

## POST SHORTS

### Recycling schedule

The recycling pickup for Wednesday, Dec. 25, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



### Holiday gate closures

At 8 p.m., Dec. 24, the Harford Gate, or Route 22, in the Aberdeen Area and the Wise Road Gate, or Edgewood Road, in the Edgewood Area, will be closed for the holiday and will reopen at 4 a.m., Dec. 26.

### Holiday closures

The Edgewood Area Re-Nu-It Center/Self-Help, building E-5185, will be closed Dec. 23 through Jan. 7. Operations will resume on Jan. 8.

The laundry services area, building E-5185, will be closed from Dec. 23 to Jan. 3. Linen services will resume as normal on Jan. 6.

The Walter Reed Army Medical Center Shuttle will not be operating during the period Dec. 20 through Jan. 5. The run will resume on Jan. 6. The Aberdeen Area Motor Pool, building 5256, will be closed on Dec. 26.

### Equipment center offers specials, changes hours

Two holiday specials being offered allow customers to rent skis on Dec. 23 and return them on Dec. 26 for the \$14 one-day fee, and rent anything on Dec. 30 and return it on Jan. 2 for the cost of a one-day rental fee.

New hours for the Outdoor Recreation's Equipment Resource Center begin Jan. 6. The center will operate Monday through Wednesday, 10 a.m. to 5 p.m.; Thursday and Friday, 10 a.m. to 6 p.m.; and Saturday, 9 a.m. to 3 p.m. The center will be closed Sundays and federal holidays.

Due to the center being closed on Sunday, the one-day rental for Saturday pickup and return on Sunday is no longer available. A new special reduced rate for Saturday and Sunday equipment rental is a day and a half rate. Customers can still rent equipment on Saturday for Sunday and bring the equipment back Monday for a one-day fee.

For more information, call Wayne L. Doyel, program manager Outdoor Recreation, building 2407, 410-278-5789 or DSN 298-5789, 410-278-4124. Fax to 410-278-4160, or e-mail wayne.doyel@usag.apg.ar

See SHORTS, page 3

## Holiday concert offers musical mixture



Chief Warrant Officer 4 Jerry Standridge, commander of the 389th Army Band (AMC's Own), conducts the audience through a medley of holiday sing-along songs at the conclusion of the holiday concert held Dec. 10 at the Post Theater.

Story and photos by Yvonne Johnson  
APG News

Offering a musical mixture of holiday favorites, the 389th Army Band (AMC's Own) made a triumphant return with its annual Holiday Concert after skipping a year due to the events following Sept. 11, 2001.

Chief Warrant Officer 4 Jerry Standridge, band director, and Sgt. Maj. Donald Lloyd, band sergeant major, led their final holiday concerts on APG.

Standridge is being reassigned to Virginia in the spring, and Lloyd is retiring after 26 years of service.

Standridge said it felt "good and sad at the same time" to resume the concert at Aberdeen.

"Basically, I hate to leave all these great soldiers," Standridge said. "It's just been totally fulfilling for me to lead such great talent."

He added that it also was good to have the choir back.

"Chuck Braungard has done an excellent job training them," he said. "He's an outstanding musical educator."

See CONCERT, page 2

## Remembering deployed service members is focus of EA tree lighting

Story and photo by Yvonne Johnson  
APG News

The holiday season was officially welcomed to the Edgewood Area Sunday evening with a festive tree-lighting ceremony that was highlighted by sobering thoughts of those deployed in the defense of freedom.

Maj. Gen. John C. Doesburg, commander of Aberdeen Proving Ground and the U.S. Army Soldier and Biological Chemical Command and Garrison Command Sgt. Maj. Ronald Stallings led

the ceremony.

Addressing the soldiers of the 143rd Ordnance Battalion who were joined by area residents and guests, Doesburg asked that all remember the reason for the season.

"Family, giving and caring and peace on earth is the message of the season," Doesburg said.

He asked the soldiers departing on Exodus leave to "think safety."

"We need you back and this

great Army needs you back," he said.

"Remember all the service members deployed around the world," he added. "Next year, 143rd soldiers gathered here may be thinking about you."

The 389th Army Band (AMC's Own) Brass Quintet provided music for the ceremony and Maj. Lou Anne Maddox, 143rd executive officer, led the singing of holiday carols while the assembly awaited the arrival of the guest

of honor, Jolly Old St. Nicholas.

Arriving on an EA fire department engine, Mr. and Mrs. Claus greeted the soldiers and passed out candy to the children in the audience.

Stallings, who is celebrating his final holiday with the command before his retirement next year, said the event went well. Commenting on the many years he spent in the area as a first sergeant and as the battalion commander, he said he was

glad the holiday festivities concluded on the area.

"I'm glad it ended for me here," Stallings said. "Edgewood and the 143rd are near and dear to my heart."

"It was good to see all the soldiers singing and happy to go home," said Col. Paul Meredith, 61st Ordnance Brigade commander and Stallings' former battalion commander. "We just want to see these soldiers enjoy the season and return safely."



Santa takes time to reward members of the 389th Army Band (AMC's Own) with candy canes during the Edgewood Area tree lighting ceremony Dec. 15. Pictured in a semi-circle from left, Sgt. Justin Searle, Spc. Joe Heaton, Sgt. 1st Class Bryan Simpson, Spcs. Trevor Hartley and Lucas Ketelsen.

## Installation watch card

Awareness is key! Everyone is a sensor.

### Do observe and report:

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around installation.
- Any possible compromise of sensitive information.

### Do not:

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss force protection measures, capabilities, or posture.
- Disclose any information related to unit deployments.

### Report any suspicious activity immediately to APG Police:

Aberdeen Area 410-306-2222  
Edgewood Area 410-436-2222  
Your call may save lives!

## ISSUE HIGHLIGHTS

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Army News

## APG lights up the night with holiday cheer

Sonya P. Reynolds  
APG News

The Aberdeen Proving Ground tree lighting ceremony for the Aberdeen Area was held Dec. 8, in front of the Post Library. Col. Mardi U. Mark, APG garrison and deputy installation commander, hosted the ceremony.

Mark commented on how good it was to see so many family members present.

"It's great to see so many family members out here tonight," Mark said. "It really makes it a community effort."

Following the invocation, Mark introduced Maj. Gen. John C. Doesburg, APG installation commander, as the guest speaker. He opened by wishing all a Merry Christmas.

He referred to the ceremony

as the beginning of the holiday season and said that all should be thankful for being able to attend.

"I say thanks to this great nation of ours, for all its trials and tribulations, for it's time of war, to the great Army and the great Marine Corps that we have so that we can be here tonight and watch the tree being lit," Doesburg said.

"Around the world tonight and for the next few years, there will be soldiers and Marines who won't have an opportunity to participate in a tree lighting ceremony."

He asked that as the event moves forward, to remember those that aren't afforded the opportunity.

"It's a night to celebrate and it is also a night to remember those who serve this great nation of ours and also remember that next year at this time, you in fact, may be on our nation's frontier," Doesburg said.

He expressed appreciation to the 389th Army Band (AMC's Own) Brass Quintet, which played several musical selections.

Doesburg told the soldiers and Marines to put safety first, on the journey home.

"As you all head home, having fun, visiting your family, I want you to remember to be safe, because it's important to us to have you back," Doesburg said.

## Support our troops

### DoD

With the holidays approaching, thousands of Americans are again asking what they can do to show their support for service members, especially those serving overseas in this time of war. Below are Web sites for several organizations that are sponsoring programs for members of the Armed Forces overseas. While it would be inappropriate for the Department to endorse any specifically, service members do value and appreciate such expressions of support:

Donate a calling card to help keep service members in

touch with their families at Operation Uplink at <http://www.operationuplink.org/>.

Send a greeting via e-mail through Operation Dear Abby at <http://anyservice-member.navy.mil/> or <http://www.OperationDearAbby.net>.

Sign a virtual thank you card at the Defend America Web site at <http://www.defendamerica.mil/nmam.html>.

Make a donation to one of the military relief societies:

Army Emergency Relief at <http://www.aerhq.org/>

Navy/Marine Relief Society at <http://www.nmcrs.org/>

See SUPPORT, page 9



Photo by CINDY KRONMAN  
1st Lt. Mark A. Samman, detachment commander and adjutant, U.S. Army Medical Research Institute of Chemical Defense, receives the unit flag from Col. James A. Romano, commander, MRICD, Nov. 21.

# MRICD welcomes new detachment commander and adjutant

**Cindy Kronman**  
MRICD

On Nov. 21, 1st Lt. Mark A. Samman assumed the duties of detachment commander and adjutant of the U.S. Army Medical Research Institute of Chemical Defense.

MRICD's training noncommissioned officer, Sgt. 1st Class Marc Schenker presided over the traditional ceremony, and Staff Sgt. James L. Mitchell, and Spcs. Mark A. Smith, Jonathan F. Montes and Nicole S. Washington served as the institute's color guard.

Samman succeeds Capt. Eric G. Midboe, who was the latest of MRICD's scientist-soldiers to take on the unit's administrative duties. Midboe had been in the position since July 2002 and leaves MRICD to become a product manager at the U.S. Army Medical Materiel Development Activity at Fort Detrick.

"Over the past three years, we've asked three of our scientific officers to take on these additional administrative duties, and they have stepped up to the task," said Col. James A. Romano, commander, MRICD. "I am very grateful and appreciative of their efforts."

Romano also thanked the institute's chief medical NCOs and Adjutant Branch staff for their assistance and support to the scientific officers who filled in as the unit's detachment commander.

He especially commended Midboe for his commitment to the unit while maintaining his scientific productivity. Romano welcomed Samman to the institute, saying that they were "extra happy to have him" after such an extended period of being without an administrative officer.

Midboe was awarded the Meritorious Service Medal and presented with the Commander's Coin in recognition of

his accomplishments.

