

POST SHORTS

Recycling schedule



The recycling scheduled pickup for Wednesday, April 28, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

AEC, APG cohost Earth Day event

The U.S. Army Environmental Center and APG EA will hold an Earth Day presentation, 1 to 2 p.m., April 23, at the RDECOM Conference Center Auditorium, building E-4811.

Britt Slattery, BayScapes coordinator for the Chesapeake Bay Field Office, will discuss the benefits of BayScaping yards. BayScaping uses a variety of beneficial plants that require minimal maintenance such as trimming, watering, fertilizing or pesticide applications because they're well adapted to Maryland's local climate and soil types. Because they use less fertilizer and pesticides, they reduce the amount of pollutants carried by rainwater to local waterways and the Chesapeake Bay. Beneficial plants also improve wildlife habitat providing native local birds and mammals with fruits, nuts and seeds. All post employees are welcome.

For more information, call John Barczak at 410-436-1562.

Electronic messaging-the not so 'silent partner'

The heavier traveled vacation season approaches and this means more employee absences for longer periods of time. This can be compounded when adding time out of the office due to temporary duty travel.

Using the Out of Office Assistant on the computer and voice mail messaging on the telephone are two useful tools to keep customers informed of these absences from the workplace.

Collect Striker toys during Bowling for Bucks

From May 15 through June 15, the APG Bowling Center will be offering Bowling for Bucks, the popular series that allows customers to purchase bowling bucks to buy prizes at an auction party at the end of the two-month promotion. See MWR page 6 for more information.

See SHORTS, page 5



Damage to the upstairs of quarters 3854-A on Citizen Court in Patriot Village is evident after a fire gutted the Aberdeen Proving Ground unit April 13.



Clothing and personal items litter the ground and trees outside quarters 3854-A in Patriot Village after the April 13 fire.

AA fire displaces two families

Story and photos by
Yvonne Johnson
APG News

An early evening fire in the Patriot Village housing subdivision, April 13, left one family homeless and another temporarily displaced.

The fire originated in the home of Staff Sgt. Doris Tisdale. The upstairs level of Tisdale's quarters, at 3854-A on Citizen Court was engulfed in flames by the time units from the Aberdeen Area Fire Department arrived on the scene, only minutes after the call came in, according to Andre' Fournier, Aberdeen Proving Ground fire prevention specialist.

"All APG units responded, including medical and rescue personnel," Fournier said.

The fire was contained within 3 to 4 minutes and everyone got out safely.

"This could have been a major tragedy," said Edward F. Budnick, chief, Fire and Emergency Services Division, Directorate of Safety Health and Environment. "We want to use this case to say 'look there comes a time to become proactive.'

"A fire of this nature destroys property so phenomenally quick, that the lay public doesn't understand how fast these things occur," he said. "From the time a normal fuel load in a normal single family residence catches fire to the time the residence is engulfed in flames is five minutes. The extension and propagation of fire was absolutely phenomenal."

Budnick said that determining where and how the fire started is a two-fold operation.

"It's difficult at best to determine an exact cause of the fire. We are gathering all the witness statements, we're looking at everything and trying to piece it all together," he said.

The Maryland State Fire Marshal's Office and independent inspectors will pursue the investigation, Fournier added.

See FIRE, page 10

Army 'Be Safe' campaign pushes safety awareness

DSHE encourages APG community to remain vigilant

Yvonne Johnson
APG News

The Northeast Region, Installation Management Agency, is requesting everyone's assistance in realizing the new safety goals initiated by Acting Secretary of the Army Lee Brownlee.

Establishing the Army's official safety campaign, "Be Safe," Brownlee said the campaign will attempt to decrease accidents by 50 percent over the next two years, according to an Army News Service article.

Brownlee came up with the slogan after hearing the phrase continuously used by Soldiers and their commanders in Iraq when he visited there.

"Be Safe" wasn't used flippantly by Soldiers in the box, Brownlee said. They were a "band of brothers" with a fundamental concern for one another's safety.

Susie Ashby, public safety officer, Directorate of Safety Health and Environment, said the installation is encouraging all to keep up the good work they have been doing regarding safety and to "take that extra step" to stay safe.

"We already have a community that

practices safety," Ashby said, noting that the issue of safety "covers everyone on the installation."

"The key is to work as a team, whether tenant, garrison, military, civilian, family member, or just a patron of APG facilities."

Ashby said the installation safety office is the repository for all accidents.

"We need to be informed within 24 hours so safety specialists can inspect the area before it's cleaned up to establish counter measures that will prevent repeat incidents," Ashby said. "This may include additional training and controls so we can engineer out the hazards."

She noted that safety statistics include lost productivity due to injuries and that APG is in good standing compared to other installations, partly due to its practice of returning the injured to the workforce as soon as possible.

"We ensure we have light duty positions for the injured so they can return to work and fulfill their positions. We want to have something for them so they are still productive, even if limited," Ashby said, adding that personnel can still serve

their activity even if only answering phones or making copies.

Members of the APG community should report all hazards or unsafe conditions to the Installation Safety Office, whether it is equipment failure or children playing in unauthorized areas, Ashby said.

"We need to be aware of anything that will ensure our children and Soldiers are not hurt," she said.

Noting that tenant organizations have their own safety staff, Ashby said that all hazards outside of the mission area should be reported to the installation.

The Installation Prevention Team, made up of several organizations, meets regularly to discuss safety issues, share information, recommend counter measures and ongoing programs, Ashby said. "We have a very proactive program in place. Incidents are very minimal and most result in a quick return to the workforce."

In accordance with the "Be Safe" campaign, DSHE will be issuing flyers and safety-related information to remind the community of issues relevant to their missions and localities.

See BE SAFE, page 9

Watch card

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.

Report any suspicious activity immediately to DOD Police:

Aberdeen Area 410-306-2222
Edgewood Area 410-436-2222
Off post in Maryland, call 1-800-492-TIPS (8477).
Your call may save lives.

Law Day proclamation celebrates equality

2004 theme is 'Brown v. Board of Education at 50'

Story and photos by
Meghan Bowen
APG News

To celebrate 46 years of the nation's heritage of liberty, justice and equality under law, Maj. Gen. John C. Doesburg, commander of Aberdeen Proving Ground and the U.S. Army Research, Development and Engineering Command, signed a Law Day proclamation April 7 at RDECOM headquarters.

Lt. Col. Stephen Parke, U.S. Army Garrison APG staff judge advocate, and Capt. Matthew Lund, legal assistance attorney, were present to witness the proclamation signing.

"APG civilians and military personnel can celebrate Law

Day by just saying thanks to people for helping to keep APG a community that we feel safe in," Doesburg said.

The theme for this year's Law Day celebration is "To Win Equality by Law: Brown v. Board of Education at 50."

"Since Brown v. Board of Education, there has been a tremendous change in the system," Doesburg said. "The key thing about the United States is that change is a constant, and that challenges the theme to be the engine of change in the future; so that at the end of the day the U.S. was better than it was before."

Doesburg also remembered the 1954 Brown v. Board of Education decision from his

See LAW, page 10



Newspaper headlines, pictures, and text quotes serve as the voice of the Law Day 2004 display, which celebrates equality with the "Brown v. Board of Education at 50" as its theme in building 310, wing 1 of the Offices of the Judge Advocate.

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Safety and Health

A cocophany of cicadas to invade soon

Noisy cicadas making a comeback



Photo by Gaye Williams, Entomologist, Maryland Department of Agriculture, 1987

Marguerite Towson
APG News

Mention of the word locusts conjures up images of the biblical plague of locusts, or the huge masses of grasshoppers that ravaged crops.

This spring, the 17-year cicadas (aka Brood X), also called locusts, are about to make a return to Maryland. The cicadas ("katyids") will appear between the end of April and the second week of May.

The cicadas will stay approximately one month, according to Abdul Sheik, an expert entomologist with the Directorate of Installation Operations.

Many varieties of trees, shrubs and herbaceous plants are

commonly used by cicadas for egg laying. Some of these include oak, hickory, apple, peach and grape. Cicadas don't damage plants or flowers, but it is best not to plant any new trees until after they leave.

"When the cicadas lay their eggs on the twigs, the eggs hatch and the twigs get damaged," Sheik said.

The female cicada punctures the bark of a twig and makes a pocket in the wood laying 24 to 28 eggs in two rows in the pocket. She then moves forward, but another pocket and lays more eggs. This process continues until 5 to 20 pockets have been made in the twig. A total of 400 to 600 eggs are deposited.

Six or seven weeks after the eggs are deposited in the twigs, the nymphs drop to the ground and dig into the soil.

After the nymphs enter the soil, they burrow 18 to 24 inches into the ground in wooded or forested areas. In apple orchards they can feed 2 to 18 inches below the soil line. As many as 104 cicada nymphs have been found in one square foot of soil under apple trees.

The nymphs are fully grown after the seventh or eighth year, but continue to feed and develop until the spring of the 17th year. Several weeks before emerging from the ground, the nymphs start to burrow upward to within an inch of the surface waiting for the right time to continue.

In late spring, when the soil reaches a temperature of about 64 degrees, vast numbers of nymphs crawl out of their holes and up just about anything vertical - especially trees. If a tree is not within range, a bush, a blade of grass, post, utility pole, or any similar object will do.

The nymph secures a firm hold on the object, splits nymphal skin along the middle of its back and works itself out. The trans-

formation is completed in one hour or less.

The newly emerged adult is soft and white, and as the skin hardens it also darkens. In a few hours the cicada is fully mature and after mating, the cycle is repeated.

The loud, eerie sound that cicadas emit is made only by the males. The sound is produced by two drumlike organs called tymbals, which are attached to muscles on the underside of the abdomen, next to the thorax. The "eardrums" or tympana lie behind the tymbals. When the muscles attached to the tymbals are tensed and then released, the tymbals resonate, producing the characteristic song. The mechanism is similar to tapping a metal lid many times in succession.

There are three species of 17-year cicadas, and three corresponding songs that allow females to find their matching mates. Once they mate, the males die and the females lay hundreds of eggs in tree branches before perishing.

Although there will be millions of cicadas, Sheik said they are more of a nuisance pest than anything else.

"They make a lot of noise and they don't fly too much," he said. "They hop or jump from one place to the next. They cause some damage, but they are not as damaging as gypsy moths."

