

## POST SHORTS

### Recycling schedule



The recycling pickup for Wednesday, July 14, is plastic, glass and metal. Put items in blue bags and place them on the curb.

### Garrison Change of Command Today

The Aberdeen Proving Ground Garrison change of command is scheduled for 9 a.m., today on Fanshaw Field.

Col. Mardi U. Mark will relinquish command to Col. John T. Wright.

In case of inclement weather, the ceremony will take place in the APG Recreation Center, building 3326.

For more information, call 410-278-1147.

### Road closure announced

Lanyard Road on the Main Front between buildings 377 and 388 will experience lane closures Friday, July 9, to complete paving repairs. Repair work will not start until after 8 a.m. and will be completed before 3 p.m.

Everyone is asked to observe all traffic controls and flagging operations and reduce speed.

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

### MWR needs volunteers for concert

Morale, Welfare and Recreation needs volunteers for the Montgomery Gentry and Shirley Caesar concerts July 17 and 18.

Jobs include gate workers, ticket sellers, concession workers, sponsorship assistants, warehouse workers, and photographers. Licensed bus drivers and parking attendants also are needed.

Volunteers must be 18 or older and available to work from 4 p.m. to midnight, July 17 and 2 to 9 p.m., July 18. Staff T-shirts and training will be provided.

For more information, or to volunteer for the Montgomery Gentry concert, call Ruth Overbay at 410-278-9536 or e-mail ruth.overbay@usag.apg.army.mil.

For the Shirley Caesar concert, contact Donna Coyne at 410-278-3929 or e-mail donna.coyne@usag.apg.army.mil.

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# APG tours local drug testing labs

## Numbers to be tested at APG due to increase

Story and photos by  
**Meghan Bowen**  
APG News

Supervisors and security officials from Aberdeen Proving Ground toured the Forensic Toxicology Drug Testing Laboratory facilities at Fort Meade July 1 to learn about the chain of custody of civilian donor samples.

"Currently 50 percent of those employees in testing designated positions at Aberdeen Proving Ground are tested randomly per year," said Jareta Coyle, the Alcohol and Drug Control Officer for both the Aberdeen and Edgewood areas of APG, who organized the facility tour. "However, we anticipate this will go up to 75 percent next year, topping off at 100 percent the following year. Individuals in Personnel Reliability Program positions are already being tested at 100 percent per year."

The purpose of the FTDTL tour was to address concerns among APG supervisors and labor union officials regarding the protocol and drug testing procedures being used for civilians, according to Coyle.

"I came to verify the authenticity and quality control procedures of the drug testing," said William Bolt, chief, Emissions Studies Unit for the U.S. Army Aberdeen Test Center, who formerly worked in a lab that studied false-positive results.

One ATC Weapons Assembly Unit supervisor, Joe McDeshen, went on the tour to become more informed about the drug testing process.

"I was concerned about

how the procedures would be done and what my role as supervisor would be if any of my employees were to be drug tested," McDeshen said.

The mission of FTDTL is to identify drugs of abuse in Department of Defense personnel and provide litigation and expert witness support for all adverse actions, according to Donald Jehn, chief of Certification and Responsible Person for the Civilian Drug Testing Program.

In 2003, the FTDTL facilities tested 66 tons of urine. They are currently running 55,000 specimens a month and are one of six military drug-testing laboratories in the country.

Amphetamines, cocaine, cannabinoids (marijuana), opiates (codeine, morphine), and phencyclidine are the drugs FTDTL currently tests for in civilian donor samples.

The tour group was able to follow the chain of custody of a civilian donor sample through the FTDTL facilities.

First, civilian samples are received in the Processing Section, where the medical technicians annotate the chain of custody of the sample for the receipt of mail.

"The specimens are assigned a unique Laboratory Accession Number that is used to identify the specimen throughout the testing procedure," Jehn said. "This is to ensure the donor's anonymity. The donor information, which includes the LAN and SSN, is entered into the Laboratory Information Management

See DRUG TEST, page 11



Jasmin Homfeld, medical technologist, checks urine samples for drugs in the confirmation labs at the Forensic Toxicology Drug Testing Laboratories at Fort Meade during the first civilian tour of the facilities July 1.

# Force protection remains a priority

**Yvonne Johnson**  
APG News

Employees and residents of Aberdeen Proving Ground are reminded that force protection remains a top priority during this time of uncertainty.

Joe Kaffl, APG chief of Security and Intelligence, said

that people should not become complacent in the absence of discernable threats.

"In light of the unsettled world situation, the war on terrorism and constant troop movements, people should stay conscious of their surroundings and take the neces-

sary precautions to ensure the safety of themselves and others," Kaffl said. "This includes noting unusual activities or individuals in and around the work place such as unclaimed packages or unescorted visitors. Also, people should never discuss sensitive information

about their jobs or the installation with those not having a need to know.

"We can't overemphasize the importance of staying informed, being observant and taking precautions," Kaffl said. "Everyone plays an important role in force protection."

To report suspicious activities or persons, contact the APG Police Department, Aberdeen Area, 410-306-2222, (4-2222); Edgewood Area, 410-436-2222, (5-2222); off post in Maryland call 1-800-492-TIPS, or dial 911.

# U.S. Army Chemical Materials Agency wins six Best in Maryland Awards

## CMA gains two first place awards in Public Relations Society of America competition



The U.S. Army Chemical Materials Agency recently unveiled its new logo, designed to complement the agency's new tagline, "Creating a Safer Tomorrow."

**Sandy Clawson-Freese**  
CMA

The U.S. Army Chemical Materials Agency Public

Affairs has been recognized six times - that's the third most awards won by any entrant and the top among government entrants - by the Public Relations Society of America Maryland Chapter's Best in Maryland Awards, for its public affairs work in support of efforts to safely store and eliminate the nation's aging chemical weapons.

The Best in Maryland Awards are presented annually to public relations practitioners who, in the judgment of their peers, have successfully addressed a communications challenge with exemplary pro-

fessional skill, creativity and resourcefulness, according to the Maryland Chapter's Web site, [www.prsamd.org](http://www.prsamd.org).

In the community relations category, the CMA won first place for its entry, "Leading the Way to a Safer Future: Anniston Chemical Agent Disposal Facility (ANCDF) Start of Operations."

The ANCDF start-up outreach campaign was created to provide stakeholders with timely, accurate and useful information leading to community support of agent operations at the ANCDF.

See CMA, page 9

# Motorcycle training required to ride on installation

DSHE

"The Department of Defense has taken notice of the number of accidents and deaths related to motorcycles, which have been occurring on and off DoD installations," said Randy Rexrode, Safety and Occupational Health Specialist, Directorate of Safety, Health and Environment. "They have sent out instructions in the DoDI 6055.4, DoD Traffic Safety Program, and the Army has established procedures in AR 385-55, Prevention of Motor Vehicle Accidents, that all per-

sonnel who ride a motorcycle on DoD installations will complete a mandatory motorcycle safety course and wear the proper personnel protection equipment."