"I am thankful of the opportunity to serve as commander," Midboe said. "Having been an enlisted soldier in the beginning of my Army career, I feel a real connection with the soldiers, and think of myself as a soldier first and a scientist second."

"I am glad," he said addressing the unit's soldiers, "that I was able to help many of you during my time serving as your detachment commander and adjutant."

Before the ceremony ended, the new detachment commander addressed the audience.

"I knew right away after meeting the unit that MRICD was the right professional organization for me," said Samman. "I am anxious to start working."

"I've already learned that it is not like my previous assignment," he added. "and, I'm looking forward to achieving the mission of MRICD."

Samman was commissioned as a second lieutenant from the University of Richmond in May 1999. After completing the Medical Service Corps Officer Basic Course in April 2000, he was assigned to the 1st Battalion, 34th Armor Regiment, 1st Brigade, 1st Infantry Division at Fort Riley, Kans. Samman served as the medical platoon leader from April 2000 to November 2002.

His awards and decorations include the Army Commendation Medal, the Army Achievement Medal with one Oak Leaf Cluster, the Armed Forces Expeditionary Medal, the National Defense Service Medal, and the Army Service Ribbon.

Samman has completed the Army's airborne school and has earned the Expert Field Medical Badge.

## Concert

From front page

Lloyd said his final tour has been memorable.

"I have been surrounded by outstanding musicians and vocalists," he said. "You don't find that everywhere you go."

The performance included instrumental and vocal selections by the band members, some of whom also arranged the music.

"Joy to the World," was arranged by Staff Sgt. Albert Sanchez who also sang "Have Yourself A Merry Little Christmas," and Spc. Heather Secora

sang "O Holy Night," arranged by Staff Sgt. Robert Bauerle.

In addition, Sgt. 1st Class Marla Robinson sang the lead in "Merry Christmas Darling" arranged by Sgt. 1st Class Bruce Malone and Staff Sgt. Dwayne Simmons sang the Stage Band medley of "Winter Wonderland," "This Christmas" and "Jingle Bells."

The Brass Quintet, Woodwind Quartet, Trombone Quintet and Jazz Combo also performed.

Guest performers included Joshua Vincill on saxophone, a former band member and current Army Reservist from Fort George G. Meade and Julia

Oliver, a clarinetist and former member of the Women's Army Corps Band.

The Aberdeen High School Choir, led by Chuck Braungard, choral director, augmented the program after a two-year absence. The choir performed the "Carol of the Bells," "Hanerot Halalu," a Jewish song for Hanukah, and closed the program with George Handel's "Hallelujah Chorus."

Diane Standridge was the program's narrator. She thanked all for coming and extended a wish for a safe holiday season on the band's behalf.



The Aberdeen High School Choir performs the Hallelujah Chorus from Handel's Messiah to end the Holiday Concert.



The Woodwind Quartet performs Tschaiakowsky's "Dance of the Reed Pipes" and "Dance Russe Trepak." From left, Staff Sgts. Crystal Niedzwiedek and Heather Van Beek, Sgt. Vicki Colquhoun, and Sgt. 1st Class Marla Robinson.



Sgt. Maj. Donald Lloyd performs a trumpet solo during the Stage Band's holiday medley of "Winter Wonderland," "This Christmas," and "Jingle Bells."

# 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: AMSSB-GIM, APG, MD 21005-5005, 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 opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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

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## POST SHORTS

my.-mil or outdoor.recreation@-usag.apg.--army.mil.

### Holiday refuse removal schedule

For the week of Dec. 23, refuse will be removed on Monday, Dec. 23, for Tuesday scheduled stops, and on Tuesday, for Wednesday scheduled stops.

There will be no trash pickup on Christmas Day. Thursday and Friday's pickups remain the same.

For the week of Dec. 30, refuse will be removed on Monday, Dec. 30 for Tuesday scheduled stops and Tuesday, for Wednesday scheduled stops.

There will be no trash pickup on New Year's Day. Thursday and Friday pickups remain the same.

There will be no trash pickup on New Year's Day. Thursday and Friday pickups remain the same.

### Vet Facility holiday hours

The APG Veterinary Treatment Facility will operate its normal hours 7:30 a.m. to 3:30 p.m., Monday through Friday, in December with the following exceptions:

Clinics will be held by appointment only on Dec. 13, 17 and 19. Appointment hours are between 9 a.m. and 3 p.m.

No clinics will be held after Dec. 19 until January 2003.

For appointment dates in January, customers may call after Dec. 27. The facility will be closed Dec. 24, 25, 31 and Jan. 1.

### University of Maryland University College to host EXCEL Orientation

Find out how to earn college credit for knowledge acquired in work and life experiences at an EXCEL (experiential learning) orientation Jan. 14, 4 to 6 p.m. in building 3146, located on the corner of Raritan Avenue and Bel Air Street on Aberdeen Proving Ground.

For information and to reserve a seat, call UMUC's APG office at 410-272-8269, or 410-278-4632.

### Family Child Care training in EA

Family Child Care training will be conducted Feb. 3 to 7 at the Edgewood Area Youth Services building. Applicants who are interested in providing home-based child care, especially infant care for those residing in the Edgewood Area, are encouraged to apply.

Being a professionally trained provider in a warm,

home environment offers many benefits such as self employment, free training in a marketable profession, transferable credit to Army installations world wide, free use of the lending library, free referrals by Central Registry, free monthly newsletter, free workshops (nutrition, health, child development, safety, CPR, taxes), participation in the National CDA credential program and participation in the USDA food program.

For more information, call the FCC Office, 410-278-7477/8720/9832.

### Have you updated your DEERS information?

DEERS beneficiaries are reminded to update information whenever beneficiaries face a life change, e.g., new baby, retirement, deployment, etc. Visit Web site [http://www.tricare.osd.mil/smart/deers\\_month.cfm](http://www.tricare.osd.mil/smart/deers_month.cfm) for more information.

### Classes offered to prevent cold injuries KUSAHC

Now that winter is coming, it is imperative that leaders counsel their personnel about cold weather injuries. Cold weather injuries are preventable.

Successful prevention requires vigorous command leadership and proper use of preventive measures. Prior planning, cold weather training, and the proper clothing and equipment are paramount.

Specific preventive measures include conserving body heat, avoiding unnecessary prolonged exposure to cold, moisture and activities favoring cold weather injury. Preventive Medicine and Wellness, Kirk U.S. Army Health Clinic, offers classes on cold injury prevention and awareness.

For information, contact 1st Lt. Parrie or Spec. Roberts at 410-278-1991/1956.

### WACVA 114T sells cookbooks

The Women's Army Corps Veterans Association Chesapeake Beacon Chapter 114T is selling cookbooks for \$12.50, plus shipping and handling, to offset expenses for their holiday charities for local veterans' hospitals.

To purchase a book, call Wanda Story at 410-272-5040, or e-mail her at [okiegirlmd@aol.com](mailto:okiegirlmd@aol.com).

## Fact of the Week



*The world is losing 70 acres of forest every minute.*

**-Trees for the Future**

### CWF ski trip to Seven Springs

The Civilian Welfare Fund is sponsoring a ski trip to Seven Springs, March 7 to 9.

Lodging at the Sheraton, in Greensburg, Pa., provides free HBO and cable television, a heated indoor pool, game room, exercise room, restaurant, lounge and live entertainment.

Also included is free shuttle service to Westmoreland Mall, two buffet breakfasts, two buffet dinners, along with midnight Italian pasta and salad on Saturday night.

There will be a welcome reception with tacos, followed by a "Pajama Party Jam" DJ Dance Party on Friday night; a happy hour on Saturday afternoon, featuring hot and cold appetizers; a "Dress to Impress" DJ Dance Party on Saturday night; and a "Mardi Gras" DJ Dance Party, with a Bloody Mary bar and spicy chicken wings on Sunday afternoon. Free rollerskating will also be offered on Sunday. Drinks at most functions are included in the package (alcoholic and non-alcoholic) for a total of 14 hours of open bar.

Skiers will receive one free beginner ski lesson at Seven Springs with the purchase of a lift ticket. Free shuttle service will be provided each day for skiing, shopping and other weekend activities. Rentals for skis, boots and poles are free for the weekend.

Prices are \$259 per person based on double occupancy, \$249 per person based on triple occupancy and \$229 per person based on quad occupancy. Children accompanied by two adults in a room are \$85 for ages 5 and under, and \$135 each for ages 6 to 12.

Charter bus transportation is included in cost.

A \$50 deposit is due upon reservation. Another deposit is due by Jan. 6, and final payment is due by Feb. 3.

For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

# Community Notes

## ABERDEEN COMMISSARY HOLIDAY SCHEDULE

**Christmas**  
 Dec. 23, 10 a.m. to 7 p.m.\*  
 Dec. 24, 8 a.m. to 4 p.m.  
 Dec. 25, closed  
 Dec. 26, closed (in lieu of Monday)  
 Dec. 27, 10 a.m. to 7 p.m.\*

**New Year's**  
 Dec. 30, 10 a.m. to 7 p.m.\*  
 Dec. 31, 9 a.m. to 7 p.m.\*  
 Jan. 1, closed  
 Jan. 2, 100 a.m. to 7 p.m.\*  
 \*Early Bird shopping

## THURSDAY DECEMBER 19 ASMC HOLIDAY PARTY

The American Society of Military Comptrollers, Chesapeake Chapter, will host its annual holiday party at Top of the Bay, Gunpowder Room, at 11:30 a.m.

The menu includes fried chicken, baked ham, beef tips ala burgundy, vegetables, salad, rolls, coffee and tea. Cost is \$12. There will be games, 50/50 raffle; door prizes and loads of fun. Donations for the adopted family will be accepted at the party. If interested in attending, contact an ASMC representative.

