic Center, building 3300 or Hoyle

Gymnasium, building E4210. Matches will be scheduled 5 to 7 p.m. with singles and doubles play. Participants may only sign up for one singles event.

Categories include novice, open and masters (45 years of age and over).

Awards will be presented for first and second place in each category. This event is open to all eligible FMWR patrons.

For more information, call Rosita Stewart, 410-278-7933 e-mail rosita.c.stewart@us.army.mil.

Scrapbooking crop Feb. 20

The Civilian Welfare Fund will sponsor a Scrapbooking crop for seasonal scrapbookers or anyone who has always wanted to try it. "Crop Till You Drop" will be held 9 a.m. to 5 p.m. 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.

For more information, call Patti Harkins, 410-273-2075.

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.

Beginner Tae Kwon Do School

Join the Unity Tae Kwon Do School of Martial Arts at APG. Tae Kwon Do promotes discipline, as well as muscle toning and conditioning. Beginner Tae Kwon Do classes will be held for ages 6 to 14 at Child, Youth and School Services, building 2522, 6 p.m. to 7 p.m., March 8 through 31; April 12 through May 5; and May 10 through June 7. Cost is \$65 per student per four week session or \$150 per student for a 12 week session. Students must wear a white T-shirt and sweat pants. Class size is limited so register early.

Classes will be taught by instructor U.S.K.B.A. Fighter Kyo Sa Nim Sean Williams.

Toddler Art

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

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

Cost is \$70 per student.

Tae Kwon Do

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

Classes will be held at the Child,

Youth and School Services building 2522, through March 3, 6 to 7 p.m. for ages 6 to 14. Cost is \$65 per student for a one-month session or \$150 per student for a three-month session.

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

Class size is limited so register early.

Private Piano Lessons

SKIES Unlimited private piano lessons will be given for ages 4 to 18, 3:30 to 6:30 p.m., on Tuesdays or Fridays, April 13 through May 21. Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Parents choose which time frame session they want to sign-up for when they register their child.

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

Basic arts and crafts class

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

Children will learn about the art of other cultures and famous artists. They will explore art techniques, processes and mediums through a variety of activ-

ities, including painting, drawing, printmaking and paper mache.

Cost is \$100 per student for 10 weeks.

Free babysitting course

Become a certified babysitter after taking the free 4-H/Army Child, Youth and School Services babysitting class for ages 13 to 18.

The class will be held 9 a.m. to 3 p.m., April 5 and 6, at the Aberdeen Area Child, Youth and School Services, building 2522. The objective is to familiarize participants with the responsibilities of babysitting.

Class is open to all DoD ID card holders.

February bowling specials

Valentine's Tournament Feb. 13 and 14

The Bowling Center will hold a Valentine's Tournament Feb. 13 and 14. There will be no open bowling until after 8 p.m. Feb. 13 and no bowling Feb. 14.

Bowling specials

• Early bird special: Bowl 7 to 10 a.m. for \$.50 per game. Shoe rental

costs \$2.

• Each Friday, 9:30 to 11 p.m., bowl one game and receive one game free. Cost of shoe rental not included.

The Bowling Center has started a 5:30 p.m. Monday night bowling league open to all interested bowlers and non-bowlers as well. Anyone interested in joining should call 410-278-4041.

Call for availability of lanes on discounted days and hours.

APG Bowling Center Snack Bar specials

Building 2342

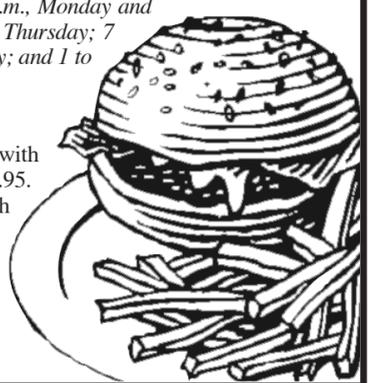
The Bowling Center hours are 7 a.m. to 3 p.m., Monday and Tuesday; 7 a.m. to 10 p.m., Wednesday and Thursday; 7 a.m. to 11 p.m., Friday; 1 to 11 p.m., Saturday; and 1 to 6 p.m., Sunday.

Week of Feb. 1

Special #1: Double bacon cheeseburger with French fries, cookie and regular soda for \$7.95.

Special #2: Tuna salad sandwich with potato chips, cookie and regular 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.



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.