Starting Aug. 1, Aberdeen Proving Ground police at the APG gates will be checking motorcycle riders for proof that they have taken an Army approved Motorcycle Safety Foundation motorcycle safety course.

When entering the installation, the police will require proof that a rider has taken the MSF motorcycle safety course, be it the Basic Riders

Course, the Experienced Riders Course or the course given at APG.

Riders will need either the wallet card or the certificate for proof of taking any of these safety courses.

A card or certificate for a course which is not recognized as an MSF motorcycle safety course will not be proof to enter the installation and riders will have to take one of the above mentioned courses prior to entering and riding on APG.

All riders must comply with the DoDI 6055.4 and AR 385-55 by wearing an

See MOTORCYCLE, page 9

## FCC colors their world



Photo by MEGHAN BOWEN  
Arijah Young, 5, makes bubbles during the Family Child Care 'Stand for a Child Day' at the Maryland Boulevard Picnic Area June 30. See story and more photos on page 2.

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ACS Family Corner: Training babysitters

# APG children, providers play at FCC Stand for a Child Day

Story and photos by  
**Meghan Bowen**  
APG News

Children, parents and providers participated in Family Child Care's 'Stand for a Child Day' at the Maryland Boulevard picnic area June 30.

Children began the day by decorating colorful visors and tie-dying shirts.

Participants also saw a snake demonstration by Ron Kravitz, safety and occupational health specialist.

The Kinderman warmed up the children with educational

dance and song exercises before holding a race around the pavilions for fake prize money. He placed a variety of animal hats on the children's heads, including a tiger, a rhinoceros and giraffe, so that people could cheer their favorite in the race.

After a hot dog and chips lunch, children played with hula-hoops, big bubble wands, and 'clompers,' yellow child stilts made out of buckets and cord.

Some children participated in a potato sack race across a grassy area.

"No cheating! Keep both legs in the bag," called Thelma Mobley, parent, to participants of the potato sack race.

About 100 children and providers were expected to attend according to Beverly Hartgrove, FCC training and curriculum specialist, who organized the event.

As the games were packed up at the end of the event, some children from childcare provider, Nora Gutierrez's group showed their appreciation for all the fun.

"Thank you Ms. Beverly," said the children.



B.J. Wade, 2, has fun while taking a slide.



Photo by BEVERLY HARTGROVE

Ron Kravitz, left, safety and occupational health specialist, shows a snake to Hailey Greulich, 3, and Meakah Modeste, 8, while talking to the children about handling snakes safely.



'Supergirl' Summer Kelly, 5, occupies her time by playing on the swings.



Shavanna Williams, 13, explores nature at the Family Child Care 'Stand for a Child Day' at the Maryland Boulevard Picnic area June 30 where she found a caterpillar.



Alexis Robinson, 22 months, enjoys her time at the FCC Stand for a Child Day picnic munching on a bag of Fritos corn chips.

# Seven retire during June ceremony

**Yvonne Johnson**  
APG News

Aberdeen Proving Ground honored three military and four civilian retirees with a combined service of 211 years during the post Retirement Ceremony at the Aberdeen Area Recreation Center June 30.

Brig. Gen. Keith McNamara, U.S. Army Developmental Test Command, led the ceremony, offered remarks, and presented award and decorations assisted by DTC Command Sgt. Maj. Larry D. Robinson.

The retirees included Sgt. Maj. Angela L. Huth and Master Sgt. Jeffrey I. Averett, U.S. Army Ordnance Mechanical Maintenance

School; 1st Sgt. Mark D. Luke, 203rd Military Intelligence Battalion; Marjorie Warfield and Herbert L. Cheever of the U.S. Army Evaluation Center; Robert W. Pontown, U.S. Army Research, Development and Engineering Command; and Christian G. Serra, APG Garrison Directorate of Installation Operations.

Janet Dettwiler, assistant adjutant, opened the program and APG Garrison Command Sgt. Maj. Elvis Irby gave the invocation.

The 389th Army Band (AMC's Own) Woodwind Quintet, led by Sgt. Heather Secora, provided musical selections.

McNamara said he was

"honored to have the opportunity to recognize seven great contributors to our nation."

He praised each retiree for taking care of Soldiers as a squad leader, platoon sergeant and first sergeant and noted that she plans to spend her summer volunteering with Habitat for Humanity.

"This tells us her spirit of service will continue to greatly benefit others," McNamara said.

"Averett, during his 27 years, served overseas where American Soldiers have long stood on point for freedom," McNamara said.

"Thank you for nearly three decades of outstanding service to our country," he told Averett.

Remarking on Luke's more than 25 years of service, McNamara said that his successful mission while serving in Operation Iraqi Freedom from January to June 2003, included collecting enemy materials and serving as intelligence liaison to the 5th Corps.

"He has served his country well and I expect he will continue to do great things," McNamara said.

During Warfield's 37 years of service that began at the Naval Training Center at Fort Deposit, she provided the Army with her accounting expertise, McNamara said, adding that, "she also serves as a tutor and mentor with her church's inner city outreach program."

"I hope you find life as rewarding and enriching as your time here on APG," he said.

With more than 34 years of service that included "a two-year hitch in the Army," Cheever spent his years "developing systems that save Soldier's lives," McNamara

said. "He was an employee who contributed to the ground-work of Army Transformation. Best of luck to you and God speed!"

With 40 years of service, Pontown closed out his career as an engineering technician under the Joint Program Office, Joint Program Manager for Nuclear, Biological, Chemical and Contamination Avoidance.

"His expertise led to the readiness of our Soldiers and Homeland Defense," McNamara said. "Thank you for your dedication to our troops."

Born in Paris and raised in Morocco, Serra served as a crewman on the USS Nimitz, the Navy's largest warship, before he received his American citizenship in 1978.

Starting out as a guard in 1979, he worked his way to the position of electrician, which he held with DIO before retiring after 25 years.

McNamara noted that shortly after he arrived at APG, Serra responded to his call for assistance at his quar-

ters after a fuse was blown. "I can attest to his skills," McNamara said. "Thank you for all the years of exemplary service you have provided."

He made one final request to the honorees, asking them to always remember the family members who supported them. "Take time to say thanks daily," he said.

The three military retirees agreed that although they felt good about achieving retirement, they would miss "serving the Soldiers."

"It's what I've done for three-fourths of my life," Luke said. "I hate to see it go, but we have to move on."

"Retirement feels wonderful but I still want to be around Soldiers," Huth said, adding that she likely will pursue a civil service career on an Army installation.

Averett said he would remain in the area and continue to work for OMMS.