## SATURDAY DECEMBER 21 CHRISTMAS CANTATA

The Edgewood Baptist Church and the APG Post Chapel Church choirs invite the community to a performance of "With A Name Like His," a Christmas cantata, at 7 p.m. at the Edgewood Baptist Church, 422 Edgewood Road.

### STABLE MASS

A Stable Mass will be held at the Edgewood Area Post Stables. Participants will leave the Post Chapel at 6:30 p.m. proceeding to the stable while singing carols. Mass will begin at 7 p.m. and a hot chocolate social will be held at the chapel following Mass. All are welcome to attend this tradition of celebrating Mass among the animals in a manger, which was begun by Francis of Assisi in 1223 a.d.

## SATURDAY DECEMBER 21 VFW CHILDREN'S HOLIDAY PARTY

Charlton-Miller VFW Post 6054 will host a Children's

Holiday Party, from 1 to 3 p.m. featuring Santa Claus, refreshments, toys and games. For more information, call 410-272-3444.

## VFW HOLIDAY PARTY/AWARDS CEREMONY

Charlton-Miller VFW Post 6054 Christmas Party/Awards Ceremony will be held from 7 p.m. to 2 a.m. Social Hour begins at 7 p.m.; dinner at 8 p.m. and the awards ceremony at 9 p.m. Disco music will begin immediately after the ceremony. Dress to Impress--no jeans, boots or tennis shoes. Cost is \$10 per person, half price for members. For more information, call 410-272-3444.

## SUNDAY DECEMBER 22 CHRISTMAS CANTATA

The Edgewood Baptist Church and the APG Post Chapel Church Choirs invite the community to a performance of "With A Name Like His," a Christmas cantata, at 10:45 a.m. at the Edgewood Baptist Church, 422 Edgewood Road.

### CHRISTMAS PLAY

First Baptist Church of Aberdeen at 219 E. Bel Air Ave. presents "Hark! The Angels Sing" on Dec. 22 at 7 p.m. See the story of Jesus' birth as told through the eyes of angels. For information, call 410-272-2845.

## TUESDAY DECEMBER 24 CANDLELIGHT SERVICE

The public is invited to First Baptist Church of Aberdeen at 219 E. Bel Air

Ave. for a 6 p.m. Christmas Eve Candlelight Service.

## SUNDAY DECEMBER 29 HAVRE DE GRACE CHURCH TOUR

There will be a free, self-guided tour of historic Havre de Grace churches from 2 to 4 p.m. Churches include Havre de Grace United Methodist Church, St. John's Episcopal Church, Presbyterian Church of Havre de Grace, Zion Temple, First Baptist

Church, The Church of St. Patrick, First Christian Church and Christ the King Pentecostal Church.

Brochures are available at Tour Headquarters, Havre de Grace United Methodist Church located on 101 S. Union Ave., 410-939-2464; Havre de Grace Tourism Commission located on Pennington Avenue, 1-800-851-7756; and Discover Harford County Tourism Council located on 3 W. Bel Air Ave., Aberdeen, 1-800-997-2649.

## Gift wrap schedule at post exchange

Thursday, Dec. 19 - 9 a.m. to 9 p.m.  
 U.S. Air Force Detachment 1  
 Eileen DiCuirci, 410-272-5349

Friday, Dec. 20 - 9 a.m. to 9 p.m.  
 520th Theater Army Support Group, 9 a.m. to 3 p.m.  
 1st Sgt. David Zahn, 410-436-3647  
 Aberdeen TEENS Supreme Club, 3 to 9 p.m.  
 Norma Warwick, 410-278-4995

Saturday, Dec. 21 - 9 a.m. to 9 p.m.  
 Aberdeen TEENS Supreme Club, 9 a.m. to 3 p.m.  
 Edgewood TEENS Supreme Club, 3 to 9 p.m.  
 Norma Warwick, 410-278-4995

Sunday, Dec. 22 - 10 a.m. to 6 p.m.  
 Edgewood Area Youth Services Club Beyond  
 Sue Miedamer, 410-272-8421

Monday, Dec. 23 - 9 a.m. to 9 p.m.  
 4th Combat Engineer Battalion  
 Sarah Ortis-Brown, 410-272-604

Tuesday, Dec. 24 - 9 a.m. to 6 p.m.  
 Tech Escort Unit  
 Cindy Stein, 410-588-5866



Visit  
**APG News**  
 Online  
[www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil)

## MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50

Building 3245 Aberdeen Boulevard

### PUNCH-DRUNK LOVE

Friday, Dec. 20, 7 p.m.  
 Starring: Adam Sandler, Emily Watson



Barry is a quiet, shy, socially awkward man who undergoes a powerful transformation when Lena walks into his life with an instinctive attraction to him, a nonjudgmental attitude and unconditional love. (Rated R)

### I SPY (FREE ADMISSION)

Saturday, Dec. 21, 7 p.m.  
 Starring: Eddie Murphy, Owen Wilson



Based on the 1960s television series, "I Spy," Secret Agent Scott recruits World Class

Boxing Champion Kelly Robinson to help him recover the U.S. government's prototype spy plane. (Rated PG-13)

### THE RING

Saturday, Dec. 21, 9 p.m.

Starring: Naomi Watts, Chris Cooper



Rachel uncovers a strange videotape which may be to blame for the deaths of local teenagers. An urban legend says that whoever watches the tape will die after seven days. After she and her son watch the tape she realizes she's running out of time to uncover the secret of the ring. (Rated PG-13)

## POST CHAPELS HOLIDAY SCHEDULE

### Catholic

Rehearsal for Children's Christmas Pageant  
 Dec. 20, 6 p.m., EA  
 Confessions  
 Dec. 21, 4 p.m., AA  
 Stable Mass procession from chapel to stables  
 Dec. 21, 6:30 p.m., EA  
 Stable Mass (Post Stables)  
 Dec. 21, 7 p.m., EA  
 Hot Chocolate Social  
 Dec. 21, 8 p.m., EA  
 Confessions  
 Dec. 24, 4 p.m., EA

### FamilyMass/

Christmas Pageant  
 Dec. 24, 5 p.m., EA  
 Carols preceding  
 Midnight Mass  
 Dec. 24, 11:30 p.m., AA  
 Midnight Mass  
 Dec. 24, midnight, EA  
 Christmas Day Mass  
 Dec. 25, 10 a.m., AA  
 Christmas Day Mass  
 Dec. 25, 11 a.m., EA

Mary, Mother of God (Holy Day of Obligation) Mass  
 Dec. 31, 6 p.m., AA  
 Mary, Mother of God (Holy Day of Obligation) Mass  
 Jan. 1, 10 a.m., EA

### Protestant

Protestant Choir Cantata  
 Dec. 15, 10 a.m., AA  
 Cantata  
 Dec. 15, 5 p.m., Grove Presbyterian Church, 50 E. Bel Air Ave., Aberdeen  
 Candle Light Service  
 Dec. 24, 6 p.m., AA



# Preparing vehicles for winter conditions

*Courtesy of The National Institute for Automotive Excellence*

Mechanical failure-an inconvenience anytime it occurs-can be deadly in the winter. Preventive maintenance is a must.

A well maintained vehicle is more enjoyable to drive, will last longer, and could command a higher resale value.

Some of the following tips can be performed by any do-it-yourselfer; others require the skilled hands of an auto technician.

**Engine performance** - Get engine problems (hard starts, rough idling, stalling, diminished power, etc.) corrected at a good repair shop. Cold

weather makes existing problems worse. Replace dirty filters-air, fuel, PCV, etc.

**Fuel** - Put a bottle of fuel de-icer in your tank once a month to help keep moisture from freezing in the fuel line. Note that keeping the gas tanks filled prevents moisture from forming.

**Oil** - Change your oil and oil filter as specified in your manual- every 3,000 miles if your driving is mostly stop-and-go or consists of frequent short trips.

**Cooling systems** - The cooling system should be completely flushed and refilled

about every 24 months. The level, condition, and concentration of the coolant should be checked periodically. (A 50/50 mix of anti-freeze and water is usually recommended.)

Never remove the radiator cap until the engine has thoroughly cooled.

The tightness and condition of drive belts, clamps, and hoses should be checked by a pro.

**Windshield wipers** - Replace old blades. If the climate is harsh, purchase rubber-clad (winter) blades to fight ice build-up. Stock up on windshield washer solvent-you'll be surprised how much you use. Carry an ice-scraper.

**Heater/defroster** - The heater and defroster must be in good working condition for passenger comfort and driver visibility.

**Battery** - The only accurate way to detect a weak battery is with professional equipment. Routine care: Scrape away corrosion from posts and cable connections; clean all surfaces; re-tighten all connections. If battery caps are removable, check fluid level monthly. Avoid contact with corrosive deposits and battery acid. Wear eye protection and rubber gloves.

**Lights** - Inspect all lights

and bulbs; replace burned out bulbs; periodically clean road grime from all lenses. To prevent scratching, never use a dry rag.

**Exhaust system** - Vehicles should be placed on a lift and the exhaust system examined for leaks. The trunk and floor boards should be inspected for small holes. Exhaust fumes can be deadly.

**Tires** - Worn tires will be of little use in winter weather.

Examine tires for remaining tread life, uneven wearing, and cupping; check the sidewalls for cuts and nicks.

Check tire pressures once a month. Let the tires "cool down" before checking the pressure. Rotate as recommended.

Don't forget the spare, and be sure the jack is in good condition.

Carry emergency gear: gloves, boots, blankets, flares, a small shovel, sand or kitty litter, tire chains, and a flash light. Put a few "high-energy" snacks in the glove box.

For more information, contact the National Institute for Automotive Service Excellence at 13505 Dulles Technology Drive, Suite 2, Herndon, Virginia 20171-3421, or call 703-713-3800, or fax 703-713-0727.