When the cicadas hatch, there will also be animals ready to eat them.

"The squirrels love to eat cicadas," Sheik said, "It is a sweet dish for squirrels."

Dogs and cats may also eat the cicadas. It doesn't harm them, but if they eat too many they may have some difficulty digesting an excess of cicada skins. There have been reported cases of dogs' digestive tracts becoming blocked by eating too many cicadas.

National Alcohol Screening Day information booths raise awareness

Meghan Bowen
APG News

Soldiers and civilians filled out questionnaires and received educational materials about alcohol awareness from the Aberdeen Proving Ground Army Substance Abuse Program staff April 8.

They hosted two information booths to support National Alcohol Screening Day in the Aberdeen Area Post Exchange and the Edgewood Area Shopette.

The ASAP staff and volunteers encouraged passers-by to fill out an anonymous screening form.

"No names just ages," informed Cynthia Scott, ASAP coordinator, to applicants who filled in the 14 question form about their drinking habits and experience, family history of alcoholism, treatment history, possible pregnancies, medications and mental health conditions.

"We're doing the screening to provide assessment and offer treatment," said Janine Bauer, Kirk U.S. Army Health Clinic social worker and ASAP volunteer.

Booth volunteers then reviewed the results of the questionnaire with participants by using a key that described what need-based help category, if any, they fell into.

Participants received free literature about their specific needs and prevention key chains.

A 30-minute NASD video aired April 5 through 9 on APG channel 21 which counted toward the required ASAP annual training credit.

The video complimented the 2004 NASD theme, 'Alcohol and Your Health: Where Do You Draw the Line.'

The video featured medical experts and situational skits on the effects of alcohol on teens, the elderly, pregnant women, on general health,

See **ALCOHOL**, page 12

Motorcycle Safety Training available on APG

DSHE

It's that time of the year again to ensure that operators of privately owned motorcycles are in compliance with the Army Regulation 385-55, Prevention of Motor Vehicle Accidents and Department of Defense, Instruction 6055.4, Traffic Safety Program.

"It is a government requirement that all motorcyclists take an operators training

course to be eligible to ride motorcycles on any Army installation," said Randy Rexrode, safety and occupational health specialist, Directorate of Safety, Health and Environment.

To assist APG motorcycle drivers in complying with the regulations, Motorcycle Safety Foundation Operators Training courses will be held at the U.S. Army Ordnance

Center and Schools' parking lot through October.

May 11 and 25
June 8 and 29
July 13 and 27
Aug. 3 and 31
Sept. 14 and 28
Oct. 12

The course, sponsored by the Installation Safety Division with instructors provided by the Maryland Motor

See **TRAINING**, page 9

Preparing for bug season

Pfc. Demetrius Williams
KUSAHC

"Bug Season" will be here soon, so it's time to treat BDU uniforms with permethrin clothing repellent.

Permethrin treated uniforms are a Soldiers first line of defense against arthropod-borne disease during deployment and CONUS field operations.

Since repellents are not medically managed items, they should be ordered as Class III items.

The IDA Kit is currently the standard treatment method, authorized for unit stockage and use by FORSCOM Regulation 700-

2. Some units and organizations have been using the two-gallon sprayer method for uniform treatments as well.

Soldiers who wish to use the two gallon sprayer method should know that the applicators must be enrolled in the occupational health surveillance program, be enrolled in the respiratory protection program, be fit tested and issued a respirator, goggle, coveralls, and have an appropriate supply of respirator cartridges and prefilters.

Spraying personnel requirements

Sprayer must have attended at least a 20-hour field sanitation team training course or

be a certified pesticide applicator. The sprayer must be respirator fitted and have their respirator on hand.

For further guidance, contact Preventive Medicine at 410-278-1964 to speak to a preventive medicine specialist.

Anyone needing emergency support, the Emergency Supply Operations Center, Defense Supply Center - Richmond, operates 24 hours a day, DSN 695-4865 or 804-279-4865.

This center handles all pesticide/repellents procurement. To submit a priority requisition, call the ESOC with any questions.

Elevated levels of mercury found in Canal Creek fish

Yvonne Johnson
APG News

The Directorate of Safety, Health and Environment is advising people not to consume fish caught in Canal Creek on the Edgewood Area of Aberdeen Proving Ground until further notice.

Levels of mercury, above those normally found in the Gunpowder River have been found in five large-mouth bass, according to DSHE Environmental Protection Specialist, John Paul. Bullhead catfish also contained mercury, at lower levels.

This finding was part of the results from an ongoing risk assessment of Canal Creek, Paul said.

"The levels are higher than what should be

consumed on a regular basis by children and women of childbearing age," he said.

The next step in assessing this situation will be to draw up a sampling plan after consultation with regulators and other stakeholders, he added. In addition, the Maryland Department of the Environment has been appraised.

"MDE did not require closing the area, but we thought it was prudent to notify people until we could gather more data.

Signs will be posted at Canal Creek advising fishermen not to consume fish caught in that area until further notice.

"We think this may be a localized problem in Canal Creek. We have no reason to think that these levels would be found in fish from other parts of APG," Paul said.



Photo by JOHN PAUL

The Directorate of Safety, Health and Environment is advising people not to consume fish caught in Canal Creek on the Edgewood Area of Aberdeen Proving Ground until further notice.

New fish consumption advisory for mothers, children

<http://www.epa.gov/ost/fishadvice/advice.html>

The Food and Drug Administration and the Environmental Protection Agency have issued a unified con-

sumer advisory on mercury in fish and shellfish.

The new fish consumption guidelines are for young children, nursing mothers, pregnant women, and women who

may become pregnant.

This revises and unifies advice from FDA and EPA and supersedes FDA's 2001 advisory.

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-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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

Staff

APG Commander Maj. Gen. John C. Doesburg
Public Affairs Officer George P. Mercer
Editor Debi Horne
Editorial Assistant Marguerite Towson
Contract Photojournalists Meghan Bowen
Contract Graphic Designer, Web site designer, Photo Technician. Diane Burrier
Web site www.apgnews.apg.army.mil

New drain markers take APG by storm

DSHE

Beginning in late April, environmental support technicians will be installing new curb markers and signs on stormwater drains throughout the Aberdeen and Edgewood areas.

The new drain markers will be attached to the face and top of all stormwater drains that feed from curbed roadways.

Placement of the markers is being coordinated by Richard Wiggins of the Directorate of Safety Health and Environment Environmental Compliance Division and Dr. James Bailey of the Environmental Conservation and Restoration Division.

"Many people do not realize that water flowing down curbside drains travels directly into the nearby headwaters of the Chesapeake Bay without passing through a treatment plant of any kind," Wiggins said. "If you see an open drain without a closed manhole, it is as if you are looking into the Bay itself."

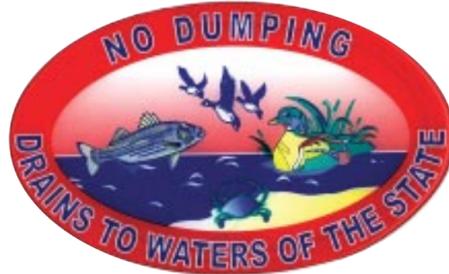
Flat surface drains driven over every day will have markers attached directly to the pavement using special adhesives.

These colorful markers will be visible long-lasting reminders of the need to protect nearby waterways and will not fade away as many of the painted stencil markings have.

Pollution from litter, sediment from construction activities and particularly illicit dumping can have a massive impact on the bay's ecosystem. Even so-called "biodegradable" wastes such as food, grass and other organic matter can change the delicate chemistry of the local waterways and wetlands resulting in silt deposits or growth of unhealthy bacteria and algae that can block much-needed sunlight, threatening habitat, wildlife and important submerged aquatic vegetation.

"These effects can ripple directly up the food chain, impacting the larger wildlife that Aberdeen Proving Ground is so proud of, including the ospreys and bald eagles," Bailey said.

The markers are guaranteed to stay put and not fade for at least 10 years, even on well-traveled road surfaces. For those drains not visible from the road, signs with larger markers will be used, particularly those that lead to smaller streams and wet-



lands, located throughout the installation.

For more information and for a closer look at the new markers, visit the DSHE Environmental Compliance Division display at this year's Earth Day Celebration, 1 to 2 p.m., April 23, RDE-COM Conference Center, building E-4811.

To talk to someone regarding the new markers or to discuss issues concerning stormwater, call 410-278-2279 or 2267.

Fact of the week

Buy durable appliances and electronic equipment that last longer and can be repaired. Help keep these items out of our landfills by repairing instead of disposing.

APG Pollution Prevention Program

First Baptist Church of Aberdeen

Sunday School 9:45 a.m.
 Sunday Worship 11:00 a.m. & 6:00 p.m.
 Discipleship Training 4:30 p.m.
 Wednesday 7:00 p.m.

• Youth Ministry Teams
 • SBC Children's Mission Program (3 yrs. - 6th grade)
 • Prayer Meeting

Dr. Gary Johnson, Pastor
 219 E. Bel Air Ave. • Aberdeen, MD 21001
 410-272-2845

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Photo by KATHY DeWEESE

Linda Nogle and seven other members of the CSEPP Integrated Project Team coordinate full-blown CSEPP exercises like the one pictured, annually.

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Governor's citation received for chemical stockpile emergency coordination

Deborah Elliott
 Edgewood Chemical Agency

One of the Edgewood Chemical Activity's own was recently recognized by Governor Robert L. Ehrlich with a citation for her efforts in coordinating activities under the Chemical Stockpile Emergency Preparedness Program, or CSEPP.

Linda Nogle, the CSEPP program installation coordinator for Aberdeen Proving Ground, received a Governor's Citation from William Smith, the project manager for CSEPP at the Maryland Emergency Management Agency on March 24.

"Coordinating representatives and activities from so many agencies is a hard job," said Lt. Col. Gerald L. Gladney, ECA commander. "The recognition for her efforts is well deserved, and we couldn't be more proud of her."

"Since 1988, when CSEPP was created, professionals from various state and local emergency management agencies have been working to make sure that the surrounding commu-

nity is kept safe in the event of an accident," said Nogle.