"I'll still be taking care of Soldiers," Averett said. "There's nothing like watching them come in, grow and excel."

## APG News

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Photo by RALPH BROTH

From left, Command Sgt. Maj. Larry D. Robinson and Brig. Gen. Keith McNamara, U.S. Army Developmental Test Command, congratulate Aberdeen Proving Ground's May retirees after a ceremony at the Aberdeen Area Recreation Center June 30. From left, Sgt. Maj. Angela L. Huth, U.S. Army Ordnance Mechanical Maintenance School; 1st Sgt. Mark D. Luke, 203rd Military Intelligence Battalion, Master Sgt. Jeffrey I. Averett, OMMS and his wife Chantay.

# USO doing good things for military families

## Hoping to do more for APG troops

Story and photo by  
**Yvonne Johnson**  
APG News

Whether passing through or staying a while, military travelers in the Baltimore-Washington International Airport can count on the United Service Organization to help them on their way.

The organization, which serves the military installations that make up the Military District of Washington, as well as Aberdeen Proving Ground, is currently looking for ways to better serve the area's troops.

"We are very interested in partnering with Morale, Recreation and Welfare and Army Community Service to meet the needs of all our service members and their families, not just the ones traveling," said Adrienne Trout, USO director of airport services.

Trout said she hopes to increase awareness among military members of the USO's other services that can include free or discount tickets to sporting events, concerts and other recreational activities.

The organization is the

staging area for U.S. Army Ordnance Center and Schools, which moves more than 1,000 troops through the airport during the annual Exodus holiday leave.

Located in the lower level of the airport, the USO's International Gateway Lounge serves BWI military passengers and surrounding military installations, Trout said.

"BWI is one of four Air Mobility Command gateway airports serving military passengers," Trout said. "The USO of Metropolitan Washington supports local commands including Aberdeen Proving Ground, Fort Meade and installations within the Military District of Washington."

Its services are open to active duty, retired, National Guard, reservists and their family members.

"Regretfully, we have to turn people away everyday because we can support only ID card-holding family members," Trout said. "Sometimes people don't understand that a brother or sister is not an official family member if they are not an ID card holder."

The lounge is equipped with a security entrance.

Patrons must stand in front of the glass double doors and wait for staff members to push a button to allow them entry. In addition, suitcases are allowed in the large luggage storage room only, not in the main lounge.

Other amenities in the lounge include a comfortable sitting area for meals or card games, complimentary sodas, coffee and snacks, a TV room, a library of books and magazines, a play room for toddlers and small children, large restrooms to accommodate those needing to change clothes, baby-changing tables in both the men's and women's restrooms, movies and children's games to sign out, a laundry room with washer and dryer, pay phones, a computer room with Internet access and a sleeping area which consists of a dimly lit room with comfortable leather recliners for those needing some shut eye before their flight.

"This place is a lifesaver," said Celeste Stirneman as she played with her son, Zarek, 3, in the children's playroom.

An Army spouse bound for Germany with her active duty husband and four of their six children, Stirneman said the

USO is the first thing they look for when they travel.

"It makes travel for us much easier as far as the kids are concerned," Stirneman said. "We got here at 6:30 this morning and won't leave until 1 [p.m.] this afternoon. Having a place like this to go to is priceless. It's way better than having them run around the terminal."

Trout said the USO's proximity to APG is another reason the office hopes to increase its service to the installation's service members.

"Hardly a day goes by without seeing someone headed to or leaving Aberdeen [Proving Ground]," Trout said. "We're interested in what those service members need and what we can do to help fulfill that need."

"We're not here to replace what ACS and MWR do, but to support those efforts," she added.

Donations are the foundation of the organization. Corporate sponsors, including Lockheed-Martin, AT&T, and Cendant, donate thousands of dollars a year to USO's around the country.

"Ninety-three cents of every dollar is spent on the



Celeste Stirneman, an Army spouse headed to Germany with her active duty husband, waits for her flight with her son Zarek, 3, in the children's playroom of the USO's International Gateway Lounge at the Baltimore-Washington International Airport June 25.

service member," Trout said. "The rest goes to administrative expenditures."

"Operation USO Care Package, which provides care packages to deploying troops is the organizations' biggest operation," Trout said.

"Although we can't accept donations from the public, people may send monetary donations that will be used to purchase items through our

Web site at [www.usocares.org](http://www.usocares.org).

Trout extended an invitation for installation commanders and troops to visit the activity to learn more about what it can do for the service members of APG.

"People think of us as being here just for the traveler, but the USO has always been here for all our service members," Trout said. "And it will continue to be."

## Asian Pacific heritage focus of OC&S competition

OC&S

The U.S. Army Ordnance Center and Schools completed its commemoration of Asian Pacific Heritage month with an award ceremony held in building 3071 May 20.

Col. Kevin M. Smith, OC&S chief of staff, led the ceremony presenting plaques, and certificates to the winners and runners up of the essay and display competition.

The competition is a means to promote cultural awareness

among all military and civilian members in the Aberdeen and Edgewood communities.

Since its inception, in conjunction with local programs, students in area schools have been encouraged to participate.

"It's a privilege to work with Aberdeen Middle School students during the various competitions and maybe one day some of these fine students may represent our armed forces," Smith said. "These

students will have an advantage over their peers because they know what right looks like.

"Everybody deserves to be treated with dignity and respect irregardless of their cultural background," Smith added.

"Time-Life magazine selected the American Soldier as their person of the year. Why? Because without the service men and women serving and protecting throughout the

world, this country would have no freedom," he said.

Smith announced that the next essay and display contest theme is "Celebrating Women's Right to Vote." The entry deadline is Aug. 18, and the award ceremony will be held 3 p.m., Aug. 26 in building 3071.

For more information, call EO advisors, Master Sgt. Arbel Connor at 410-278-2529 or Sgt. 1st Class Peggy McCormick, at 410-278-5598.

### Asian-Pacific Heritage Month awardees

**Essay winner**

Staff Sgt. Careen Brooks (Drill Sgt.), Company C, 143rd Ordnance Battalion

**Essay runner-up**

Sgt. Cathren Williams Basic Noncommissioned Officer Course

**Display winner**

Basic Noncommissioned Officer Course Class 19-04

**Display runner-up**

Advanced Noncommissioned Officer Course Class 17-04

Ruth Rivera, Aberdeen Middle School, accepted certificates for Anna McVey, 6th, and Tracy Scott, 7th grade students, respectively.

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# Marines in step on the Fourth



Photo by ROXANNE MORROW

The U.S. Army Ordnance Center and Schools' Marine Corps Detachment Color Guard marches down Union Avenue during the Fourth of July Parade in Havre de Grace, placing second to the Vietnam Veterans of America Color Guard. The Marines also participated in the Bel Air parade later in the day, tying third place with Intercoastal Trucking.