## Keeping pets safe during the holidays

**Spc. Natalie Boykin**

*Veterinary Treatment Facility*

The rush of the holiday season may cause owners to forget the safety of their pets. Here are some reminders of hazards that can threaten the health of our furry friends.

### Plant safety

Certain holiday plants are very toxic to animals if ingested. Plants such as Poinsettias, Holly and Mistletoe berries are very toxic and can cause serious illness or death. Put them in a safe place, out of reach of cats or dogs.

### Tree tinsel

Christmas decorations such as tinsel can also cause serious injury. Cats are attracted to tinsel because it is shiny. It may be better for cat owners to use

garland. If using tinsel, place it out of reach on the higher branches of the tree.

### Tree water

If using a real tree, do not let pets drink the water used to keep it moist. The chemicals used to make the tree last longer are toxic to pets.

### Holiday treats

Keep all candies out of the reach of pets. Chocolate, particularly baker's chocolate can be toxic in high doses.

### Electrical cords

Check all extension cords to ensure your pet is not chewing on them.

Following these helpful hints may ensure a safe holiday all.



*Friendly, playful "Cezar" is a male domestic shorthair, from 1 to 2-years old, with a soft, gray coat, a white star on his chest and yellow eyes.*



*"Bat Girl" is a jet black, declawed feline who will do anything but scratch your back for you.*



*"Duchess" is a spayed tiger-striped domestic shorthair with a regal yet loveable personality.*

*These and other cats, kittens and dogs are available for adoption at the Veterinary Treatment Facility, building 2479. For more information, call 410-278-4604.*

*Photos by YVONNE JOHNSON*

# MWR Morale, Recreation & Welfare

## BOWLING STANDINGS

### BOWLING UPDATE

The APG Bowling Center will hold Red Head Pin bowling during the week of Jan. 7 to 10. Knock down a red head pin and win a free game of bowling.

A bowling intramural three-man team league will start Jan. 14 and run for 15 weeks. Cost for this league is \$5 per person per week. For more information, call Dave Brewner at 410-278-4041 or e-mail him at dave.brewner@usag.apg.army.mil.

#### Wednesday Night Mixed

John Brown, 202

#### High Men's Series Scratch

Tim Anderson, 668  
Ken Shoemaker, 611

#### Women's High Series Scratch

Betty Taylor, 312  
Rhonda Taylor, 273

#### High Men's Series with Handicap

Tim Anderson, 711  
Jesse Cons, 708

#### Women's High Game Scratch

Betty Taylor, 189  
Ronda Taylor, 153

#### Women's High Series Scratch

Kathy Anderson, 562  
Ann Thacker, 516

#### Men's High Game Scratch

Tim Anderson, 268  
Ken Shoemaker, 227

#### High Women's Series with handicap

Kathy Anderson, 705  
Sherry Cons, 693

#### Men's High Game Scratch with handicap

Tim Anderson, 282  
Stuart Thacker, 280

#### Men's High Game Scratch

Tim Anderson, 268  
Ken Shoemaker, 227

#### Women's High Game Scratch

Kathy Anderson, 227  
Ann Thacker, 185

#### Men's High Game Scratch with handicap

Tim Anderson, 282  
Stuart Thacker, 280

#### Women's High Game with handicap

Renee Johnson, 271  
Michele Betro, 269

#### Women's High Game Scratch

Kathy Anderson, 227  
Ann Thacker, 185

#### Friday Night Mixed

Richard Timple, 578  
Virgil Mills, 563

#### Women's High Game with handicap

Renee Johnson, 271  
Michele Betro, 269

#### High Men's Series Scratch

Richard Timple, 578  
Virgil Mills, 563

#### Men's High Series Scratch

Phillip Murphy, 748  
Cal Adams, 730

#### High Men's Series with handicap

Virgil Mills, 842  
Johnny Jones, 730

#### Men's High Game Scratch

Bill Morton, 276  
Cal Adams, 276

#### Women's High Series Scratch

Lucy Montanez, 493  
Tasha Taylor, 460

#### Women's High Series Scratch

Lucy Montanez, 816  
Shelly Burmeister, 718

#### High Women's Series with handicap

Vera Mills, 702  
Tahsa Taylor, 697

#### Women's High Game with handicap

Lucy Montanez, 293  
Shelly Burmeister, 289

#### Men's High Game Scratch

Virgil Mills, 211  
Richard Trimble, 198

#### Thursday Lunch League High Men's Series Scratch

John Brown, 371  
Bob Dowding, 349

#### Men's High Game Scratch with handicap

Virgil Mill, 295  
Eddie Sabina, 282

#### Men's High Game

Bob Dowding, 232

#### Women's High Game Scratch

Lucy Montanez, 199  
Ellen Hopkins, 169

#### Women's High Game with handicap

Ellen Hopkins, 270  
Lucy Montanez, 250

## APG SCHOOL LIAISON

### 'KIDS' OF HARFORD COUNTY

Copies of December's issue of *KIDS*, a resource for parents, are available at the School Liaison Office, building 2752, Room 200, plus a limited number of school guides for Harford County from the October issue. Visit their site at [www.harford-countykids.com](http://www.harford-countykids.com).

### BUILDING BLOCKS FOR CHILDREN'S READING

(Excerpt from *KIDS*, December 2002)

- Read aloud while they are infants or at the earliest age possible.

- Check local libraries for reading programs for the home.

- The more languages children hear, the more languages they will understand.

- Children develop at different rates.

- Read to children as long as possible.

- Have your child read to you when he or she is old enough.

- Read as a family each evening-no television, videos, radio, etc.

- Make it a big deal for your child to read after school and during the summer.

- Have your child participate in a book club at school or at the Youth Center.

- Show enthusiasm and praise their efforts.

### U.S. DEPARTMENT OF EDUCATION

The following booklets are available at the School Liaison/Youth Education Office, building 2752, Room 200: Reading Tips For Parents (English/Spanish), and Homework Tips For Parents (English/Spanish).

### CHOOSING BOOKS FOR CHILDREN

Many parents ask if there are any recommended reading lists for children. The answer is yes. First, check with your child's teacher. Next, visit a local Harford County library. They have a list of resources for parents in the Harford County Public Library system, which can help in selecting books for children to read.

Other resources can be found at Web sites:

[www.ala.org/alsc/newbery.html](http://www.ala.org/alsc/newbery.html), which features books from distinguished authors of children's literature.

[www.ala.org/alsc/caldecott.html](http://www.ala.org/alsc/caldecott.html), which lists American picture books for children).

### CHILDREN'S BOOK CLUB

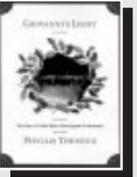
An adult volunteer is needed to conduct a Children's Book Club as an after-school activity, once a week, starting in January at the Aberdeen Youth Center. A program called, "Literature Circles" will be the format used. If interested, call Ivan Mehosky, School Liaison/Youth Education Office at 410-278-2857.

## LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m. \

### Giovanni's Light: A Christmas Fable.

A spirited Christmas story about a small American town where people learn how to stop hurrying and take time to celebrate.



*The Christmas Train* by David Baldacci



*Visions of Sugar Plums* by Janet Evanovich

*The Christmas Basket* by Debbie Macomber



*Esther's Gift* by Jan Karon

*Christmas Blessings: Poems and Prayers to Celebrate Christmas* edited by June Cotner



*A Peanuts Christmas* by Charles M. Schulz



The Edgewood Area library is open on Tuesday, 11:30 a.m. to 6:30 p.m. For information, call 410-436-3589.

To receive a complete listing of the library's new materials via e-mail and also reserve items electronically, call the library at 410-278-4991.

Classes will be held in the APG Athletic Center Jan. 6 to Feb. 3, 7 to 8 p.m. Cost is \$20. For more information, call Charles Heinsohn at 410-278-3868 or e-mail him at charles.heinsohn@usag.apg.army.mil.

### MLK basketball tournament

This post-level tournament open to everyone will use the Olympic format and 2003 NCAA rules will apply. All teams will play a minimum of three games. Register by Jan. 3 at MWR Registration or the APG Athletic Center.

Cost per team is \$300. Each team can have a maximum of 12 players and two coaches. Participants must be at least 18 years of age. The cost per team after Jan. 3 will be \$400.

For more information, call Stacie Umbarger at 410-278-3931 or e-mail her at stacie.umbarger@usag.apg.army.mil.

### Urban line dancing

Get in the groove and learn some fun basic dance steps in the latest dance craze all over the East Coast. Come out to the Recreation Center Jan. 8 to Feb. 26 to meet new friends and burn off those holiday pounds.

Classes will be held 7:15 to 8:15 p.m., and the cost is \$55. Register by Jan. 2 at MWR Registration, building 3326. For more information, call Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil.

### Ballroom dancing

Basic traditional American Ballroom Dance will be taught Jan. 9 to Feb. 27, 6:15 to 7:15 p.m., in the AA Recreation Center. The cost is \$55. Singles and couples are welcome. Register by Jan. 2 at MWR Registration, building 3326. For more information, call Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil.

# Activites

### Chess tournament

A four-week chess tournament will be held at the AA Recreation Center every Saturday starting Jan. 11. The tournament is for all age and skill levels. Prizes will be awarded at the end of the tournament. Cost is \$15 for ages 18 and older and \$10 for ages 17 and younger. Register by Jan. 6 at MWR Registration. For more information, call Charles Heinsohn at 410-278-3868 or e-mail him at charles.heinsohn@usag.apg.army.mil.

### Beginner racquetball class

Learn the knowledge and gain the ability to play and enjoy the game of racquetball. Learn how to select the proper equipment to use, the basic strategies, hitting techniques and much more.