Nogle is one of eight emergency preparedness professionals that received the Governor's Citation. Since 1991 she has been responsible for synchronizing the efforts of the many agencies involved in the CSEPP program.

These include the Federal Emergency Management Agency; the Maryland Emergency Management Agency; the Baltimore, Harford and Kent County emergency management agencies; and local agencies and services such as the installation police, medical, fire, public affairs and the Technical Escort Unit.

As the mustard stockpile ages the chance of a release increases. Also, since 9-11 the presence of the stockpile has posed a terrorist threat to our community.

The people who live and work near the stockpile are dedicated professionals who have been preparing for years to protect the community, and Linda Nogle is one of them.

APG receives Green Award at Arbor Day celebration

Aberdeen Proving Ground received the Green award in the PLANT program, "People Loving And Nurturing Trees," presented to the Directorate of Safety, Health and Environment's John Wrobel for a Phytoremediation plantation April 9.

DSHE was part of the Arbor

Day Celebration at Edgeley Grove, sponsored by Maryland Department of Natural Resources Forest Service, Harford County Forestry Board, Harford County Department of Parks and Recreation and Planning and Zoning, and Maryland Trout Unlimited.

There were four categories for awards: Bronze, Silver, Gold and Green, with Green being the highest honor.

The Phytoremediation site is an area where trees are utilized to remove, transfer, stabilize and destroy contaminants in the soil. The roots also retain ground water contaminants.

Photo by Billy Wrobel

Harford County Executive Jim Harkins, left, and Joe Pfaff, director of Parks and Recreation for Harford County, plant an American Holly in Edgeley Grove Park, Benson Md., to celebrate the 2nd annual Arbor Day Festival in Harford County April 9.



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Community Notes

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MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50, building 3245 Aberdeen Boulevard. To verify listing, call 410-272-7520. Free admissions have been discontinued.



SPARTAN
Friday, April 23, 7 p.m.

Starring: Val Kilmer, Derek Luke

Special operations officer, Robert Scott (Kilmer) and his protege, Curtis (Luke), are assigned to find the missing daughter of the president, only to discover along the way a larger, more sinister plot with origins within the White House itself. But then

their mission seems to come to an abrupt halt when the girl's death is reported in the media. (Rated R)

SECRET WINDOW

Saturday, April 24, 7 p.m.

Starring: Johnny Depp, John Turturro

Mort Rainey (Depp), a writer just coming off of a troublesome divorce with his ex-wife, Amy (Maria Bello), finds himself stalked at his remote lake house by a psychotic stranger (Turturro) who claims Mort stole his best story idea (changing just the end-

ing). (Rated PG-13)

DIRTY DANCING: HAVANA NIGHTS

Saturday, April 24, 9 p.m.

Starring: Diego Luna, Romola Garai

An American girl (Garai) and her parents arrive in Cuba right before the Revolution breaks out. She meets a local boy (Luna) who instantly notices her dancing abilities and romances her. But as Castro's forces are forcing Americans to leave the country, will she stay or will she go? (Rated PG-13)

THURSDAY APRIL 22 HOME SELLING SEMINAR

Aberdeen Proving Ground Federal Credit Union is offering this free seminar 6 to 8 p.m. at the Community Meeting Room in the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

Guest speakers include Cathy Werner of RE/MAX American Dream and Robert Brendel of Stonegate. Topics include reasons for selling, market analysis, costs of selling a home, for sale by

owner, showing a home, negotiating and home inspections. To reserve a space, call 410-272-4000 or 1-800-225-2555, ext. 5451.

FRIDAY APRIL 23 BULL & OYSTER ROAST

The Chesapeake Heritage Conservancy, Inc. will hold its 10th annual Bull and Oyster Roast to benefit the Conservancy and the Skipjack Martha Lewis, 7 to 11 p.m. at Frank Hutchins Park in Havre de Grace. Gates open at 6 p.m.

Guests will enjoy an all-you-

can-eat raw bar featuring fresh oysters and clams, pit beef, smoked ham and turkey, fried oysters, shrimp gumbo, and more - catered by Monaghan's Pub of Baltimore. Beverages will include all-you-can-drink draught beer, iced tea, regular and diet soda. A cash bar will also be available.

Music will be provided by SuperStar DJ's, and an auction and raffles will be conducted.

Tickets cost \$35 person and can be purchased via credit card by calling 410-939-4078 or by visiting one of the following Havre de Grace businesses: Amanda's Florist, Java by the Bay, Bank of Memories, NBR Financial, or Mystique.

The Vandiver Inn will offer special room rates for those wanting to spend the night. For more information, call John at 410-939-5200.

For more information, visit Web site, <http://www.skipjackmarthalewis.org>.

SATURDAY APRIL 24 30 & OVER NIGHT

Charlton-Miller VFW Post 6054 is sponsoring a 30 & Over Night at VFW Post 6054 located at 206 Spesutia Road, Aberdeen, 10 p.m. to 2 a.m. Donation is \$5. Dress to impress—no jeans, boots, sweat suits or sneakers. Proper ID required.

For more information, call 410-272-3444.

SUNDAY APRIL 25 BASKET BINGO

American Legion Post 194, 336 E. Main St., Rising Sun, is sponsoring a basket bingo at 3 p.m. Cost is \$10 for 20 games. Proceeds benefit Boy Scout Troop 28.

For more information call 410-658-3915, or e-mail basketbingors@aol.com.

BINGO AT THE AMERICAN LEGION

The Aberdeen American Legion Ladies Auxiliary, 44 North Park Street will host bingo at 7 p.m.

For more information, call 410-272-9822.

TUESDAY APRIL 27 HOME BUYING SEMINAR

Aberdeen Proving Ground Federal Credit Union is offering this free, 6 to 7:30 p.m. at Cecil Community College in the Conference Center, room 208C.

Learn about the home buying process from Cathy Werner of RE/MAX American Become knowledgeable to make an informed decision on the best options for purchasing and financing a new home.

To reserve a space, call 410-272-4000 or 1-800-225-2555, ext. 5451.

Visit APG News Online at <http://www.apgnews.apg.army.mil> for the complete listing of calendar events.

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Going to the boat show in Kent Island this weekend?

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7 days a week

1-800-225-2555
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*Rates stated with automatic payments and direct deposit. Other rates and terms available. The rate stated above available on approved credit. Rates may be different as determined by the individual creditworthiness of each applicant. Not all applicants will qualify for the lowest rate.

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Mortgages — No Points!

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- 30-year fixed rate as low as 5.63% APR

Home Equity Loans and Lines of Credit

- Variable rate as low as 4.00% APR
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With rates this low, you can pick your home financing option from Freedom, the Credit Union where everyone in Harford County can join. Choose from 15- and 30-year fixed or variable rate mortgages or fixed or variable rate home equity loans with terms up to 15 years. Refinancing options available.

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* Annual Percentage Rate is for a 15-year variable mortgage as of February 13, 2004. Rate may change after consummation of loan. Rates are subject to change daily. Rates are subject to credit approval. Consult a loan officer for details. Jumbo mortgage options available.



POST SHORTS

From front page

Road repair in quarters area

On or about April 26 the inlet located at Plumb Point Loop between quarters 10 and 40 is scheduled for repair, requiring excavation of the road. The road will be closed for approximately three days.

Residents residing in Quarters 1 through 23 will be required to use Spesutie Island Road and East Plumb Point Loop to avoid the repair site.

As always weather will play an important part in the time schedule for this repair.

For more information, call George Phillips, Directorate of Installation Operations, 410-306-2311.

Ricketts Point Road work begins April 28

Ricketts Point Road will experience single lane closures in front of buildings E-3330/3331 on April 28, 29 and 30 to install a water line for the Advanced Chemistry Lab.

The road will be closed on Saturday and Sunday, May 1 and 2, for the installation of water and storm sewer lines. The closure will occur between the south entrance to the building E-3300 parking lot and Beech Point Road.

Access to the parking lot will not be affected but all traffic with destinations beyond the lot entrance will be required to use Wise and Otto roads as the detour route.

All access to Gunpowder Neck ranges must use the detour route.

The closure is scheduled to start at 7 a.m., 1 May, and is scheduled to be completed no later than the following Sunday afternoon.

In advance of the actual road closures, there will be lane closures with flagmen for preparatory work during the preceding week.

Work is being performed as part of the Advanced Chemistry Laboratory construction by Poole and Kent Company for the Baltimore District, Corps of Engineers.

These dates and durations are subject to weather and environmental factors and may slip in both date and duration.

Motorists are requested to use caution and to obey all traffic controls and detours.

In addition, any building occupants requiring access to buildings E-3330/E-3331 are requested to access the sidewalk between buildings E-3300 and E-3331 and to avoid the construction areas.

Additional Ricketts Point Road closures will be necessary later this year to install additional utilities and notices will be posted.

For more information, call Jerry Norris, Directorate of Installation Operations, 410-306-1159.

RAB meeting scheduled April 29

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m. at the Edgewood Senior Center on Gateway Road. The topic will include an update on the Bush River Study Area. Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

Limited tickets available for Montgomery Gentry concert

Tickets for the Montgomery Gentry concert on July 17 are almost gone. Tickets cost \$20 in advance, \$25 on the day of the show.

To purchase tickets, call Ticketmaster at 1-800-551-SEAT; www.apgmwr.com MWR Registration, building 3326, at 410-278-4907; Hoyle Fitness Center, building E-4210, 410-436-7134.

For more information and disabilities accommodations, call 410-278-4621, Fax 410-278-9083, or TTY: 410-278-4110, or e-mail mwr_registration-usag.apg.army.mil.

Open House at Mitchell House May 4

The Directorate of Safety, Health and Environment will host an Open House to celebrate National Historic Preservation Week, 8:30 a.m. to 3:30 p.m., May 4, at the Mitchell House, building 5650, across from Maryland Boulevard Park.

Learn about local history and archaeology from experts Joe Ondek, Jeff Smart and members of the Archaeological Society of the Northern Chesapeake.

Refreshments will be available.

For more information, call Mark Gallihue at 410-278-6756.

Kirk offers classes

The following classes will be held at Kirk U.S. Army Health Clinic. For more information and to register for classes, call Preventive Medicine at 410-278-1964.