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## Post SHORTS

### Social Hour at Top of the Bay

Every Friday at Top of the Bay there will be a "social" hour, 4 to 8 p.m. featuring a cash bar and free munchies and wings available for purchase.

Sponsored by Bank One, [www.bankone.com/](http://www.bankone.com/), and Aberdeen Proving Ground Federal Credit Union, [www.apgfcu.com/](http://www.apgfcu.com/), the Friday gatherings are open to everyone.

For more information, call 410-278-3062.

### Blue Cross/Shield visits APG

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan (Blue Cross/Blue Shield) to visit APG July 13.

The representative will be available in the Aberdeen Area from 9 to 11:30 a.m. in building 305, Room 236 to discuss claim problems and plan coverage. The representative will be available in the Edgewood Area from 12:30 to 1:30 p.m. in building E-4811 (Seminar Area of Conference Center). No appointment is necessary.

For more information, call Teri Wright, Civilian Personnel Advisory Center, 410-278-4331.

### Homeschooling

### seminar offered

A free information session regarding integrating education into the mobile military lifestyle will be held 2 to 4 p.m., July 11, in the APG Post Library. Learn how to take the K12 curriculum on the road with the family when traveling or PCS'ing. A current military user family will discuss the benefits of this curriculum.

For more information, call Sandy Fallon, 410-297-6629.

### ACS hosts Parent Information Exchange

Army Community Service will present a Parent Information Exchange, a support group for exceptional family members 6 to 7:30 p.m., July 13, building 2754. The meeting will address the needs and concerns of military families enrolled in the Exceptional Family Member Program.

PIE will offer parents the opportunity to meet other family members with special needs. Free childcare will be provided.

For more information or to register to attend PIE, call Reeshemah Bugg, EFMP coordinator, 410-278-2420.

### Fuel Station closes on Ozone Action Days

When forecasted code "Orange" and code "Red" Ozone Action Days occur, the Directorate of Installation Operations will close government fueling stations from 9

a.m. to 3 p.m. at building 4209 in the Aberdeen Area and building E-4017 in the Edgewood Area.

Compressed natural gas and diesel fuel pumps will remain open during forecasted OADs. The use of compressed natural gas in dual fuel vehicles is strongly encouraged to reduce harmful air emissions, especially on a declared OAD.

In the event of an emergency, i.e., an emergency vehicle needs refueling between 9 a.m. to 3 p.m., call 410-278-2871/3414 or 410-436-3270 to request DIO personnel to open the pumps.

### Post Retention Office relocates

The post retention office is now located on the 2nd floor of the Janet M. Barr Soldier Support Center, building 4305, room 236. There will be no lapse in service to Soldiers and their families. The new phone numbers are 306-2769/2053/2054; the new fax number is 410-306-2055. For more information, call Master Sgt. Elijah Mobley, 278-2769.

### EA community yard sale scheduled

The Edgewood Area of APG will hold its community yard sale 8 a.m. to 4 p.m., July 24 and 25. Rain date will be July 31 and Aug. 1.

Participating housing areas include Everette Road, Deer Run, Skippers Point, Clearview Drive, Chevron Drive and Austin Road.

The Community Life Mayoral Program is sponsoring the yard sale.

### TRICARE enrollment freeze at KUSAHC

There will be a freeze on enrollments, changes in primary care managers and transfers during the period July 15 through 18 as Kirk U.S. Army

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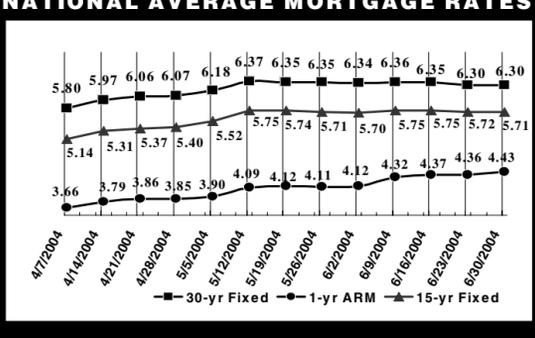
**Consumer Mortgage Guide**  
COMPETITIVE MORTGAGE RATES

A weekly survey of the latest mortgage rates and programs available to Maryland home buyers.

**PAYMENT CALCULATOR**

Here's how to estimate your monthly principal and interest payment on a 30-year fixed-rate or adjustable-rate mortgage. Find the rate of your mortgage in the column at left, then multiply the payment factor by the number of thousands of dollars you plan to borrow. (For \$100,000 loan, multiply factor by 100.) The result is your monthly principal and interest payment. This amount does not include payments into escrow accounts for property taxes, hazard insurance and private mortgage insurance. Contact a bank or mortgage company in the table for more information.

TYPE	RATE	PTS.	APR	LOCK	MIN	LOANS	COMMENTS
<b>AMERICAN MORTGAGE EXPRESS CORP 800-566-8470</b> POOR CREDIT EXPERTS-REFI-30-YR FIXED 5.75 0.00 5.89 45 20 75-333 PURCHASE-DEBT							
15-YR FIXED	5.25	0.00	5.37	45	20	75-333	MON-FRI 8:30 - 6-MO LIBOR 3.25 0.00 4.25 45 5 100-1M 7 P.M. SAT - 3-MO BANK ARM 1.75 0.00 1.96 45 5 100-600 SUN 8:30-2 P.M.
<b>BALTIMORE COUNTY SAVINGS BANK 410-256-5000</b> Visit www.baltcosavings.com,							
30-YR FIXED	6.13	0.00	6.14	60	20	0-333	for more info,
15-YR FIXED	5.50	0.00	5.51	60	20	0-333	locations, and
1-YR ARM	4.25	0.00	4.94	60	20	0-400	other great
5-YR HOME EQUITY	4.36	0.00	4.39	60	20	10-200	products.
<b>CDA MORTGAGE PROGRAM 800-638-7781</b> Less \$ down; 5.25% / 0 Pts or							
30-YR FIXED	N/A	-	-	-	-	-	Less \$ per
15-YR FIXED	N/A	-	-	-	-	-	month; 4.875% /
GOVT	5.25	0.00	5.32	90	0	160-290	2 Pts.
<b>CHASE FIRST FINANCIAL 410-267-6336</b> Purchases up to 103%, Debt							
30-YR FIXED	5.63	0.00	5.68	35	20	0-333	cns/ldt, all crdt
15-YR FIXED	5.25	0.00	5.33	35	20	0-333	cnsdr, 1 hr apr
JUMBO	6.00	0.00	6.00	35	10	0-1M	no orig fee, no
3/1 ARM	4.38	0.00	4.37	35	5	0-333	commit fee.