# Christmas holiday schedule for MWR activities

Directorate of Community and Family Activities, Community and Recreation Division

Activity	Thursday Dec. 19	Friday Dec. 20	Saturday Dec. 21	Sunday Dec. 22	Monday Dec. 23	Tuesday Dec. 24	Thursday Dec. 26	Friday Dec. 27
Arts & Crafts AA	10 a.m. to 5 p.m.	10 a.m. to 7 p.m.	9 a.m. to 5 p.m.	Closed	Closed	Closed	Closed	Closed
Arts & Crafts EA	1 p.m. to 9 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	Closed	Closed	Closed	Closed	Closed
Athletic Center	5 a.m. to 6 p.m.	5 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	5 a.m. to 6 p.m.
Auto Crafts	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	Closed	Closed	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.
Bowling Center	11 a.m. to 10 p.m.	11 a.m. to 10 p.m.	1 p.m. to 10 p.m.	Closed	Closed	Closed	11 a.m. to 6 p.m.	11 a.m. to 10 p.m.
Equipment Rental Center	10 a.m. to 5 p.m.	10 a.m. to 7 p.m.	7 a.m. to 12 p.m.	7 a.m. to 12 p.m.	10 a.m. to 5 p.m.	Closed	10 a.m. to 5 p.m.	10 a.m. to 7 p.m.
Exton*	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 3:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.
Fitness Center AA	5:30 a.m. to 6 p.m.	5:30 a.m. to 1 p.m.	Closed	Closed	5:30 a.m. to 6 p.m.	5:30 to 10:30 a.m.	Closed	Closed
Fitness Center EA	5:30 a.m. to 6 p.m.	5:30 a.m. to 1 p.m.	Closed	Closed	5:30 a.m. to 6 p.m.	5:30 to 10:30 a.m.	Closed	Closed
Hoyle Gym	5 a.m. to 10 p.m.	5 a.m. to 10 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	5 a.m. to 6 p.m.
MWR Registration	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	Closed	Closed	9 a.m. to 5 p.m.	Closed	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.
Library AA	11:30 a.m. to 6:30 p.m.	Closed	1 p.m. to 5 p.m.	1 p.m. to 5 p.m.	11:30 a.m. to 6:30 p.m.	Closed	11:30 a.m. to 6:30 p.m.	Closed
Library EA	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Recreation Center AA	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	Closed	Closed	Closed	Closed	Closed	Closed
Snack Bar	11 a.m. to 1:30 p.m.	11 a.m. to 1:30 p.m.	Closed	Closed	Closed	Closed	Closed	Closed
Recreation Center EA	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Snack Bar	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Ruggles*	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 3:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.
Activity	Saturday Dec. 28	Sunday Dec. 29	Monday Dec. 30	Tuesday Dec. 31	Thursday Jan. 2	Friday Jan. 3	Saturday Jan. 4	Sunday Jan. 5
Arts & Crafts AA	Closed	Closed	Closed	Closed	10 a.m. to 5 p.m.	10 a.m. to 7 p.m.	9 a.m. to 5 p.m.	Closed
Arts & Crafts EA	Closed	Closed	Closed	Closed	1 to 9 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	Closed
Athletic Center	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	5 a.m. to 10 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.
Auto Crafts	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	Closed	Closed	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.
Bowling Center	1 to 10 p.m.	Closed	Closed	Closed	11 a.m. to 10 p.m.	11 a.m. to 10 p.m.	1 to 10 p.m.	12 to 6 p.m.
Equipment Rental Center	7 a.m. to 12 p.m.	7 a.m. to 12 p.m.	10 a.m. to 5 p.m.	Closed	10 a.m. to 5 p.m.	10 a.m. to 7 p.m.	7 a.m. to 12 p.m.	7 a.m. to 12 p.m.
Exton*	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 3:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.
Fitness Center AA	Closed	Closed	5:30 a.m. to 6 p.m.	5:30 a.m. to 1 p.m.	5:30 a.m. to 7 p.m.	5:30 a.m. to 6 p.m.	8 a.m. to 12 p.m.	Closed
Fitness Center EA	Closed	Closed	5:30 a.m. to 6 p.m.	5:30 a.m. to 1 p.m.	5:30 a.m. to 7 p.m.	5:30 a.m. to 6 p.m.	8 a.m. to 12 p.m.	Closed
Hoyle Gym	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	5 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.
MWR Registration	Closed	Closed	9 a.m. to 5 p.m.	Closed	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	Closed	Closed
Library AA	1 to 5 p.m.	1 to 5 p.m.	11:30 a.m. to 6:30 p.m.	Closed	11:30 a.m. to 6:30 p.m.	Closed	1 to 5 p.m.	1 p.m. to 5 p.m.
Library EA	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Recreation Center AA	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Snack Bar	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Recreation Center EA	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Snack Bar	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Ruggles*	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 3:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.

\*In event of inclement weather course will be closed and signs posted.

Note: All MWR activities are closed Christmas and New Year's Day.

# Preventing sports injuries while snow skiing

**Diana Settles**  
Navy Environmental Health Center

## Personal fitness

- When preparing for ski season, begin participating in activities specific to skiing, such as using the indoor ski machine and upper and lower body muscular fitness exercises. This will strengthen the connective tissue (muscle, bones, ligaments, and tendons) and will provide a good aerobic foundation -- decreased chances of injury occurrence during snow ski season.

- Pace yourself; don't do too much too soon when conditioning for ski season.

- Be aware of your personal fatigue level. Skiing injury rates peak in mid-afternoon to late afternoon; fatigue is a significant risk factor in skiing injuries.

- Beginner skiers or low ability skiers may be more susceptible to injury.

- Remember to warm-up

and stretch at least 5 to 10 minutes before skiing.

## Equipment

- Use equipment advantageous to injury prevention. The design and function of equipment contribute a great deal to the safety of skiing (multimode release bindings and modern midcalf-height boots).

- Note that research is suggesting that new aggressive double-poling and V-skating methods are leading to an increase in soft tissue and bony stress fractures.

- In Alpine skiing injuries, the ski-pole grip may cause an injury to the thumb. Those using a grip with a broad superior plate are more likely to obtain gamekeepers thumb (hyperextension/abduction injury to the thumb).

## Training, technique

- Avoid participation in high risk behaviors, - i.e.,

showing off, hot-shotting, etc. Stick to skiing as the singular sport you are participating in.

- The ski racing technique, when the pressure to the ski edge is applied posteriorly on the ski, offers less control and places the racer at increased risk for ACL ligament sprains.

- Lunging across the finish line while "sitting back on the tails" places the skier at risk and should be discouraged.

- For additional information on skiing conditioning and safety guidelines, contact a local Morale, Welfare and Recreation office trainer.

## Environment

- Be aware of the environment around you. Be cautious of the potential for avalanche. Be aware of potential environmental hazards such as trees, bushes, other skiers, etc.

- To prevent cold injuries such as hypothermia and frostbite, dress for the sport.

Layered clothing is recommended. Accessories such as glove liners, masks, etc. are also recommended for skiers.

- Alcohol consumption should be discouraged as it promotes heat loss.

- Liquid and nutrition replenishment is recommended to decrease exposure-related illness.

## NOTES:

- Most injuries in skiing are the result of a fall.

- Skiing fatalities most commonly occur due to heart attack, trauma to the head and neck, and hypothermia.

- A history of prior injury to an extremity indicates an increased risk of re-injury.

*(Editor's note: Diana Settles is the manager of Injury Prevention Physical Fitness Programs at the Navy Environmental Health Center, Norfolk, Va.)*



## Support

From front page

Air Force Aid Society at <http://www.afas.org/>

Coast Guard Mutual Assistance at <http://www.cg-mahq.org/>

Donate to "Operation USO Care Package" at <http://www.usometrodc.org/care.html>.

Support the American Red Cross Armed Forces Emergency Services at <http://www.redcross.org/services/afes/>.

Volunteer at a VA Hospital: <http://www.va.gov/vetsday/> to honor veterans who bore the lamp of freedom in past conflicts.

Reach out to military families in your community, especially those with a loved one overseas.

People are asked not to flood

the military mail system with letters, cards, and gifts.

Due to security concerns and transportation constraints, the Department cannot accept items to be mailed to "Any Servicemember: [http://www.defenselink.mil/news/Nov2001/b11282001\\_bt603-01.html](http://www.defenselink.mil/news/Nov2001/b11282001_bt603-01.html)."

Some people have tried to avoid this prohibition by sending large numbers of packages to an individual service member's address, which however well intentioned, clogs the mail and

causes unnecessary delays. The support and generosity of the American people has touched the lives of many service members, over 300,000 of who are deployed overseas.

## Tracking Santa's flight path

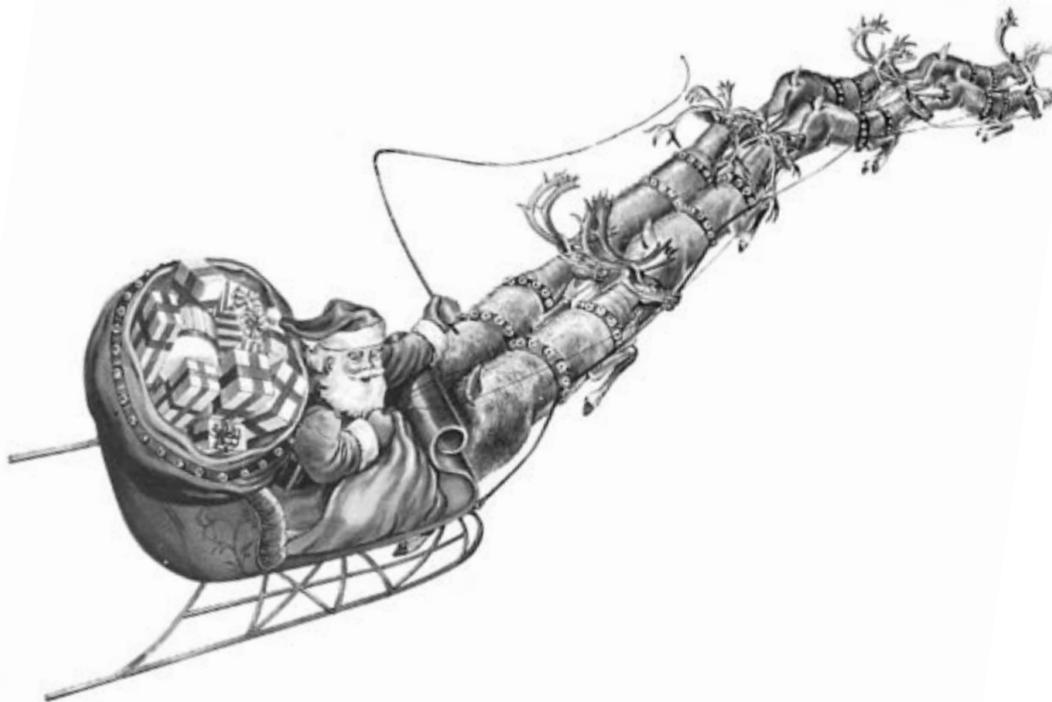
**Capt. Eric Shuler**  
Special contributor

Imagine that by accident the North American Air Defense Command, or NORAD, secret hotline number was published in newspapers as Santa's phone number. Many children called NORAD on Christmas Eve and asked, "where is Santa?"