Diabetes education

Classes are scheduled for four consecutive Wednesday evenings 6 to 8 p.m., May 5, 12, 19 and 26 in the Behavioral Health Conference Room 316 on the third floor. All TRICARE-enrolled individuals with diabetes or parents or sponsors of a diabetic are invited to attend. Pre-registration is required.

Asthma education

Class is scheduled for Tuesday, May 4, 12 to 2 p.m. in the Behavioral Health Conference Room 316 on the third floor. All TRICARE-enrolled individuals with asthma or parents or sponsors of an asthmatic are invited to attend. Pre-registration is required.

Take Care of Yourself Class

Class is held on the third Thursday every month, 10 a.m. to noon— April 15 and May 20.

The class will be held in the Preventive Medicine Conference Room on the first floor. Patients will be taught how to treat minor illnesses and injuries at home, and

instructed when to see a doctor. Participants will be given medical cards, which will allow them to pick up specific over-the-counter medications without a prescription. Pre-registration is required.

Asian Pacific American Heritage luncheon planned

The U.S. Army Developmental Test Command will sponsor the annual Asian Pacific American Heritage Month Program 11:30 a.m. to 1 p.m., May 18 at the APG Recreation Center.

The guest speaker will be U.S. Congress-woman Madeleine Z. Bordallo from Guam.

The free program will include a display of Asian and Pacific cultural items and food sampling. The event is open to everyone.



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23762

Harford LIVE! Home & Garden Show at Ripken Stadium 4-Events-in-1 All America Chili Cookoff • KidZone • Vehicle Village

April 24-25 • 10-5 both days

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23165



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23760



Morale, Welfare & Recreation

Activities

MWR has a very exciting and entertaining events planned for APG. Upcoming concerts include the

Miller Lite Army Concert Tour presenting Montgomery Gentry, and Blue County on July 17 and Shirley Caesar returns to APG for another

concert July 18. To learn more, visit <http://www.apgmwr.com>. To view intramural bowling scores visit www.apgnews.apg.army.mil.

Methods of registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at www.apgmwr.com.

Scrapbook a Mother's Day gift

Create a one-of-a-kind memory for mom at a scrapbook class 10 a.m. to noon, May 1, at the Aberdeen Area Recreation Center, building 3326. This is a project that children can participate in. A master booker will lead and help with creations. Participants should bring at least 50 to 80 of their favorite photos to complete this creation. Cost is \$40 per scrapbook kit and includes one 12 inch X 12 inch scrapbook, patterned, solid colored and white pages, stickers, glue stick, marker and template. Other supplies also can be purchased at the class. Register by April 23.

Horse Care and Stable Management

For anyone thinking about buying a horse or who recently purchased one, this class is for you. The classes will teach grooming, feeding, foot care, saddle and bridal training, safety procedures, stall preparation and pasture management. Classes run 10 to 11 a.m., May 1 thru May 8, at the APG Stables. Cost is \$20 (children under 12 are free with paying adult). Register by April 23.

Ladies Golf Play Group

Play group is a weekly gathering at Ruggles Golf Course

for women who play golf. It is just for fun and no competition is involved. Play group runs May 6 thru Sept. 30. First tee time is 4:30 p.m. Cost is a \$10 registration fee plus weekly greens fees. Register by May 3.

"Bringin' the House Down" Comedy Show

The APG community and the public are invited to see "Bringin' the House Down" Comedy Show, 9 p.m., May 8, at the Post Theater. Doors open at 8 p.m.

Featured comedians include Queen Aishah, Ricky Schackelford, Bro-Man 5th Flo, Kevin Anthony and Big Ben Kennedy. Tickets cost \$10 in advance for upper level, \$15 for lower level and \$20 at the door. A cash bar will be available. There will be an after party following the show at the AA Recreation Center, building 3326. Permanent party and civilians with ticket stubs only can attend. Without a ticket stub, the cost to attend the after party is \$5. Tickets can be purchased at MWR Registration, building 3326, 410-278-4907/4011.

For more information, call Earlene Allen at 410-278-3854 or earlene.allen@usag.apg.army.mil.

Link up 2 Golf - Beginner Golf School

The classes will consist of seven hours of instruction, three on-course playing experiences with an instructor, rental club usage, range balls, greens fee and cart fees during on-course experience sessions, and 15 free baskets of range balls for outside class practice time. There are two classes to choose from: Saturdays, May

1 through June 12, register by April 23, 2 p.m. at Ruggles Golf Course and Fridays, May 19 to June 23, register by May 12. Class will begin 5:30 p.m. at Exton Golf Course. Cost for E1-E5 is \$85; E6 to O3, \$99; O4 to O10 and Department of Defense civilians, \$109 and the public price is \$129.

Evangelist Shirley Caesar with special guest Evelyn Turrentine-Agee comes to entertain APG July 18, on Shine Field. An early ticket sale runs May 3 through 10. Tickets cost \$10. After the sale ends, tickets will cost \$20 in advance or \$25 the day of the show.

Evangelist Shirley Caesar special ticket sale

Tickets are available at Ticket master, 1-800-551-SEAT, www.apgmwr.com, MWR Registration, building 3326, 410-278-4907/4011, or the Edgewood Fitness Center, building E-4210, 410-436-7134. For more information, call MWR Registration at 410-278-4011/4907 or e-mail MWR_Registration@usag.apg.army.mil.

Enjoy the charm of Annapolis with a guided mini-bus tour June 1. Receive a guided tour of the U.S. Naval Academy and lunch at the famous Griffins Tavern. Get a narrated boat tour of the harbor and surrounding waterways aboard the Harbor Queen. There will be time to explore and shop. Bus will depart from Vitali's Restaurant parking lot on Route 24 in Edgewood at 8:15 a.m. and return at 7:30 p.m. Cost is \$78. Register by

April 30.

Enjoy the charm of Annapolis

Discover Annapolis with a guided mini-bus tour June 1. Receive a guided tour of the U.S. Naval Academy and lunch at the famous Griffins Tavern. Get a narrated boat tour of the harbor and surrounding waterways aboard the Harbor Queen. There will be time to explore and shop. Bus will depart from Vitali's Restaurant parking lot on Route 24 in Edgewood at 8:15 a.m. and return at 7:30 p.m. Cost is \$78. Register by

April 30.

April 30.

Chesapeake Challenge to open

The Chesapeake Challenge Amusement Park will open May 1 for weekends only, Friday, 5 to 10 p.m., Saturday, 1 to 10 p.m., and Sunday, 1 to 8 p.m.

Amusements include Go-Kart rides, miniature golf, batting cages and arcade room.

For more information or to get group rates, contact Outdoor Recreation at 410-278-4124 or e-mail outdoor.recreation@usag.apg.army.mil.

Highlights of the Jersey Shore

Take a trip to Wildwood, N.J., May 31 through June 4. The package includes four nights lodging in Wildwood, a visit to historic Cape May, Dolphin Watch Sightseeing Cruise, and a trip to Atlantic City. Cost is \$299 for doubles and \$369 for singles. Register by April 23.

Bowling Specials

April 18 is Scotch Doubles starting at 2 p.m. Cost is \$6 per person. There will be cash prizes. Cinco de Mayo Bowling Special will be held on May 5, 5 p.m. until closing. Cost is \$1 per game and \$1 for shoe rentals. There will be discounts at the Snack Bar. Cosmic Dollar night is May 7, 9 p.m. until closing. All games are \$2 and shoe rentals will be \$1. Mother's will get all the deals on May 9. All mothers will bowl for \$0.50 a game and receive free shoe rentals. For more information, call Dave Brewner at 410-278-4041 or e-mail dave.brewner@usag.apg.army.mil.

Organization Day at APG

USAGAPG will host its annual Organization Day 8 a.m. thru 4 p.m., June 24. There will be a DJ, food, children's games, bowling, softball, golf, and horseshoe tournament, plus more. To purchase tickets, contact MWR Registration, 410-278-4907, the AA Fitness Center, 410-278-9725, or the EA Fitness Center, 410-436-7134. Cost is \$15 adult, \$6 children advanced purchase May 10 till June 11, and at the gate on June 24, \$20 for adult and \$6 for children (6 to 12). Children under 6 are free.

Equipment sale

An equipment sale will be held April 23 through May 3 for five hot dog carts (minimum bid of \$560) and a concessionaire trailer (minimum bid of \$1,725). Property inspection will be held April 22, 9 a.m. to 2 p.m., building E-5928. All sealed bids must be received by close of business May 3 to DCFA Support Services, building 305, ATTN: Preston Hill. Payment may be made by cash or check. Purchaser must remove property within 72 hours after contacted. There will be no refunds and equipment will be sold as is. For more information, contact Preston Hill at 410-278-7217.

Ruggles Season Opener results

1st Flight

1st Place
Edgar Collins
Durge Jackson
Jim Burks
Don Drane

2nd Place

Gil Gentry
John Buettner
Louise Gentry
Dina Buettner

2nd Flight

1st Place
Vinnie Schwer
Bryan Brown
Joe Darabasz
Floyd Rose

2nd Place

George Melani
Ben Gizara
Cornelius Fink
George Hartwig

3rd Flight

1st Place
David Spieles
Bill Begunich
Tom Barnard
Scott Owens

2nd Place

David Knight
Charles Roberts
Gregg Cunningham
Martin Fuller

4th Flight

1st Place
Richard Hoy
Lee Stevens
Rick Collins
Tim Watts

2nd Place

Harry Acker
Len Cornwell
Mac Bradley
Jack Jolley

SCHOOL LIAISON/YOUTH EDUCATION

TEENAGERS: 'PREPARING FOR THE REAL WORLD' CLASS

A dynamic-interactive class, "Teenagers: Preparing For The Real World-A Formula For Success!" will be offered 5:30 to 7:45 p.m., May 18, in the ACS Conference Room, building 2752. Refreshments will be available, the class is free, and there will be several drawings for prizes. Based on the national best-seller by Chad Foster, and read by over a half million teenagers across the country, "Preparing For The Real World-A Formula For Success!" will be taught through video, lecture, group discussion and student workbook by Ivan Mehosky, School Liaison/Youth Education

director. Foster's teachings relate to young people and delivers messages that parents, educators, and employers value and reward. Through inspirational and entertaining stories about people like Michael Jordan, Elton John, Arnold Schwarzenegger, the teaching topics and the book's messages of success focus on the pursuit of dreams, communication skills, early career preparation, networking skills, integrity, and community service. Class is limited to 20. To reserve a space, call 410-278-2857 or send an e-mail to ivan.mehosky@usag.apg.army.mil, by May 14, 7 a.m. to 4:30 p.m. Monday through Friday.