**NATIONAL AVERAGE MORTGAGE RATES**

4/7/2004 5.80 5.97 6.06 6.07 6.18 6.37 6.35 6.35 6.34 6.36 6.35 6.30 6.30  
5.14 5.31 5.37 5.40 5.52 5.75 5.74 5.71 5.70 5.75 5.75 5.72 5.71  
3.66 3.79 3.86 3.85 3.90 4.09 4.12 4.11 4.12 4.32 4.37 4.36 4.43

— 30-yr Fixed — 1-yr ARM — 15-yr Fixed

SOURCE: bankrate.com®

**HOW TO SHOP FOR A MORTGAGE**

Bankrate.com® suggests you contact several banks or mortgage companies in the *Consumer Mortgage Guide*® to compare the specifics of various loan arrangements and to determine which program best fits your particular needs. Also ask lenders for a copy of its good faith estimate for a general picture of the settlement fees you will be required to pay.

**MORTGAGE LENDERS:**  
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To appear in table, call 800-327-7717, ext. 1410

**NOTE:** Banks, mortgage companies and credit unions pay to advertise in the *Consumer Mortgage Guide*® which is compiled by Bankrate.com®, a publication of Bankrate, Inc. N. Palm Beach. Internet: <http://www.bankrate.com>. Rates effective as of Friday (7/2/04) and subject to change without notice. Annual percentage rates (APRs) based on 20% down on \$165,000 for conventional new home purchases and most other loans. \$335,000 for jumbo loans and on fully indexed rates for adjustable rate mortgages (ARMs). ARM rate caps are 2% periodic, 6% life-of-loan, unless noted. Private mortgage insurance usually required with less than 20% down. The APR on your specific loan may differ from the sample used. Loan range expressed in thousands of dollars. FHA—Federal Housing Authority, VA—Veteran's Administration, CHB—Community Home Buying and REV—Reverse Mortgages, LTV—Loan to Value, NIO—No Income Qualifier, NIV—No Income Verification, NI—A=rates not available at press time. To appear in table or to report any discrepancies, call 561-627-7330, ext. 1410. **TO APPEAR IN TABLE, CALL 1-800-327-7717, EXT 1410.**

# Community Notes

**FRIDAY  
JULY 9  
CHARITY GOLF  
TOURNAMENT**

The second annual Camber Corporation Charity Golf Tournament will be held at the Wetlands Golf Club, 740 Gilbert Road, Aberdeen.

Registration begins at 7 a.m.; tee time is 9 a.m.

The cost of \$90 will cover the greens fee and cart, a continental breakfast, lunch, unlimited beverages and plenty of prizes.

The format will be Best Ball or Captain's Choice (scramble). Proceeds will benefit the Johns Hopkins Children's Center.

For information call 443-528-9414.

**TUESDAY  
JULY 20  
CHECKING ACCOUNT  
MAINTENANCE**

A free Checking Account Maintenance Seminar will be offered by Aberdeen Proving Ground Federal Credit Union 6 to 7 p.m. at the Community Meeting Room in the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

Topics include benefits of using a checking account, finding the right checking account, keeping an account in balance, saving time and money with technology, and protecting an account from fraud. The seminar is open to the public.

To reserve a space, call 410-893-7359 or e-mail [edteam@apgfcu.com](mailto:edteam@apgfcu.com).

**THURSDAY  
JULY 22  
HOME BUYING  
SEMINAR**

A free Home Buying Seminar will be offered by Aberdeen Proving Ground Federal Credit Union 6 to 7:30 p.m. at the Community Meeting Room in the APGFCU Operations Center in Edgewood, 1321 Pulaski Highway.

Guest speaker Cathy Werner of RE/MAX American Dream will cover topics such as reasons for buying, market analysis, qualifying for a mortgage, contract of sale, negotiating the best deal and home inspections. The seminar is open to the public.

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

**MONDAY  
AUGUST 16  
PINK RIBBON  
CLASSIC GOLF  
TOURNAMENT**

Upper Chesapeake Medical Center and The Harry and Jeanette Weinberg Cancer Institute at Franklin Square will sponsor the American Cancer Society Pink Ribbon Classic Golf Tournament at Winters Run Golf Club with a 9 a.m. shotgun start.

The cost to play is \$150 per person or \$500 for a foursome. Each player will receive free breakfast and a buffet lunch.

For more information or to participate, call Todd Sullivan at the American Cancer Society at 410-933-5142, or e-mail [todd.sullivan@cancer.org](mailto:todd.sullivan@cancer.org).

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Buying A Home May Be  
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Attend our July Home Buyers Seminar.

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We Will Be Reviewing:

- The first steps are in order to get ready to buy a home
- The importance of credit and how to clean up credit issues
- Ways to get into a home with only \$1,000.00
- Financing options

**Date:** July 20, 2004  
**Time:** 6:30 p.m. to 8:00 p.m.  
**Location:** Rockfield Manor  
501 Churchville Rd.  
Bel Air, MD 21014

For Your Reservations Contact  
Tina Stevens at 800-333-0709 or  
[tina.stevens@ncmc.com](mailto:tina.stevens@ncmc.com)



## MOVIES

**ADMISSION: ADULTS \$3, CHILDREN \$1.50 -- Building 3245 Aberdeen Boulevard.  
To verify listing, call 410-272-7520.**

**RAISING HELEN**

**FRIDAY, JULY 9, 7 P.M.**

Starring: Kate Hudson, John Corbett

Helen is living the life she always dreamed of. Her career is on the rise; she spends her days at fashion shows and nights at the hottest clubs. But her care-free lifestyle comes to a screeching halt when her sister and brother-in-law are killed in a car crash, leaving her to care for their three kids, 15-year-old Audrey, 10-year-old Henry, and 5-year-old Sarah. Helen finds support in the most unusual place - with Dan Parker, the handsome young pastor and principal of the kids' new school - and realizes the choice she has to make is between the life she's always loved and the new loves of her life. (Rated PG-13)

**SHREK 2 (FREE ADMISSION)**

**SATURDAY, JULY 10, 1 P.M. AND 7 P.M.**

Starring: Voices of Mike Myers, Eddie Murphy

Shrek and Fiona return from their honeymoon to find Fiona's parents inviting them to dinner. Fiona's parents anticipate the homecoming of their daughter and her new Prince. But no one could have prepared them for the sight of their new son-in-law. (Rated PG)



**THE DAY AFTER TOMORROW**

**SATURDAY, JULY 10, 9 P.M.**

Starring: Dennis Quaid, Jake Gyllenhaal

A climatological disaster ravages the world beyond recognition. Paleoclimatologist, Professor Adrian Hall (Quaid), tries to save the world from the effects of global warming while also trying to get to his son, Sam (Gyllenhaal), who was in New York City as part of a scholastic competition, when the city is overwhelmed by the chilling beginnings of the new Ice Age. In addition to all of the other challenges Hall faces, he's also going against the flow as humanity races south to warmer climes, and he's nearly the only one going north. (Rated PG-13)

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# Morale, Welfare & Recreation

## Blue County bringing 'Good Little Girls' to APG



Blue County

**Yvonne Johnson**  
APG News

Country music's newest duo, Blue County, will bring their Top 20 hit, "Good Little Girls" to Aberdeen Proving Ground to open the Miller Lite Army Entertainment Concert featuring Montgomery Gentry July 17.