This event actually happened in 1955 and a tradition was born at NORAD. In 1998, NORAD, Analytic Graphics Inc. and AOL teamed up to help track Santa for the world's children. On Christmas Eve, the Web site [NoradSanta.org](http://NoradSanta.org) has 25 Santa cams spread across the world. Your family can go to

the Web site and see the location of Santa. Prior to Christmas Eve anyone can log on to the Web site and learn more about Santa. The Web site lists the 25 cities where the Santa cams are located, an e-mail address for Santa, and a history of the Santa tracking program and much more.

The NORAD Santa hot line is 719-474-2111. NORAD advises that this number will be operation after 9 a.m. Eastern Standard Time (7 a.m. Mountain Standard Time) on Dec. 24.



### Holiday hours of operation for the Edgewood Chemical Stockpile Outreach Office

1011B Woodbridge Center Way • Edgewood, Maryland 21040

Dec. 23, 08:30 a.m. to 5 p.m.  
Dec. 24 and 25, closed  
Dec. 26 to 27, 8:30 a.m. to 5 p.m.  
Dec. 28 and 29, closed  
Dec 30, 8:30 a.m. to 5 p.m.  
Dec. 31, 8:30 a.m. to 12:30 p.m.  
Jan. 1, closed  
Jan. 2, 8:30 a.m. to 12:30 p.m.

For more information, call 410-676-6800

## Consider donating use or lose leave

### CPAC

As the leave year draws to an end on Jan. 6, many employees find themselves with annual leave they are unable to use. The Voluntary Leave Transfer Program, or VLTP, offers employees a means to transfer, or donate their annual leave to fellow employees with medical emergencies.

Donations may be made to any qualified federal

employee (a local list is printed every other week in the APG News).

To be eligible for donations a federal employee must have exhausted both their annual and sick leave balances in accordance with program guidelines.

In order to donate to a local employee, the donor must complete the OPM 630-A, Request to Donate Annual

Leave to Leave Recipient Under the Voluntary Leave Transfer Program, indicating the intended recipient and number of hours to be donated. This form is submitted through their supervisor to the Civilian Personnel Advisory Center.

To donate to a federal employee from an outside agency, the donor must complete an OPM Form 630-B,

Request to Donate Annual Leave to Leave Recipient (Outside Agency), under the leave transfer program.

By law, annual leave is the only leave allowable for transfer/donation (Title 5 Code of Federal Regulations, Part 630. Leave donations are not tax deductible.

In a leave year, a leave donor may donate no more than a total of one-half of the

amount of annual leave he or she would be entitled to accrue during the leave year in which the donation is made. The limitations on donating leave, as cited above, can be waived if the donor is a family member of the recipient. If employee is in the eight-hour leave accrual category, the maximum that can be donated is 104 hours; in the six-hour category, 78 hours; and in the

four-hour category, 52 hours.

Leave must be submitted by Jan. 6, 2003. If possible, submit the appropriate forms prior to the end of the leave year to ensure timely processing.

Completed forms may be faxed to 410-278-7877.

For more information, call Dave Mial, 410-278-1524 or e-mail [dave.mial@usag.apg.army.mil](mailto:dave.mial@usag.apg.army.mil).

## LEAVE DONATION

Employees eligible for donations in the Voluntary Leave Transfer Program are:

**Beginning immediately, the new forms to use for the Voluntary Leave Program are 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). Employees leaving the program should contact Dave Mial, 410-278-1524, to complete a termination form.**

Mary A Banaszak  
Fay Walker Banker  
(hip replacement)  
Mildred T. Becker (surgery)  
Marian Bellis  
(fracture of left tibia)  
Gretchen E. Blethen  
Robert J. Boonstoppel  
(surgery)  
Bonnie Bromley  
(liver transplant)  
Daniel Brown (father has emphysema)  
Tammy Budkey  
Jane E. Calahan (surgery)  
Patricia D. Choate  
Nancy Coleman-Jones  
(surgery)  
Tracy H Coliano-Hirsch  
(maternity)

Geraldine S. Cragg  
Dawn M. Crouse (surgery)  
Jessica L. Dang (maternity)  
Rene de Pontbriand  
Tricia Lin Dietz  
Fred Dill  
Joseph R. Dugan  
Messina Enderlein  
Wayne Erb (wife is ill)  
Patty Gibson  
Edgar W. Greer  
Michael L. Hitchcock  
(surgery)  
Fern L. Hitchcock (surgery)  
Melanie A. Hoffman  
(parasinusitis, fibromyalgia condition)  
Stephen Howard (bone marrow transplant)  
Theresa L. Hutchins

Wayne A. Jaynes  
Evelyn K. Johnson  
(surgery)  
Marcia Johnson  
(caregiver for daughter)  
Marlin Julian  
(heart surgery)  
Mary B. Kane  
(surgery on leg)  
Jennifer Keetley  
(mater-nity)  
Beverly King  
(caring for husband)  
William Klein  
Anita L. Koller  
(care for husband)  
Carrie L. Lambert  
Angela R. Little (neck and shoulder injury)  
William B. McLean

(kidney failure)  
Stacy Miller (maternity)  
Michelle Millary  
(taking care of father)  
John E. Mogan (surgery)  
Calvin E. Peake  
Cecil Pennington (surgery)  
Karen S Pense  
Mary E. Pettitway  
Linda M. D. Queen  
Barbara Carol Remines  
(surgery)  
Michael Reynolds  
Boyd J. Richards  
(care of mother)  
Denise Robinson  
(mater-nity)  
Ricky Ross (heart attack)  
Allan Scarborough  
(back surgery)

Jennifer W. Sekowski  
Sherry Schaffer  
Diane Scott  
Lena Shelton  
Teresa L. Shores  
Motoko Stahl  
Colvin J. Strickler II  
Rachel Swearingen  
Walter J Swiderski  
Hilary P. Talbot  
Jorta J. Thomas-Murcia  
(surgery)  
Gale L. Thompson  
(surgery)  
Alison Tichenor (surgery)  
Susan J. Townsend  
(surgery)  
Sandra M. Wachter  
(surgery)  
Rosalind Walters-Kenion

(maternity)  
Cecelia Walton (respiratory problems)  
Michelle L. Watters  
Beverly A. Werner (surgery)  
Michael R. Willard  
Charles Young (kidney and pancreas transplant)  
Ludilina O. Valarao  
(surgery)  
Andrew M. Vaught (brain tumor removed)  
Wanda L. Waldon (surgery)  
\*Colleen Waller  
Josephine O. Wojciechowski  
(care for elderly parents)



# Army News



## Spouse job summit explores corporate partnerships

**Victoria Palmer**  
Army News Service

Army spouses told corporate executives Dec. 5 that supporting their partners' military career often means sacrificing their own.

"In helping my husband become successful, I feel at times that I have to give up my dream," Amy Rossi said. "When you frequently move, it's difficult to find employers you'd like to work for, especially when in a new area without a network of support such as friends and family."

Rossi, the Fort Drum Employment Readiness Program manager, was one of four soldiers' spouses who shared personal vignettes about their careers to open the Army Spouse Employment Summit working session in Arlington, Va.

Representatives from 16 corporations were among those who attended the summit, coordinated by the U.S. Army Community and Family Support Center as a follow-on to the chief of staff of the Army's "Investment in America" meeting at the

United States Military Academy, West Point in June 2002.

The Summit began with a welcome reception and dinner for the senior executives at which Army Chief of Staff Gen. Eric K. Shinseki highlighted the qualities and values Army spouses bring to the workplace.

The Army, Department of Defense and Congress place great importance on increasing military spouse employment as a national objective in order to improve the retention of military personnel, said summit officials. The National Defense Authorization Act of 2002 directed DoD to examine existing spouse employment programs with the goal of improving retention of service members by increasing the employability of their spouses.

"We are attempting to develop partnerships with Fortune 500 companies in close proximity to military installations," said Delores Johnson, Family Programs director at CFSC. "This is a win-win for every-

body," Johnson said. "It's practical and realistic. These are companies located outside of our gates."

The summit charter included exploring ways to develop collaborative relationships between corporations and existing Army spouse employment resources, creating awareness in corporate America of the professional attributes of Army spouses, and expanding training and employment opportunities for spouses.

"I'm hoping we can form a partnership between businesses and the spouses that will work for both," Rossi told the gathered corporate representatives at the conclusion of her remarks. "You are going to have a ready work force, and we may have career opportunities."

Attendees met in breakout groups to define elements of an ideal partnership, identify and define critical issues, and develop guiding principles and action items.