Collect Striker toys during Bowling for Bucks

Yvonne Johnson
APG News

May 15 through June 15, the APG Bowling Center will be offering Bowling for Bucks, the popular series that allows customers to purchase bowling bucks to buy prizes at the auction party at the end of the 2-month promotion. Collect Bowling Bucks to purchase one of three 9-inch Striker toys, adorable plush collectibles, available with every purchase of \$5 or more. In addition to food and beverage specials, music, free or discounted bowling and other specials, customers can bid on a 36" Striker doll, a 7-day vacation package from www.GovArm.com and Trading Places, Harley-Davidson

shirts, coolers, any remaining 9-inch Striker toys, bowling parties and more. Visit the APG Bowling Center and start earning your Bowling Bucks. The more you bowl, the more you eat, the more Bowling Bucks you earn. Collect \$25 in Bowling Bucks and take home a plush Striker bowling pin, bear, or ball. Collect all three while quantities last. For more information, visit the APG Bowling Center; call 410-278-4041; or visit the Morale, Welfare and Recreation Web site at www.apgmwr.com. (Editor's note: These are corrected dates from the April 15 version of the newspaper.)

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. The Edgewood Area Library is open 11:30 a.m. to 6:30 p.m., Tuesday. For more information, call 410-436-3589.

The following new books are available at the APG MWR libraries:



Opening Skinner's Box: great psychological experiments of the twentieth century by Lauren Slater.

Ten of psychology's most audacious experiments, from B. F. Skinner's notorious study of behaviorism to Alexander's controversial analysis of addiction, are revisited in this fascinating investigation.



First Impressions: what you don't know about how others see you by Ann Demarais.

Love & Money: a life guide for financial success by Jeff Opdyke.

The Johns Hopkins Medical Guide to Health after 50: the latest recommendations from the Hopkins specialists.

Out of Gas: the end of the age of oil by David Goodstein.

The library's Web site www.apgmwr.com/recreation/libraries.html provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.

Lucky Bucket 2 underway at Ruggles Golf Course



Yvonne Johnson
APG News

Ruggles Golf Course is hosting the Lucky Bucket 2 Sweepstakes, a spring golf driving range promotion targeting golfers of all ages and skill levels. Through June 30, nine red "lucky" balls will be dropped in the range ball machine each week. Instant prizes are awarded on the spot to those who find a red ball in their bucket. Prizes include a Vivitar digital camera; Wilson Staff true

velocity golf balls, a Dirt Devil hand vacuum, Samsonite "Legacy Sport" 2-piece luggage set, and more. In addition, with every purchase of a bucket of balls at the driving range, patrons will receive an entry form for the grand prize, an all-expense paid golf vacation package for two at a championship golf resort. The golf vacation packages will be drawn randomly at the CFSC headquarters on or about July 31. Sharpen your golf skills and enter to win great prizes. For more information, contact Ruggles Golf Course at 410-278-4794 or visit the Morale, Welfare and Recreation Web site, www.apgmwr.com.

Through June 30, nine red "lucky" balls will be dropped in the range ball machine each week. Instant prizes are awarded on the spot to those who find a red ball in their bucket. Prizes include a Vivitar digital camera; Wilson Staff true



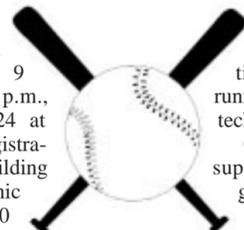
Don Drane is the winner in the 2004 Ruggles Golf Course season opener held April 17 with a score of 62. The 1st Flight including Edgar Collins, Durge Jackson, Jim Burks and Don Drane took first place overall. To view other flight standings, visit www.apgmwr.com.

APG Youth Sports Program Baseball Clinic

Boys and girls ages three and four as of April 1 can participate. The membership fee is \$15.

The program will teach basic hitting, throwing, running and fielding techniques. Children need to supply their own glove and rubber cleats are recommended but not required. Raintout dates are June 15 and 22. A baseball picnic will be held June 28. For more information, call the CYS Youth Sports Office at 410-306-2297, or e-mail William.Kegley@usag.apg.army.mil.

The program will teach basic hitting, throwing, running and fielding techniques. Children need to supply their own glove and rubber cleats are recommended but not required. Raintout dates are June 15 and 22. A baseball picnic will be held June 28. For more information, call the CYS Youth Sports Office at 410-306-2297, or e-mail William.Kegley@usag.apg.army.mil.



Cost of registration is \$25 per child and \$47 for two children. Child must be a Youth Center member to participate.

Cost of registration is \$25 per child and \$47 for two children. Child must be a Youth Center member to participate.

Departing card holders have responsibility

DOC

When a Cardholder or Billing Official will be reassigned, separated from federal service or retiring, a written request must be submitted by their office chief to the APG Directorate of Contracting Agency/Organization Program Coordinator no later than 30 days prior to their departure. In extraordinary situations, when an unscheduled departure is less than 30 days, notification of the departure shall be made as soon as it is known.

The Cardholder shall stop all purchase activity no later than 30 days prior to their departure and ensure their account balance is paid in full prior to their job reassignment, separation or retirement.

The Billing Official is responsible for destroying the card and notifying the A/OPC when the card or billing account has been paid in full. Termination of the Billing Official's account will also result in the termination of all cardholder accounts assigned to the Billing Official.

The Civilian Personnel Clearance Form, EAP 1132 and DA Form 137-1R include the requirement for Billing Officials and Cardholders to obtain the signature of the A/OPC or the Alternate A/OPC prior to terminating post employment.

The APG DOC A/OPC and alternate are located in the Robert Morris Building at 4118 Susquehanna Avenue and are available from 1:30 to 4:30 p.m. Monday through Friday to sign clearance forms. However, to ensure availability, call Diane Schneider at 410-278-0848 or Dennis Bolen at 410-278-0849 for an appointment.

For additional information regarding the Government Purchase Card Program, visit the APG DOC Web site, <http://www.apg.army.mil/aca/>.

Be safe

From front page

"We strive to make this the safest workplace and residential community regardless of the activity," Ashby said.

"There's a lot of stress ongoing now due to the Reduction in Force. Considering that, the workforce should be commended for working through this safely, considering the serious missions we have," she added.

The Army "Be Safe" campaign seeks to remind Soldiers and leaders of the importance of safety in all endeavors, locations and environments, and to provide leaders with the resources to minimize risks, and the training to help Soldiers identify and avoid hazardous behaviors.

According to the Army Safety Center, privately owned vehicles, or POVs, continue to pose the greatest risk to personnel Army wide. There have already been 29 deaths resulting from POV crashes this year. Last year, 40 percent of all accidental deaths were the result of POV crashes.

For more information on the Army "Be Safe" campaign, contact your unit safety office or call Ashby at 410-306-1057.

Training

From page 2

Vehicle Administration, is designed to help prevent motorcycle accidents involving Army personnel, dependents, government employees and retirees.

The five-hour class is provided at no cost to military, dependents, government employees and retirees, and attendees are not charged leave while attending the training.

Motorcyclists who have already taken a motorcycle safety course and can provide proof do not have to repeat the training.

Any personnel who have not had the training will not be allowed to register their motorcycles and if the motorcycle had been registered prior to APG enforcing compliance, it will not be allowed on post until the cyclist takes the class.

According to Rexrode, there are several requirements to consider when contemplating taking the MSF course.

"Attendee must be a licensed motorcyclist. Cyclist must wear protective clothing to include eye protection, long sleeved shirt or jacket, long pants, full-fingered gloves, over-the ankle footwear and a DOT approved helmet," Rexrode said. "Riders must bring proof of insurance, and their motorcycle must be able to pass an inspection performed by the instructor. Cyclist must be available to attend 100 percent of the course."

Anyone interested in improving their riding skills and fine-tuning driving strategies should contact Dave Backett at 443-910-1213 or e-mail him at dwbvast@aol.com to be scheduled.

Commentary

The value of good news



Chap. (Maj.) Joseph L. Di Gregorio
USAGAPG

Several years ago a research

team conducted an experiment to see how many people would return lost wallets. The teams dropped wallets in the street and after a few days found out that nearly half of the wallets were returned. The rate continued at a regular pace until June 4, 1968, when no wallets were returned. That was the day Robert Kennedy was shot. The bad news demoralized people and temporarily broke the social bonds that tied them together.

This team then pursued the relationship between hearing good or bad news and seeing

the effect on moral responsibility. Their conclusion was that hearing good news tends to make us good and hearing bad news tends to lower our sense of moral responsibility.

Their study raises the question about the pervasive power of the media and the strength, which it has to communicate bad news in intensely dramatic and insistent regularity. After all, the old journalistic axiom is - good news is no news.

Even religion sometimes has earned the reputation for being the purveyor of bad news only.

Think back to the fashion of hellfire and brimstone sermons. Read the critiques of religion that accused it of creating obsessive guilt and neurosis in many people.

It is quite true that religion, which should be the angel of good news, has sometimes lapsed into the excesses of sin accusation without the balancing of the good news of forgiveness.

People hear bad news all week long. They come to Church to hear the 'good news.'

If the research team cited is

correct that good news helps to make us feel good, then weekly attendance at church and listening to the 'good news' in faith is an absolute essential for the hope of a morally responsible people in a bad-news soaked culture.

It is true that bad news may be heard at church inasmuch as the personal and social evils of the day may be raised. The difference is that the stories are told with a view to forgiveness and salvation and meaning.

The daily tragedies recounted by the media solicit mainly

sighs of "How terrible...How could anyone do a thing like that?...They must be mad....There is no sense in this." The commentators try to use reason and common sense to see hope and meaning.

At church, however, the hope is in a person, in the loving presence of the God made man who turned a tragic death into divine meaning and hope.

We celebrate the death of the Lord and praise his resurrection, with its consequent hope for all mankind.

God bless you.