Scott Reeves, 37, and Aaron Benward, 30, formed Blue County early last year after meeting while shooting a country music video six years

ago. Their single was one of the highest-charting debut singles that brought them a Best Duo of the Year nomination from the Academy of Country Music along with Montgomery Gentry and Brooks and Dunn earlier this year.

Benward hails from Auburn, Ind. He gained his musical roots while touring with his father, Jeffrey, a professional gospel singer. Together they played more than 130 concerts and recorded three CD's.

The experience sculpted Aaron to the techniques of duo singing, which may be one reason why he never quite hit the jackpot after leaving to seek his fortune as a solo artist.

Reeves, born in Delight, Ark., and raised in Los Angeles, was influenced at an early age by Glenn Campbell.

His began an acting career in television, which included playing Ryan McNeil on The Young & the Restless from 1991 to 2001.

When the two decided to see how it felt to sing together, they discovered that not only did they have a perfect friendship, but also perfect harmonies.

After they made it to Curb Records and performed for Doug Johnson, the A&R director for the new Asylum subsidiary, the first words out of Johnson's mouth were, "Man, one of you is really gonna have to screw this up to not make it work." With that, Blue County was officially born.

"A big thing that makes us different is that we weren't just thrown together as an experiment," Reeves said. "We're not contrived. Blue County is based on the history Aaron and I have. We were best friends

before we were anything. That'll always be our first priority."

The Miller Lite Army Entertainment concert featuring Montgomery Gentry and special guest Blue County will be held on Shine Sports Field July 17.

Doors open at 6:30 p.m., and the show starts at 8 p.m.

Guests may bring blankets and lawn chairs. No cameras, pets, food or drinks allowed. This is a rain or shine concert.

Tickets are available at MWR Registration in building 3326, 410-278-4907/4011 or in 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](mailto:MWR_Registration@usag.apg.army.mil), or visit Web site, <http://www.apgmwr.com>.

## Shirley Caesar returning to APG

**Yvonne Johnson**  
APG News

Shirley Caesar, the first lady of gospel will return to Aberdeen Proving Ground for a gospel extravaganza on Shine Sports Field July 18.

The concert includes special guest Evelyn Turrentine-Agee, the BCD Ensemble and local choirs.

With an exhaustive list of career credits including 18 Dove, 13 Stellar, and 11 Grammy awards, singer and pastor Shirley Caesar tirelessly works for one great cause, to praise God.

Her most recent effort, "Shirley Caesar and Friends" is a collection of collaborations intended to bridge gaps in entertainment. The CD features duets with gospel legends and some of the most recognizable names in popular music, like Patti LaBelle, Gladys Knight, Dottie Peoples, Kim Burrell and Kirk Franklin.

Caesar defines gospel music and shows no signs of slowing down.

She was featured in the movie, "The Fighting Temptations" with Cuba

Gooding Jr. and Beyonce' that debuted September 2003, and has made guest appearances on UPN's "The Parkers."

Despite an obstacle-filled childhood Caesar believes the Lord trusts her to deliver the word and finding more outlets for His great teachings.

"If it's not saying anything to the people, I don't want it," Caesar said.

Tickets are \$20 in advance, \$25 the day of the show.

For tickets, call Ticketmaster at 800-551-SEAT; visit Morale, Welfare and Recreation Registration in



Shirley Caesar

building 3326 or call 410-278-4907; visit the Hoyle Fitness Center in building E-4210 or call 410-436-7134.

For more information, visit the MWR Web site at [www.apgmwr.com](http://www.apgmwr.com).

## SCHOOL LIAISON/YOUTH EDUCATION

### RESOURCES FOR FINANCING EDUCATION

School Liaison and Youth Education Support Services, located in the Aberdeen Area, building 2752, Room 200, has a number of resources available that can help students pursue an education with more knowledge and confidence.

Two resources, "The 2003/2004 Guide To Financing Your Education" and "How Do I Pay For College? A Guide To Financial Aid," are available to military and civilian families at APG.

To obtain copies, call, e-mail or stop by and see Ivan Mehosky, 410-278-2857, [ivan.mehosky@usag.apg.army.mil](mailto:ivan.mehosky@usag.apg.army.mil). To receive the information through post mail, leave name, telephone number, organization and building number.

### MCEC

A resource that no military parent at APG should be without is the Military Child Education Coalition. The MCEC is a private, nonprofit organization that is focused on the academic and school-related needs of the military connected child. Addressing the transition and other educational challenges faced by the military child, MCEC serves as an incubator of innovative approaches, a conduit of promising practices, and an information source for organizations, educators and parents.

If looking for an advocacy organization for military families, visit their Web site, [www.MilitaryChild.org](http://www.MilitaryChild.org). Find out what

the Secondary Education Transition Study and Memorandum of Agreement, of which Harford County Public Schools is participating, is all about. As of December 2003, there are 127 signatories from school districts that include Alabama, Alaska, Arizona, California, Colorado, Connecticut, Florida, Georgia, Hawaii, Kansas, Kentucky, Louisiana, Maryland, New Jersey, New York, North Carolina, Oklahoma, Pennsylvania, South Carolina, Tennessee, Texas, Virginia, Washington, Wisconsin, Guam, Puerto Rico, DoDEA, DoDDS, DoDDS Europe, and DoDDS Pacific. Be in the know about what the recently conducted Transition Counselor Institute at APG is all about, or the much talked about Interactive Counseling Center.

### NATIONAL RESOURCE WEB SITES FOR PARENTS

[www.militarychild.org/assessment](http://www.militarychild.org/assessment) - MCEC's Assessment Resource Center gives state by state and DoDEA information about requirements and testing

[www.ed.gov/nclb/landing.jhtml](http://www.ed.gov/nclb/landing.jhtml) - Department of Education's No Child Left Behind site

[www.ecs.org](http://www.ecs.org) - Education Commission of the States is a non-profit organization focused on state education policy issues

[www.edtrust.org/edtrust](http://www.edtrust.org/edtrust) - A private, non-profit organization that works for high academic achievement for all students

## Teen Driver Education

Teen Driver Education registration is now being taken for the following sessions: July 12 through 23, July 26 through Aug. 6, Aug. 9 through 20, and Aug. 23 through Sept. 3.

Class fee is \$285 per student plus a \$15 registration/membership fee for teens of APG military and

civilian personnel. Sponsored students pay \$5 more. All classes are conducted in building 2752, 5:30-8:45 p.m., Monday through Friday.