"It was a combination of brain storming and action plan-

ning," said Johnson. "The corporations learned as much about [the Army] as we learned about them. There was just so much energy, trying to figure out how to expand opportunities, develop skill banks, trying to sort what the next steps will be."

The summit was also an opportunity to educate companies as to how partnering with this Army-wide endeavor offers the opportunity to effectively have a human resource person at each installation through the Army Community Service ERP counselors, said one summit official. The ERP is the Army's spouse employment program; it offers assistance to any spouse wanting to develop a career or become employed.

At the end of the day, four representatives briefed what each group had identified as goals, action items and barriers to CFSC Commander Brig. Gen. Robert L. Decker.

Key actions included integrating a Web-based application into the process, using

existing resources, keeping the plan simple and easy to execute, and developing a self-sustaining infrastructure.

"This is great—just this brief alone exceeded some expectations," Decker said. "I knew this was a high-performing group, but this was unbelievable in all ways," he said.

"What we've done is outline a methodology or strategy," said retired Maj. Gen. Frank L. Miller Jr., vice president, Government Operations and Services, Dell Computer Corporation, one of the briefers. "Our next session in February will be the yardstick that says we made progress."

"It's more than just good business," Miller continued. "All corporations have to be socially responsible. I think part of social responsibility is where you have the opportunity to make a capital investment in our customers. That is what this is all about—ensuring we are making a capital investment to a singularly special group of people that protect our nation." Many military members

make retention decisions based on their families' financial stability, officials said. Approximately 55 percent of Army spouses who are in the workforce contribute between 20 to 40 percent of their family's income.

Army spouses often face unique employment challenges posed by frequent moves, which make it difficult to sustain a career, officials said. They added that some spouses also face limited employment opportunities and transportation at geographically isolated installations, and no off-post job opportunities at remote overseas locations.

The Employment Readiness Program is an activity of the U.S. Army Community and Family Support Center in Alexandria, Va., the headquarters Department of the Army agency responsible for Morale, Welfare, and Recreation, including family programs. Additional information is available at [www.armymwr.com](http://www.armymwr.com). (Editor's note: Victoria Palmer is a member of CFSC Public Affairs.)

## Cold snap reminds commanders to protect soldiers training in winter months

**Jim Caldwell**  
Army News Service

The cold spell that hit several southern states Dec. 4 and 5 raised concerns for the welfare of soldiers in training.

"I don't think our training base has seen weather like this for some time," said Col. Bernard DeKoning, surgeon for the Army's Training and Doctrine Command. "We're looking at an unseasonably cold winter following an unseasonably hot summer."

Cold injuries can hospitalize soldiers, but the good news is that they're rarely fatal. The exception is hypothermia, when the core body temperature drops below 95 degrees Fahrenheit, or 35 degrees Centigrade.

Another life threatening condition during winter is carbon monoxide poisoning, caused by faulty heaters in "heat tents" or confined spaces.

"We still have the potential for serious injury from carbon monoxide poisoning if the

right kind of stove isn't used," said Dave Prentice, TRADOC Safety Office. "The stove used in the heat tent or other indoor areas must be an Army-approved, vented stove."

"Unless you're dealing with hypothermia or carbon monoxide poisoning, when you drag someone out of the water, cold injuries rarely result in fatalities," DeKoning said.

A heat tent is one of the precautions taken when soldiers are training outdoors. One approach is to allow soldiers to warm in a "heat tent." Ironically, some winter injuries occur in the heat tents.

Winter weather actually offers significant advantages over hot summer temperatures, Prentice said. But he added that soldiers still must maintain their fluid and food consumption, along with approved winter clothing.

"In winter, you can put on enough clothes to keep you warm," Prentice said. "In sum-

mer you have the heat risk factor, no matter how few clothes you wear."

Safety approaches in cold weather do not necessarily mean that cold is the reverse of heat, DeKoning said. However, some approaches are opposite of how they are done in the summer.

In winter, the more active soldiers are, the longer they can operate outdoors without suffering injuries. In summer heat, trainees can only perform heavy tasks for a prescribed amount of time so they're not affected by high heat.

"Soldiers performing sedentary training or duty in cold weather are at risk of becoming a cold casualty, even during times where the temperature is above freezing and it may be deceptively warm," DeKoning said.

"Soldiers on guard duty who stand for long periods, or people who check IDs at the gates are at most risk," he said.

Training commanders and cadre must apply risk management to selecting the best training approach to protect trainees from winter elements, the doctor said. To help them, DeKoning and the Army Medical Command have added Cold Casualty Risk Management Guidelines on a Web site <http://chppm-www.apgea.army.mil/coldinjury>.

"Soldiers in TRADOC have an advantage over troops in the field," Prentice said. "For example, during operations in Afghanistan soldiers had to operate in a winter environment without heat tents and operations cannot be stopped to allow soldiers to warm up."

"In TRADOC, though, there is no excuse for unnecessarily exposing soldiers to weather-related injuries," Prentice said.

(Editor's note: Jim Caldwell is a senior correspondent for the TRADOC News Service.)

## New web site helps identify scam artists

**Staff Sgt. Marcia Triggs**  
Army News Service

Personnel staff officers, rating officials and individual officers have a new capability to check to see if efficiency reports have arrived at the U.S. Army Personnel Command.

The Interactive Web Response System is a Web-based solution that provides a list of all evaluation reports completed since Oct. 1, 1997 for a rated officer and identifies the date each was received at PERSCOM.

IWRS also allows users to view specific administrative information from each report. Unit S-1s can now verify that reports have reached PERSCOM or the last date of a report before initiating a new rating period. All the staff officer has to do is enter an officer's Social Security Number to acquire the report.

IWRS complements the currently used interactive voice response system at 703-325-2637.

Capt. Joel Prather, 1-4 Aviation Regiment, 4th Infantry Division at Fort Hood, Texas, has used the new system and said he liked it.

"Pretty neat," Prather said. "It's a lot better than going through all the prompts and having to listen carefully to the telephone voice."

IWRS is available through an American flag icon on the front page of the PERSCOM homepage in the bottom left hand corner. Users can access it with an AKO password. Eventually, IWRS will have a link on AKO.

Individual officers can still access and print their entire file or completed reports through OMPF online.

For more information, call Joan Freeman, PERSCOM's Evaluation Systems Office at 703-325-4141.

(Editor's note: Article provided by the PERSCOM Public Affairs Office.)

## Army scouting talent for the 2003 Soldier Show

**Harriet Rice**  
Army News Service

When Spc. Joey Beebe auditioned for the 2001 U.S. Army Soldier Show, he was excited. When he was selected for the cast, the operating room technician never imagined it would lead to a two-year tour of duty.

But it did, and now his mission is to recruit new cast members for the 2003 show.

"We're looking for performers and technicians," said Beebe, who serves as assistant to the show's artistic director, Victor Hurtado.

Audition packages are due by Dec. 31, Beebe said, and

need to be mailed to the Soldier Show Selection Committee at Fort Belvoir, Va.

Auditions are not just for singers, Hurtado emphasized.

"I am looking for strong dancers, and I would also like instrumentalists to audition," Beebe said. "I don't know what [talent] is out there unless it comes to my attention."

While the show's primary focus is musical and vocal, all types of talent are welcome and will be considered, he said.

Auditions are open to all soldiers on active duty through December 2003. Reserve com-

ponent soldiers may audition; however, if they are selected, they must be activated for the six months' duration of the tour, which runs from April through October.

"On the technical side, we not only need lighting engineers and sound engineers, but we are also in need of good leaders with theatrical backgrounds to serve as stage managers and people with experience in construction or electrical work as set builders," Hurtado said.

Soldiers looking for a technical job with the 2003 Soldier

Show must also submit a package that contain the same administrative documents in addition to a technical resume and a portfolio with references. The same goes for drivers needed for the 44-passenger bus and the 18-wheel tractor trailer that moves 20 tons of staging, costumes, lighting and audio equipment.

"Being a part of the Soldier Show is a life-changing experience," said Hurtado, who spent six years of his military career as a performer and technician with the show in the 1990s. "You become part of a rich his-

torical tradition of entertainment by the soldier, for the soldier" that began with songwriter Irving Berlin during World War I. You also grow and learn leadership, performance skills and teamwork."

In January, Hurtado and Beebe, along with Army Entertainment Detachment military staff, will screen the audition packages.

A selection committee of civilians and military staff will review the audition tapes, military documents and records, scoring applicants on talent, poise, appearance and stage

presence. A group of up to 30 finalists will be selected to audition in person at the finals in late spring.

"Finalists come in for a week to rehearse," said Beebe. "But we also have them set up and take down the 15 tons of staging - that's the unglamorous offstage part of the job, and we need to find out if the soldiers can handle it."

For additional information, e-mail [victor.hurtado@cfsc-army.mil](mailto:victor.hurtado@cfsc-army.mil).

(Editor's note: Harriet Rice is the public affairs officer for CFSC.)



From left, Spc. Tryce Fink, Fort Bliss, Texas; Sgt. Kathy Heidecker, Fort Eustis, Va.; and Lt. Col. Ann Marie Gordon, Portland, Ore., perform "Some Days You've Gotta Dance," by the Dixie Chicks, at the 2002 Soldier Show at Aberdeen Proving Ground Post Theater, Nov. 1 and 2.

### How to audition

Auditions are open to all soldiers on active duty through December 2003 and who can meet all active duty requirements. Reserve-component soldiers may also audition. If selected, they must be activated for duration of the tour.