Veterans' voices

Study of the financial impact of retired military service personnel on the economy of the state

Part III

Retired U.S. Navy Lt. Ed Kreiner
Chairman, Maryland Retired Veterans' Task Force

The following are the findings and recommendations of the legislative Task Force formed under Senate Bill 480. Copies of these findings were presented to Maryland Gov. Robert Ehrlich, President of the Senate, Thomas V. Mike Miller Jr., and Speaker of the House, Michael E. Busch, in December 2003.

- There are approximately 512,000 veterans in Maryland, of which 42,577 are Retired Military Service Personnel, RMSP.

- Enlisted retirees comprise 71 percent of RMS; officers comprise the rest.

- The state income tax base and tax revenues will be enhanced if legislation is enacted to exempt military retired pay from state and local income taxes, thereby attracting more RMSP to reside in Maryland.

- At a public hearing on Oct. 16, 2003, approximately 20 individuals representing 26 military and veteran organization, and more than 500,000 veterans and their families, presented their views. The central theme of those testifying was that the decision to retire in Maryland or elsewhere would likely be a business decision, based in large measure on the taxation of military retired pay.

- In tax year 2000, the average income reported by RMSP was \$83,435, of which, \$18,266 was attributable to military retired pay. The remaining \$64,869 was derived from second career employment and other sources of income.

- RMSP health care costs to the state are negligible because the Department of Defense TRICARE program covers the vast majority of RMSP. Those under 65 are subject to deductions and co-payments. However, after a \$3,000 annual family catastrophic cap is met, there is no further liability for co-payments. Those 65 and older are entitled to Medicare as first payer, after which TRICARE-For-Life covers 100 percent of the co-payments and deductibles for services that are covered by both Medicare and

TRICARE.

- RMSP generate countless jobs for physicians, hospitals and other providers. For example, in Fiscal Year 2002, DoD contracted with and paid Johns Hopkins University's, Uniformed Services Family Health Plan, more than \$89 million to provide health care to families of active duty service members, RMSP, and their families and survivors. Data on similar DoD expenditures for RMSP under the various TRICARE programs was not available, but is estimated to be in the hundreds of million.

- In addition to income taxes on non-military income, RMSP pay significant taxes on real estate, purchases of taxable goods, gasoline, etc. For example, in tax year 2000, RMSP paid \$59,119, 227 in real estate taxes and more than \$24,799,182 in sales tax revenue.

- RMSP place little or no demands on the social infrastructure, although they may derive some very limited benefits from educational subsidies for students, in-state college tuition rates, and, if impoverished, Medicaid coverage.

- Twenty-three states exempt all military retired pay from income taxes, including nine that have no personal income tax.

- All of the Mid-Atlantic states provide better tax relief to RMSP than Maryland.

- While existing Maryland law purports to provide an income deduction for enlisted retirees age 55 and older, the deduction is reduced for Adjusted Gross Income in excess of \$17,000 and eliminated when AGI reaches or exceeds \$22,500.

- The RMSP population will peak in 2010, after which the population will continue to decline for the foreseeable future.

- Without providing better incentives, Maryland will not be able to rely on the increasing amounts of RMSP it needs to sustain its economic development.

on the door to let him know the home next to him was burning.

"Everyone was out of the house by the time my family exited," Wynn said. "You could see flames shooting pretty high by then."

He said he moved his vehicles and cleared the area for emergency responders. Once the fire was out, he and his family were allowed back inside long enough to get things they would need to spend the night elsewhere.

Wynn sent his condolences and best wishes to the Tisdales.

"We're very sorry and upset to see them lose everything this way, but we're grateful everyone got out unscathed. That's the main thing," he said.

Even before the flames were out, personnel from APG Housing Division and Army Community Service were mobilized to assist the families.

Pat Hector, director of Housing, who was on the scene that night, said the Wynn family was initially placed in the Country Inns and Suites in Belcamp before being moved to Swann Creek Inn, and that the Tisdales, who are staying with friends, have already been assigned new quarters.

In addition, Bernice Ivory, housing division technical engineer and Renee Marshall, housing inspector, conducted a walk-thru, assessing the damage with Directorate of Installation Operations personnel and fire inspectors the next morning.

Ivory said that other than smoke, the main damage to the adjoining unit was the holes cut into the roof by the fire fighters.

"The fire department cut inspection holes into two bedrooms to ensure the fire hadn't spread," Ivory said, adding the family would not be cleared to return unless DIO restored power to the unit.

At ACS, Reeshemah Bugg, Exceptional Family Member Program coordinator, said several organizations are offering assistance to the Tisdale family.

"Staff Sgt. Tisdale has 5-year old twin

daughters and an 18-year old son who is an Aberdeen High School senior," Bugg said. "They pretty much lost all of their clothing and bedroom furniture."

She said that Lynn McNamara of the Military and Civilian Spouses' Club, and Roye-Williams Elementary School are sponsoring the family for donated bedroom furniture, while ACS is sponsoring for kitchen items. In addition, the "Head to Head" Thrift Shop in Aberdeen has offered the family its choice of items at no charge.

Bugg said for those who would like to make monetary donations, an emergency fund has been set up at the APG Federal Credit Union in the name of Doris Ann Tisdale.

For more information, contact Reeshemah Bugg at 410-278-3420.

Needed items

18-year old son:

Full-size bed with bed rails, headboard
Full-size mattress
Dresser
Pants, size W-32; L-34
Shoes, size 10 - 11
T-shirts, size large to extra large
Dress shirts, size 16

5-year old twin girls:

Twin mattresses (2)
Dressers (2)
Girl's clothes

Master bedroom:

Queen-size bed with bedrails and headboard
Mattress
Dresser with mirror

Also needed:

Lamps
Rugs
Shower curtain
Window curtains
Sheets, twin/full/queen
Trash cans

Native Americans to honor veterans

The Perry Point Veteran's Administration Equal Opportunity Native American Program will host Eagles Nest 2004, 11 a.m. to 5 p.m., June 5 and 6.

The fifth annual Native American Festival honoring veterans will be held at the Perry Point VA Medical Center, front gate picnic area. The event is free and open to the public.

Activities include traditional Native American drums and dancers, vendors selling artwork, jewelry, tee shirts, buffalo burgers, other foods and more.

There will also be a visitation to the Nursing Home Care Units, 10 a.m., June 6.

Guests include Host Drum, Little Horse Singers; Guest Drum, Bum Kneezee; Head Man Dancer, Terry Strong Heart; Head Lady Dancer, Hanna Jacobs; Emcee, Scott Tiny Bear; flute performances; native and contemporary foods and more.

For more information, or to make a reservation, call Linda Silver Otter, 410-885-2800, Al Milliner, 443-350-3230, or Debbie Rosenkrans, 410-642-1005.

Law Day

From front page

high school days in Arkansas, when his father was stationed at Fort Chaffee.

Doesburg recalled that his high school was still segregated 11 years after the Board of Education case, as he thought about an instance that occurred while he was on the swim team.

"I was a diver on the swim team, and we had just transferred in from the junior high team. After our coach called role he noticed that three people weren't present. He asked us if they had been black and we said 'yes.' He said 'well they won't be on our team.' Our best diver was black," Doesburg said.

Doesburg did not return to his high school until 34 years later, when they invited him back as a brigadier general.

Doesburg commented about the diversity of people that sat before him in his old high school auditorium three decades later.

"It was a real surprise to be in that auditorium," he said.

In the proclamation, Doesburg cited that the Brown v. Board of Education decision "not only ended legally imposed segregation in public schools but was instrumental in ending it in parks, libraries, and all other public institutions."

Law Day display

Lund put together a Law Day display in building 310, wing 1, honoring this year's theme. Pictures and textual quotes frame the walls of the exhibit offering a portal back in time.

Pictures of school students and a mother with her daughter holding up the newspaper headline, which reads "High Court Bans Segregation in Public Schools," quotes from

the Brown v. Board of Education, as well as Abraham Lincoln from June 26, 1857, are displayed below an antiquated reproduction of the Declaration of Independence, speak out against the injustice of segregation.

On the left hand side of the case, school materials, such as pencils, a brown paper lunch bag, book bag and a children's book that show a white boy and black girl playing together on the cover, add a human touch to the display.

Symbolically placed on the right hand side of the case, a statue of Lady Justice stands tall on top of two Supreme Court law books.

On the Law Day poster in the center of the case, a quote from Thurgood Marshall puts the importance of this year's theme into perspective.

"What is striking is the role legal principles have played throughout America's history in determining the condition of Negroes," Marshall said. "They were enslaved by law, emancipated by law, disenfranchised and segregated by law; and, finally, they have begun to win equality by law."

Law Day luncheon

The Law Day Luncheon, sponsored by the office of the Garrison Staff Judge Advocate and the Harford County Bar Association in conjunction with the Maryland Humanities Council, will be held 11:30 a.m., April 29, at Top of the Bay.

Dr. Walter J. Leonard, distinguished scholar, professor, author and attorney, who has worked for and on issues regarding the quality of education for all children, will be the guest speaker.

A sign language interpreter will be available upon request. To request an interpreter, call 410-278-1583 as soon as possible.

For more information, call Nora Farel at 410-278-1107.

Fire

From front page

The cause of the fire is still under investigation.

"It may remain undetermined," Budnick said. "We don't feel there's any incendiary or arson ramifications, and no indicators that there was malicious intent, so those are things we have looked at and ruled out."

The fire originated in the second floor master bedroom. The first call came in at 7:47 p.m. Budnick said he requested a "second alarm" before reporting to the scene because he could see the smoke as he exited the firehouse. By the time the firefighters responded at 7:49, flames were coming out of two upstairs windows.

The Susquehanna Hose Company from Havre de Grace and the Aberdeen Volunteer Fire Department also responded.

Budnick said this is a good time to remind the community to test their smoke detectors and conduct exit drills.

"People think 'there's a fire in my bedroom, I've got 20 minutes to get a pan of water or get the dogs and cats out.' That is so far from the truth," he said. "This fire produced super heated air and extremely toxic fumes. The build-up is so fast that you have to act quickly. You can't get the dog, or your personal possessions, you need to exit the area immediately."

While the quarters where the fire originated sustained substantial damage, the adjoining unit received only minimal damage. The family of Marine Master Sgt. Roy Wynn was placed in Swann Creek Inn. Wynn is pending a Permanent Change of Station move and will remain in the hotel until April 30.