Students are to bring notebook and pen/pencil. Bring a snack and drink for weekday classes. All rules and procedure will be thoroughly

explained by the driving instructor. Parent orientation will be conducted during the first class. Parents should make sure students are on time and picked-up in a timely manner.

To make an appointment to register, call Christina Keithley at Outreach Services

-Central Registration, building 2752, or call 410-278-7571.

For more information about the Teen Driver Education program, please call Rules Driving School, Inc., at 410-939-7008 or 410-937-2184 or Ivan Mehosky at 410-278-2857.

## Activities

MWR has 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.

Shirley Caesar returns to APG for another concert July 18.

To learn more, visit the MWR Website, <http://www.apgmwr.com> or call 410-278-4497.

### 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](http://www.apgmwr.com).

### Social Hour at Top of the Bay

A "social" hour, 4 to 8 p.m. will be held in the Gunpowder Lounge at Top of the Bay

every Friday. A cash bar and free munchies and wings are available for purchase.

Sponsored by Bank One, <http://www.bankone.com/>, and Aberdeen Proving Ground Federal Credit Union, <http://www.apgfcu.com/>, a cash bar and free munchies will be open to everyone.

For more information, call 410-278-3062.

### School's out, Chesapeake Challenge is in

The Chesapeake Challenge Amusement Park is fully operational through September. Hours are 5 to 9 p.m., Monday through Thursday; 5 to 10 p.m., Friday; 1 to 10 p.m., Saturday and 1 to 8 p.m., Sundays and holidays.

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

Go-kart riders must be 54 inches or taller to ride single.

Parties, special events and group packages are also available.

For more information or to

get group rates, contact Outdoor Recreation at 410-278-4124 or e-mail [outdoor.recreation@usag.apg.army.mil](mailto:outdoor.recreation@usag.apg.army.mil).

### Volunteers Needed

Edgewood Arts and Crafts is looking for volunteers to help during the summer months, 1 to 9 p.m., Thursday and 5 to 9 p.m., Friday and Saturday.

To sign up or for more information, call Holly Shisler at 410-436-2153.

## 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 is a list of some new books available at the APG MWR libraries:

**Olivia Joules and the Overactive Imagination** by Helen Fielding

The creator of Bridget Jones gives us a sensational new heroine. Move over 007, a stunning, sexy-and decidedly female-new player has entered the world of international espionage. Her name is Olivia Joules and she's ready to take America by storm with charm, style, and her infamous overactive imagination.

**Shadowbrook: a novel of love and war** by Beverly Swerling

**Take Me, Take Me With You** by Lauren Kelly

**Grant Comes East** by Newt Gingrich

**Sarah** by Mark Halter

The library's Web site, [www.apgmwr.com/recreation/libraries.html](http://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.

## FITNESS CLASSES

### EA fitness classes

Hoyle Fitness Center, building E-4210

**Power Step: 11:30 a.m.; Monday, Wednesday**

This class uses "the step" for 60 minutes of intense cardio workout. Abdominal strengthening exercises and a relaxing cool down are also included.

**Power Bar: 11:30 a.m.; Tuesday, Thursday**

A total body strengthening class that uses the power bar (a weighted bar), the step, hand weights and tubing for resistance.

Abs Blaster, Mat Pilates and Hatha Yoga classes are cancelled.

### AA fitness classes

AA Fitness Center, building 320

**Step & Sculpt: 11:30 a.m., Monday**

Class consists of cardiovascular conditioning using "the step." Hand weights are also used to sculpt. The class ends with abdominal and flexibility exercises.

**Power Cut: 4:30 p.m., Monday and Wednesday; 11:30 a.m., Thursdays**

A 60-minute class that uses barbells or dumbbells for

conditioning and strengthening, the class uses high repetitions to exhaust the muscle groups.

**Step/Conditioning: 5 p.m.; Monday, Wednesday**

This class uses "the step" in combinations with various sports conditioning moves to provide cardiovascular improvement as well as muscle conditioning.

**Mat Pilates: 6 p.m., Wednesday**

**Double Step: 11:30 p.m., Wednesday**

This class uses two steps for a more challenging workout. Muscle toning and a relaxing cool down follow.

**Gut Cut: 4:30 p.m., Tuesdays, Thursdays**

This is a 30-minute workout designed to sculpt and strengthen the abdominal and lower back muscles.

**Aerobic Kickboxing: 5 p.m., Tuesdays, Thursdays**

The class consists of a cardio workout that combines traditional high/low aerobics with punches and kicks.

APG Athletic Center, building 3300

**Yoga Fit: 11:30 a.m., Monday, Wednesday**

Class is based on aerobic format, warm-up, workout phase and cool down.

## SWIMMING/POOL INFO

### Pool openings

Bayside, building 3325, and Olympic pools, building E-4655, are open 11:30 a.m. to 7 p.m., Monday through Sunday.

The Shore Pool, building 2031, hours are 11:30 a.m. to 7 p.m., Tuesday through Sunday.

### Fees

Daily: \$3 per person  
Individual monthly fee: active duty E1 - E4, \$12.50; all others, \$25

Family monthly: active duty E1 - E4, \$25; all others, \$35, Individual Season: active duty E1 - E4, \$25; all others, \$50

Family season: active duty E1 - E4, \$50; all others, \$80

Passes are available for purchase at Outdoor Recreation, building 2407 or Hoyle Fitness Center, building E-4210.

For more information, call the Equipment Resource Center at 410-278-4124 or send an [outdoor.recreation@usag.apg.army.mil](mailto:outdoor.recreation@usag.apg.army.mil).

### Swimming lessons

Swimming lessons run

July 12 through 23 for youths and Aug. 2 through 13 for adults at the Shore and Bayside pools.

Each class will consist of 10 lessons conducted Monday through Friday.

Lessons include 45 minutes of instruction, 10 minutes of practice time and 5 minutes to clear the pool.

Each class is limited to the first 20 signups.

**Class schedules are as follows:**

July 12 through 23

Teens, ages 13 through 18, 8 to 9 a.m.; youth, ages 6 through 12, 9 to 10 a.m.; children, ages 3 through 5, 10 to 11 a.m.

Aug. 2 through 13

Adults, age 19 and older, 7 to 8 p.m.

Cost is \$35 per person with a 10 percent discount off for each additional family member.

Registration is open to everyone.

Register at Outdoor Recreation or Hoyle Gym and Fitness Center.

**603 HELP WANTED**

**SCHOOL BUS DRIVER**  
All training provided from areas:  
Bel Air, Forest Hill, Hickory  
**Don Heizer 410-638-5207**

**SCHOOL BUS DRIVERS**  
Aberdeen/HdG area, will train,  
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Gregory Transportation Inc.