#### Performers must submit the following items in an audition package:

1/2" VHS Demo Tape  
Records brief  
Commander's Letter of Release  
Entertainment resume  
DA photo, 3/4 Length  
Latest OER/NCOER  
Copy of most recent Army Physical Fitness Test

#### Technicians (lighting, audio, video, set design, stage management) must submit:

Portfolio/references  
Records brief  
Commander's Letter of Release  
Technical resume  
DA photo, 3/4 Length  
Latest OER/NCOER  
Copy of most recent Army Physical Fitness Test

#### Drivers (bus, 18-wheel, van) must submit:

References, copies of licenses, ratings  
Records brief  
Commander's Letter of Release  
DA Photo, 3/4 Length  
Latest OER/NCOER

#### Send package to (recommend using tracking):

U.S. Postal Service Express (overnight) Mail  
Army Soldier Show  
U.S. Army Soldier Show  
ATTN: 2003 Selection Committee ATTN: 2003 Selection Committee  
PO Box 439  
6091 Jackson Loop, Building 1434  
Fort Belvoir, VA (703) 806-6393\*

Entries must be postmarked before midnight Dec. 31.

\*The above phone number is for mail delivery purposes only. Use the e-mail address [victor.hurtado@cfsc.army.mil](mailto:victor.hurtado@cfsc.army.mil) for inquiries.

# Advice on fire proofing a Christmas tree

**Andre Fournier**

DSHE

Every year, many dreams end in tragedy as a result of Christmas trees catching on fire. Traditionally, people buy a dead tree (usually a spruce or fir, which is highly flammable when dry), not properly prepared, set it in the home and wrap it with electric wires. What an invitation for a fire.

To fireproof natural Christmas trees, follow these directions carefully.

## Ingredients

Two cups of Karo syrup

Two pinches of Epsom Salt

One-half teaspoon of "Borax"

One teaspoon of Chelated Iron, hot water

The Karo Syrup and Borax can be purchased from the supermarket.

The Epsom Salt can be purchased from the drug store and the Chelated Iron (pronounced key-lated) can be purchased from a garden shop or plant store.

## Instructions

- With a saw, take the recently-purchased Christmas tree and make a fresh cut at the base of the tree trunk. Cut an inch off the base of the tree. Try to make a level cut.

- Immediately after cutting the base off the tree, mix the fire retardant ingredients listed above. Fill a two-gallon bucket with hot water to within one

inch of the top and add the ingredients. Stir thoroughly.

- Immediately stand the trunk of the tree in this solution and leave for 24 hours.

- Keep the remaining solution and place the tree in a tree-stand that contains a well where liquids can be poured.

- When the tree is in its final position, use a cup to pour the solution from the bucket into the tree well. Fill the well.

- Every day without excep-

tion, keep the well of the tree stand "topped-up" with the solution from the two-gallon bucket. Follow these simple directions and the tree will be better protected from fire.

In a nut-shell the Karo syrup provides the sugar necessary to allow the base of the tree to take up water.

Up to 1.5 gallons of water can be taken up by the tree over a two-week period.

Boron in the "Borax" allows

the tree to move the water and sugar out of every branch and needles in the tree. Magnesium compounds in the Epsom Salt and iron from the Chelated Iron provide essential components for the production of chlorophyll which will keep the tree green.

The beneficial side-effects of this procedure are that the needles will not drop off and there is an increase in natural pine fragrance.

## Holiday message 2002

*The following is a joint message from Secretary of the Army Thomas E. White, and Army Chief of Staff Gen. Eric K. Shinseki for all Army activities and Army family members:*

During the holidays, families gather to share in the celebrations of the season. Our Army family is unique -- among us, we share a special bond, a common understanding of the inherent sacrifices and hardships of being an Army family. So we are additionally blessed to be able to celebrate our special heritage -- the legacy of hope that our Soldiers represent to the nation.

On a bitter-cold Christmas night in 1776, Gen. George Washington and his Continental Army crossed the Delaware River to execute a bold plan against the British forces. Driving sleet and snow made the freezing temperatures all the more unbearable. Despite those harsh conditions, the soldiers did not complain -- some of them had no shoes; some wrapped rags around their feet to help keep them warm; still others remained barefoot. As one of Washington's staff officers recorded, the soldiers were "ready to suffer any hardship and die rather than give up their liberty." In the most difficult conditions, against the greatest odds, the soldiers performed magnificently, and their victory in the Battle of Trenton the day after Christmas renewed the hopes of freedom in the American Revolution.

And undiminished still today is that same spirit of determination, perseverance, selfless service and courage that moved the Soldiers of the Continental Army on Christmas night in 1776. We share in the enduring legacy of those who first fought and died to win our freedom -- we stand on the shoulders of the brave men and women who have preceded us.

We know that we do not soldier alone. With each of our soldiers on point in more than 120 countries around the globe is the spirit of a tremendous family -- a family whose courage, sacrifice, and steadfastness are inspiring to us all. And all of our efforts, all of our successes, all of our magnificent moments as an Army will continue to be delivered by our people -- soldiers, civilians, veterans, retirees, and all of their families. We are grateful for their commitment, their loyalty, and their devotion.

We could not be more proud of all of you and of the magnificent work you do each and every day to preserve the gifts of hope and of freedom that we cherish. May you have a safe, fulfilling, and joyful holiday season and a prosperous New Year. God bless each of you and your families, God bless the Army, and God bless this great nation.

# APGFCU opens new branch with 'old glory'

Joyce Covert

APGFCU

Aberdeen Proving Ground Federal Credit Union celebrated the opening of its new Edgewood branch at 1321 Pulaski Highway, Edgewood, on Nov. 23 with flags flying high, thanks to Headquarters and Headquarters Company, 143rd Ordnance Battalion from APG.

In a traditional flag raising ceremony accompanied by the Edgewood High School marching band, "old glory" was raised high above the crowd. Prior to the ceremony the battalion led a parade of marchers which included The Boys & Girls Clubs of Harford County, APGFCU employees, Edgewood High School marching band, Youth program mascot Moola Moola, and Santa Claus.

Parade goers enjoyed fanfare and festivities throughout the day with magicians, mimes, jugglers, balloon artists, clowns, food, prizes and giveaways. Members caught more than \$1,000 in the air-powered money machines. WXYC provided a live radio broadcast and a prize wheel, the Edgewood Lions Club served breakfast, and volunteers from the Boys & Girls Clubs helped with cleanup. Guests were invited to tour the new branch and administrative building.

APGFCU is proud to be a part of the Edgewood community and looks forward to serving its new neighbors as it has served others for the past 65 years. The Edgewood branch is the seventh location opened by APGFCU. This grand opening event demonstrated the credit union mission of people helping people by

involving many of the community organizations and residents.

A strong supporter of the APG community, the credit union was originally established in 1938 to serve the Department of Defense membership working at APG. APGFCU continues to serve the needs of the military community today. It supports the APG service members of the year program, financial management seminars for enrolled advanced individual training soldiers and Freestate Challenge Academy students, curriculum development for the post libraries, and sponsors Morale, Welfare and Recreation activities on post. More than 67 percent of APGFCU's total membership comprises military and civilian members at APG together with their families and retirees.

A not-for-profit member owned cooperative, APGFCU serves the Harford and Cecil county communities. It is the fourth-largest federally chartered credit union in Maryland, with over 70,000 members and locations in Aberdeen, Abingdon, APG, Bel Air, Edgewood, Elkton, and Havre de Grace.

Credit union services are available 24-hours, seven days a week via telephone and online access.

Membership in APGFCU is open to all military and civilian employees of APG, those employed by business members of the Cecil and Harford County Chambers of Commerce, and other select groups.

To see if you qualify for membership, call APGFCU at 410-272-4000 or visit Web site [www.APGFCU.com](http://www.APGFCU.com).



Photo by LEO HEPPNER

Soldiers from Headquarters and Headquarters Company, 143rd Ordnance Battalion from Aberdeen Proving Ground raise the flag to a drum roll by the Edgewood High School Marching Band during the APGFCU grand opening celebration for the Edgewood Branch.

## 9-11 remembered



Sept. 11 Commemorative Remembrance ornaments are available for purchase for \$12 plus shipping and handling by calling Military District of Washington, 703-697-3816. Shipping cost varies depending on the quantity ordered. For example, the shipping and handling for an order for 1 to 10 ornaments would cost \$6. Ornament is shipped in a gift box with a display stand. Because of the large number of orders already placed, new orders will not be shipped until after the first of the year. Ornaments can be viewed at [www.hqarmyrec.com](http://www.hqarmyrec.com).

## OCS board announced

Deborah Dawson

SBCCOM Adjutant

On Feb. 13, the U.S. Army Garrison, Fort Meade, will convene a board for soldiers applying for attendance at the U.S. Army Officer Candidate School.

Along with the United States Military Academy and the Reserve Officer Training Corps, the Officer Candidate School remains an important source of commissioned officers for the Army. Recently the Army has increased the number of soldiers who may attend Officer Candidate School.

Candidates apply through local boards - Fort Meade for APG soldiers - and those selected begin a rigorous, 14-week course of instruction at Fort Benning, Ga. Aberdeen Proving Ground

soldiers who wish to become commissioned officers should prepare their applications early. The key prerequisites for eligibility are:

- Be a citizen of the United States.
- Have a GT score of 110 or higher.
- Pass the Army Physical Fitness Test score 180.
- Pass the Scholastic Aptitude Test, minimum score of 850 or American College Test, minimum score of 19.
- Have at least 90 semester hours of college study.
- Achieve a score of 80 or higher on the English Comprehension Level Test, if primary language is not English.
- Be at least 18 years old and less than 30 (can waiver

age up to 35).

• Have a complete physical exam six months prior to date of application.

Completed packets must be submitted to the SBCCOM Military Personnel Office not later than Jan. 9. Each application consists of one packet containing all original documents, and three photocopies of the original packet. Additional information may be found in Army Regulation 351-5 (Officer Candidate School) or the OCS Web page <http://www.armyocs.com/home/>.

For OCS application information, call the SBCCOM Adjutant's Office, Vanessa Cefaloni, 410-436-2130/3239 or e-mail [milpo@sbccom.apgea.army.mil](mailto:milpo@sbccom.apgea.army.mil).