Wynn said he was relaxing at home with his family when a neighbor knocked

APG invites public comment on proposed plan for Graces Quarters

The U.S. Army at Aberdeen Proving Ground is seeking public comment on a proposed environmental action at APG's Graces Quarters area. APG is proposing to clean up an area of groundwater at Graces Quarters where sampling has detected elevated levels of volatile organic compounds.

Citizens can request a fact sheet on the proposed action by calling APG's Environmental Information Line at 410-272-8842 or 800-APG-9998.

APG is holding a public meeting for interested citizens to ask questions or make comments. The meeting will be Tuesday, April 27, at the Marshy Point Nature Center, 7130 Marshy Point Road, Baltimore. An informal poster/information session will start at 6:30 p.m. followed by a formal presentation at 7:15 p.m.

Written comments must be postmarked by May 28 and should be sent to Ken Stachiw, Directorate of Safety, Health, and Environment, ATTN: AMSSB-GSH-ER, 5179 Hoadley Road, Aberdeen Proving Ground, MD 21010; Frank Vavra, U.S. Army Environmental Protection Agency, 1650 Arch Street (3HS13), Philadelphia, PA 19103; or Butch Dye, Maryland Department of

the Environment, 1800 Washington Blvd., Suite 625, Baltimore, MD 21230.

Graces Quarters is located in Baltimore County and covers 414 acres; about a third of the property is wetlands.

In 1918, the U.S. Army acquired the property, but records indicate it was not used until the 1940s.

The Army conducted a variety of testing activities, with some involving the use of chemical warfare materiel. The bulk of the chemical warfare materiel took place at the Primary Test Area.

The Primary Test Area is approximately 22 acres and is located near the middle of the Graces Quarters peninsula.

APG's sampling of the groundwater beneath the Primary Test Area detected high levels of volatile organic compounds. This groundwater is not currently used; however, a potential risk exists if the groundwater were to be used in the future.

"We have evaluated a number of possible technologies and strategies," said Don Green, APG's project manager. "As part of our evaluation, we conducted a pilot study using the Vitamin B12 treatment technology that showed the technology is effective in reducing the levels of the volatile organic compounds.

Therefore, we are recommending the Vitamin B12-catalyzed reduction technology, along with monitored natural attenuation to address areas where the levels of volatile organic compounds are lower."

According to Green, the cost of the proposed alternative is \$5.7 million.

The Army may modify its preferred alternative, or select a new alternative, based on public comments.

Community members can review copies of the proposed plan and the Feasibility Study for the Graces Quarters Study Area at the Edgewood and Aberdeen branches of the Harford County Public Library and Miller Library at Washington College in Kent County. A copy of the proposed plan is also available at the Essex branch of the Baltimore County Public Library. Community members can also review the proposed plan and submit comments through APG's Web Site at www.apg.army.mil.

Lodging goes green—Planning an environmentally friendly vacation

Maia Kaiser
DSHE

With more than 500 million people traveling every year worldwide, tourism has a huge impact on the environment.

The average hotel purchases more products in one week than 100 American families typically purchase in one year, and the lodging sector is the fourth most intensive commercial user of energy in the United States.

"Green hotels," which are rapidly growing in numbers all over the world, seek to reduce the environmental impact of travelers through a variety of methods, including water and energy efficiency, solid waste reduction, and pollution prevention.

During the last several years, there have been subtle environmentally friendly shifts in the hospitality industry. Easily overlooked signs include more conveniently placed recycling containers, reusable mugs instead of plastic

cups, and carpets made with recycled content. More obvious changes include in-room electronic checkout and the opportunity to opt out of having the sheets and towels laundered on a daily basis.

In addition to choosing a low-impact lodging facility, there are many things people can do to make their vacation environmentally friendly. The Green Hotels Association offers the following tips.

Before leaving home

Purchase electronic airline tickets. It cuts down on paper traffic and eliminates the risk of lost tickets.

Turn the air conditioner or heater off and the water heater to the lowest setting. This reduces the amount of energy consumed as well as the electric bill.

If you have a waterbed, lower its temperature setting by at least 10 degrees.

At the hotel

Participate in the hotel's linen program. If the hotel does not have one, let the management know that it is not necessary for them to change the sheets and towels every day.

Turn off the air conditioner/heat, lights, television, and radio and close the drapes when leaving the room.

Deposit recyclables in the appropriate bins.

Instead of leaving the bathroom light and/or fan on all night, pack a nightlight.

Turn off exercise equipment, sauna, and/or whirlpool before leaving the gym facility.

Check out via the electronic program, if available, on the television. This allows traveler to view their bill, approve it, and helps reduce paperwork and time.

Out on the town

Consider taking walking tours.

Use public transportation.

If driving, carpool.

Do not use disposable cameras. They are wasteful and expensive; consider buying a regular or digital camera.

Reduce film packaging waste by purchasing rolls with 36 shots as opposed to 24, or buy in bulk.

For the next vacation, take advantage of the many easy opportunities available to protect the environment. Remember that every little bit helps. For example, recycling just one aluminum can saves enough energy to run a television set for three hours. Participating in a hotel's linen program can save 13.5 gallons of freshwater daily.

With only a little bit of planning, everyone can make their vacation a low-impact one.

To learn more about Green Lodging, contact Maia Kaiser at 410-306-2274.

Bayscaping: an environmental approach to landscaping

Susannah S. Dowell
DSHE

Now that spring is here, people throughout the country are trading their snow shovels and salt for lawn mowers and fertilizer, gearing up for another busy landscaping/lawn care season.

According to the U.S. Environmental Protection Agency, Americans use 100 million tons of fertilizer and over 80 million pounds of pesticides each year on only 30 million acres of lawn. Therefore, it is important to remember that the day-to-day decisions made about maintaining the landscape impact more than just the home's property.

In the Chesapeake Bay watershed, it is especially important to consider the effects of landscaping activities because any chemical applied to the lawn will eventually end up in the bay.

The Chesapeake Bay is the largest estuary in the United States, second largest in the entire world. Estuaries are the oceans' nurseries, providing safe and fertile areas for thousands of species of aquatic life to breed, grow and thrive.

Bayscaping is a trend in landscape design that incorporates native plants in the yard wherever possible, minimizing the need for additional water and fertilizers that can pollute surface and ground water.

Since bayscapes are designed with plants native to the Chesapeake Bay, they have developed natural defenses to the diseases and insects in the area. They have also evolved to adapt to local soil, rainfall, and temperature conditions. As a result, there is little need for excess water, fertilizers, and pesticides to maintain them.

Additionally, bayscapes eliminate pesticide use by returning natural insect control techniques to the landscape, reinforcing the basic concept that "good bugs eat bad bugs." Using native plants in the landscape will also attract native birds that feed on insects, organically managing the local pest population. In this manner, bayscaping promotes a return to the natural environment, which manages itself if left alone. This is not only healthier for the Chesapeake Bay watershed, it is also less expensive than using fertilizers, pesticides, bag-a-bugs, and other artificial

products to control the landscape.

One of the biggest problems facing the bay is the mismanagement of residential land, or more specifically, the irresponsible overuse of fertilizers and pesticides. The rate of fertilizer used by residential homeowners is astronomical. And what is not absorbed by the lawn ends up in the Chesapeake Bay, creating unnaturally high and unhealthy algae growth. Since nitrogen and phosphorus are the leading components in fertilizers that promote vigorous growth of your lawn, it makes sense that they would have the same affect on the plants and algae in the bay. Consequently, the algae becomes so thick from the abundance of nutrients that sunlight is actually blocked from reaching the lower depths, preventing submerged aquatic vegetation from growing, ultimately depriving the fish of their food source, natural hiding places and vital oxygen. This in turn affects the entire food chain, as the local birds feed on the fish, and so on.

Still not convinced? Here are several facts to consider about the rate of population growth around the Chesapeake Bay before embarking on a future landscaping project.

- In the Chesapeake Bay region alone, anticipated population growth of the watershed in the next 25 years will mean 3 million new residents.
- An additional 750,000 acres of farm and forestland will be converted to residential housing to accommodate more people.
- Residential housing uses 10 times the rate-per-acre of pesticides used by farmers.

With these facts in mind, it is important to consider the affects of any actions taken because the Chesapeake Bay is under a fair amount of stress. It is obvious why bayscaping has become a growing trend for environmentally-conscious families and businesses.

Long-term planning and using plants that are native to the area reduces the need for unnecessary chemicals, saving money and maintenance time because there will be less replanting and up-keep with watering and fertilizing. Planting native woodland wildflowers is one method to attract native butterflies and songbirds to the yard; not only do they provide great beauty with their

patches of color but they also control unwanted insects.

To get started, try planting Butterfly Milkweed, Smooth Aster, New England Aster, Marsh Marigold, White Turtlehead, Tickseed Sunflower, Moonbeam Coreopsis, Boneset, Wild Geranium, Blue Flag Iris, Blazingstar, Cardinal Flower, Lupine, Bee Balm, Wild Bergamot, Sundrops and Black-Eyed Susan.

And for more sights and sounds uncommon to typical residential property, ponds are a great idea. A wide range of wildlife species will be attracted to these areas including amphibians and fish, which will, in turn, attract small mammals and waterfowl. There is low maintenance for these areas, besides the periodic replanting of native species, as marsh and wetland areas only require restricted foot traffic to prevent compaction and erosion.

It is no wonder bayscaping has become a popular environmental alternative in landscaping. Using the bayscaping method is a valuable means of contributing to the health of the Chesapeake Bay watershed, saving time and money in investments of fertilizer and replanting materials.

For more information on bayscaping, visit <http://216.122.176.138/garden/bayscapes/01feb1.htm> or <http://www.nps.gov/plants/pubs/nativesMD/info.htm>.



Courtesy of AEC
Staff and family members from the U.S. Army Environmental Center planted a BayScape garden in September 2000 in honor of National Public Lands Day.

Managing stress the EAP way

Bill Sanchious
ASAP

- Part 3
- 10 proven stress busters
 1. Breathe deeply. Close your eyes and breath in slowly. Let the breath out for a count of five. Feel your body expand and contract with each breath. Do this 10 times.
 2. Stretch. Raise your arms above your head. Stretch left and hold for four counts. Stretch right and hold. Reach straight up and stretch your back and shoulder muscles. Gently stretch your right ear toward your right shoulder. Repeat on the other side. Open your mouth as wide as you can and yawn.
 3. Exercise. Take a brisk walk at lunch or during a break. Climb the stairs.
 4. Eat well. Snack on fresh fruits, vegetables, and whole grain foods. They contain lots of stress-busting B and C vitamins.
 5. Put a flower on your desk and spend a moment every day contemplating it. Imagine you are an ant walking among the

- petals and taking in the colors and fragrance of the flower close up.
 6. Skip your next cup of coffee. Try a fruit juice instead.
 7. Eat a tangerine. Peel it slowly, noticing the mist and fragrance. Observe the structure of each section and eat it as slowly as you can, savoring each bite. As you eat, imagine the sunny grove where the tangerine grew.
 8. Laugh. Keep a good joke book handy, or take a few moments to jot down the funny aspects of your situation. Think of a favorite scene from a funny movie.
 9. Cry. Bring and emotionally charged epic to work to read during breaks.
 10. Close your eyes and picture a peaceful place: a meadow, an ocean scene or a favorite room in your home. Visualize the scene in detail with all the sights, sounds and smells.
- (Editor's note: See stress-busters 11 through 20 in next week's APG News.)

TRICARE Uniform Formulary Final Rule published

<http://www.tricare.osd.mil/news/2004/news0411.cfm>

TRICARE Management Activity announces the publication of the Uniform Formulary's final rule on April 1, 2004, in accordance with the requirement established in the fiscal year 2000 National Defense Authorization Act, Section 701, "Pharmacy Benefits Program." The final rule, effective May 3, 2004, establishes the process for determining the formulary status for prescription drugs into one of three cost-share tiers, based upon their relative clinical and cost effectiveness.

"The Uniform Formulary will bring consistency and standardized formulary management to our \$4 billion pharmacy benefit," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "The new tiered cost-share structure encourages a more cost-effective use of the benefit while also providing beneficiaries with continued access to the medications they need."

Once fully implemented, prescription drugs on the current Military Health System formulary will be categorized as generic, formulary (brand-name), or non-

formulary. Prescription drugs will be evaluated based on their relative clinical and cost effectiveness when compared with other drugs in the same therapeutic class.

The process will be guided by the Department of Defense Pharmacy and Therapeutics Committee. This committee will receive input from a Beneficiary Advisory Panel representing the general interests of all DoD beneficiaries.

The Uniform Formulary final rule does not change the TRICARE prescription drug benefit. The benefit includes the U.S. Food and Drug Administration approved drugs and medicines that by U.S. law require a physician's or other authorized provider's prescription.

It does not include prescription drugs which are used in medical treatments or procedures which are expressly excluded from the TRICARE benefit by statute or regulation. The list of prescription drugs which are categorized as non-formulary will be published when the final determinations are made.

"The military treatment facility remains the best value for all users of the TRICARE pharmacy program," said Col.

William Davies, director, DoD Pharmacy Programs. "By having prescriptions filled at the MTF, TRICARE beneficiaries eliminate their out-of-pocket costs."

In the future, prescriptions filled by the TRICARE Mail Order Pharmacy will cost \$3 for up to a 90-day supply of a generic medication, \$9 for up to a 90-day supply of a brand-name formulary medication, and \$22 for up to a 90-day supply of a non-formulary medication.

Prescriptions filled using a retail network pharmacy will cost \$3 for up to a 30-day supply of a generic medication, \$9 for a 30-day supply of a brand-name formulary medication, and \$22 for up to a 30-day supply of a non-formulary medication.

Beneficiaries choosing to fill prescriptions using a non-network pharmacy will pay either \$9 or 20 percent of the total cost of the prescription, whichever amount is greater, for both generic and brand-name formulary medications; and \$22 or 20 percent, whichever amount is greater, for up to a 30-day supply of non-formulary medications. Applicable deductibles for non-network pharmacy use must first be met.

Family Corner—Enriching the military life

Stopping child abuse...now

ACS

Child abuse comes in many forms, physical, sexual, emotional and neglect. These can include slapping, pushing, hitting; inappropriate touching, sexual activity, involving children in pornography; excessive or frequent put-downs, invalidating a child's emotions, inappropriate threats; and irresponsible neglect of a child's basic needs, respectively.

"Protecting children from any type of abuse should be everyone's concern," said Laura Reich, Army Community Service family advocacy program prevention specialist.

"Not leaving young children alone or unattended, and firmly communicating expectations of physical and emotional boundaries to all adults caring for children, including family members, step-parents and babysitters is a start."

Teaching children self-protection skills helps them learn the difference between right and wrong touches, even from people they know.

Teaching children assertiveness skills, how

to stand up for themselves, how to physically and verbally defend themselves, how to say "no," and when to flee and whom they can turn to in times of danger are also important.

Anyone can be watchful for the warning signs of possible abuse which include: physical—unexpected bruises, burns, or fractures; messy appearance; loss of appetite; disturbed sleep; sexually transmitted diseases or urinary tract infections.

Behavioral signs could include aggressiveness, withdrawal or clinging; fear of a person or place; discomfort with physical contact; molesting other children; suicidal tendencies.

Anyone suspecting abuse should report the suspected abuse immediately to Aberdeen Proving Ground's Department of Law Enforcement at 410-306-2222 or 410-436-2222.

For answers to questions or concerns about child development or parenting, contact Reich at 410-278-7478.

(Editor's note: For more information, visit <http://www.preventchildabuse.org>.)



Booth in commissary raises awareness for Child Abuse

Photo by MEGHAN BOWEN

Laura Reich, Family Advocacy Program prevention specialist, arranges the Army Community Service's information booth literature for Child Abuse Awareness Month in the Aberdeen Area Commissary April 6. Reich handed out literature and blue ribbon pins for people to wear to raise abuse awareness.

ACS events for Month of the Child at APG

THURSDAY APRIL 22 SAFE-GUARDING OUR COMMUNITIES WORKSHOP

Workshop will be held 6 to 8 p.m. at AA ACS building 2754. For more information, call Laura Reich, Family Advocacy Program prevention specialist, 410-278-7478.

SATURDAY APRIL 24 CYS SPRING FAMILY FUN FEST

Child and Youth Services is sponsoring a Spring Family Fun Fest 10 a.m. to 1 p.m. at the Edgewood Area Youth Services building E-1902. Parents and children of all ages are invited. All activities are free.

The focus this year is good health and safety. A local D.J. will provide music and entertainment. Activities

include arts and crafts, chess and sports tournaments, 'Nothin Up My Sleeve' clowns, balloon sculptures and face painting, a book fair, bounce house and more. Enjoy free hot dogs and lemonade. Door prizes will be given away every half hour.

Grand prizes include a 20" bicycle and a child's rocking horse and winners must be present to collect prize. Program displays and registration information will be available.

For more information, call CYS Outreach Services at 410-278-7571, or Diana Hayes, ACS PACT coordinator, 410-278-4372.

CHILD AND YOUTH SERVICE SPRING FLING

Event will be held 10 a.m. to 1 p.m. at Edgewood Youth Services building E-1902. ACS will host an information booth with

activities for children at the Spring Fling.

For more information, call Diana Hayes, PACT coordinator, 410-278-4372.

MONDAY APRIL 26 PEACEFUL STEPS TO CONFLICT RESOLUTION FORTEENS

Class will be held 6 to 7 p.m. at AA ACS building 2754. For more information, call Laura Reich, Family Advocacy Program prevention specialist, 410-278-7478.

THURSDAY APRIL 29 DEALING WITH FAMILY STRESS

Class will be held 6 to 7 p.m. at AA ACS building 2754. For more information, call Laura Reich, Family Advocacy Program prevention specialist, 410-278-7478.

Alcohol

From page 2

and on those who drink while driving, working or are on medication.

The video also included abuse facts and statistics that continually scrolled across the bottom of the screen.

One fact cited, "14 million Americans, 7.4 percent of the population, meet the diagnos-

tic criteria for alcohol abuse or alcohol dependence."

One expert, Faye Calhoun, MD, associate director of the National Institute on Alcohol Abuse and Alcoholism, talked about the serious risks for women who drink.

"The differences in the sex hormones and genetics may cause women to become more vulnerable to get liver disease, heart disease and an increased risk for breast cancer," Calhoun said.

Another scrolled fact cited that women who have as little as two drinks a day increase their risk for breast cancer.

One booth volunteer commented on the overall purpose of the NASD event.

"It encourages people to evaluate how much they drink and become more aware," said Capt. Kylee V. Plummer, KUSAHC and ASAP volunteer.

For more information call 410-278-DRUG (3784).

R Nissan. G Opening Celebration.

NISSAN is proud to Announce the Grand Opening of its newest* dealership in Edgewood, Maryland.



'04 Nissan Sentra



Your price is R price!



'04 Nissan Armada



'04 Nissan Titan



'04 Nissan Quest



'04 Nissan Altima

Because we bought our inventory from the previous dealer, we can offer once in a lifetime specials. Rt. 24 and Pulaski Hwy. (Rt. 40 E) Edgewood MD. 1/4 mile past the new Home Depot.



R Stempler

*Source: 2004 Nissan North America. Sale prices and/or payments exclude taxes, tags, \$99 processing fee (not required by law). Special finance options are for qualified buyers. Offers on in stock vehicles only and are subject to prior sale. Dealer not responsible for typographical errors.

(Used Car Specials)

'03 Mitsubishi Eclipse GT \$14,995
'00 Honda Prelude 4 cyl S Roof \$13,995
'99 Toyota Camry LE \$8,995
'99 Ford Escort 5 Speed \$4,550
'99 Pontiac Sunfire GT Conv \$7,995

'98 Toyota Camry LE \$7,995
'99 Nissan Altima 5 Speed \$7,995
'01 VW Jetta GLS Wolfsburg \$12,995
'03 Toyota 4 Runner SR5 Loaded \$27,495
'03 Chevy Tahoe 4x4 \$27,995

'99 Olds Silhouette \$8,995
'01 Nissan Pathfinder 4wd \$19,575
'99 Ford F150 XLT V-8 \$14,350
'00 Nissan Pathfinder V-6 \$15,575

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