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**SWITCHBOARD**  
Jerry's Chevrolet looking to fill a part-time switchboard position to work in our new car showroom. Experience preferred, not essential. Evenings and Saturdays.  
Apply in person only:  
**1940 East Joppa Road Towson, MD 21234**

**TELEMARKETING**  
Needed Day and evening. Must have experience  
Call Jus **410-836-5554**

**TELEPHONE OPERATOR**  
Growing control station in Hunt Valley has immediate openings for operators. Excellent benefits. Must pass security clearance and drug test.  
**410-785-3300 ext. 185.**

**TELLER-FT** for small Savings & Loan in Harford Mall. Prev. cash handling & good customer service skills nec. **410-879-3568** ask for Amy

**TITLE CLERK** Full-time, must have experience. Good start pay and benefits. Apply in person at Jones Chrysler Plymouth 1510 Belair Rd, or apply on-line [www.jonesjunction.com](http://www.jonesjunction.com)

**TRACTOR TRAILER DRIVER NEEDED** Flat bed & tanker experience. **410-592-9577**

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# Warrant officers to pin on branch insignia in ceremony

**E. C. Starnes**  
U.S. Army Ordnance Corps

The U.S. Army Ordnance Center and Schools will host a Warrant Officer Change of Insignia Ceremony at 3 p.m., July 9, at Ordnance Circle in front of Simpson Hall, building 3071.

The ceremony will commemorate a change in the insignia traditionally worn by all members of the U.S. Army Warrant Officer Corps.

Effective July 9, all warrant officers will wear the branch insignia of their military occupational specialty following graduation from the Warrant Officer Basic Course. Also, all chief warrant officers five will wear the new CW5 rank insignia, which consists of a silver bar with a single black line running through the length of the bar.

The date also marks the 86th anniversary of the Warrant Officer Corps.

Leading the warrant officers during the ceremony will be CW5 James J. Wynne, regimental chief warrant officer. The invocation will be provided by Chaplain (Maj.) Anthony S. Montague,

Ordnance Mechanical Maintenance School.

During the ceremony, Brig. Gen. William M. Lenaers, the Army's Chief of Ordnance, and retired CW5 Thomas G. Grice, the honorary warrant officer of the regiment, will assist in the changing of the insignias for the assembled warrant officers. Also, Lenaers, with retired CW5 Ted Reno, who was the Army's first active Army chief warrant officer five and a former honorary warrant officer of the regiment, will assist in the changing of the CW5 rank insignia.

Also providing support will be the 389th U.S. Army Band (AMC's Own).

**History of the U.S. Army Warrant Officer Corps**

The U.S. Army Warrant Officer Corps was established in 1918 when Congress established the Army Mine Planter Service as part of the Coast Artillery Corps.

The official color of the Army Warrant Officer Corps emanated from the brown strands of the burlap bags that

the Mine Planter Service personnel wore as their rank.

The National Defense Act of 1920 authorized warrant officers to serve in clerical, administrative, and band leader positions and expanded the number of active duty warrant officers to 1,120.

On May 12, 1921, a distinctive insignia was approved for warrant officers. Adapted from the great seal of the United States, it consisted of an eagle rising enclosed with a wreath. Below the eagle were two arrows, which symbolized the military arts and sciences

In November 1941, an executive order permitted warrant officers to be assigned to duties as prescribed by the Secretary of the Army.

When such duties included those normally performed by a commissioned officer, the warrant officer was vested with all the powers usually exercised by commissioned officers in the performance of those duties.

One year later, in November 1942, the War Department defined the rank of warrant officer to be above all enlisted personnel and

immediately below all commissioned officers.

In January 1944, women were authorized to be warrant officers.

By early 1946, warrant officers were filling 40 different occupational specialties and by 1951, approximately 60 specialties.

During the 1950s, studies determined there was a vital need for warrant officers, and proposed that appointment to warrant officer should be based on the needs of the Army and not simply as a reward for long and faithful service.

In July 1972, Army warrant officers began wearing newly designed silver insignia with black squares, where one black square signified WO1 and two through four black squares signified CW2 through CW4.

The Defense Authorizations Act for Fiscal Year 1986 amended Title 10 of the U.S. Code to provide that Army chief warrant officers are commissioned officers.

*The eagle rising...*

*The eagle rising is the traditional insignia of the warrant officer. It is being replaced by branch (i.e. Ordnance) insignia.*




**Symbolism**  
On May 12, 1921, a distinctive insignia was approved for warrant officers. It consisted of an eagle rising with wings displayed, adapted from the great seal of the United States. The eagle is standing on two arrows, which symbolize the military arts and sciences. The eagle rising is enclosed within a wreath. Warrant Officers of the Tank Corps were the first to wear this new insignia.

*The new Chief Warrant Officer Five insignia as outlined in Department of the Army message states: "CW5 will wear the CW5 insignia approved in 1970 by the former Chief of Staff, Army. The CW5 insignia is a silver-colored bar, 3/8 inch in width and 1-1/8 inch in length, with a black line in the center of the bar. This change will take effect on July 9, 2004 coinciding with the 86th anniversary of the Warrant Officer Corps."*

## TSP announces toll free telephone service

**CPAC**

The Federal Retirement Thrift Investment Board began providing toll-free telephone service to Thrift Savings Plan participants and beneficiaries July 1.

Those using the toll-free service will be able to obtain

TSP account or transaction information via the ThriftLine's automated telephone service 24 hours a day, 7 days a week. They will also be able to speak to a participant service representative at one of two TSP call centers between the expanded hours

of 7 a.m. to 9 p.m. Eastern time, Monday through Friday.

For calls from the United States, Canada, Puerto Rico and the Virgin Islands, the primary toll-free number will be 1-TSP-YOU-FRST (1-877-968-3778) and the TDD number for the hearing impaired

will be 1-TSP-THRIFT5 (1-877-847-4385). The current number, 1-504-255-8777, should be used for all other international calls.

For more information, contact your servicing human resource assistant.

**CMA**  
From front page

The CMA also won first place in the research and evaluation category for "Evaluation of the ANCDF Start-up Outreach Campaign," which encompassed a variety of evaluation methods.

The following entries received third place awards:

- Making Chemical

Weapons History: Johnston Atoll Chemical Agent Disposal System (JACADS) Closing Ceremony (special events category)

- U.S. Army Chemical Materials Agency Reach Newsletter featuring JACADS Commemorative Issue (newsletter category)
- Non-Stockpile Chemical Materiel Program Brochure Series (brochure category)

• Non-Stockpile 20-foot exhibit (unconventional tactics category)

The U.S. Army Chemical Materials Agency is responsible for safely storing and eliminating aging chemical weapons stored in six locations in the United States and for the recovery and elimination of recovered chemical materiel.

Thus far, the Army has

safely destroyed 9,134 tons of chemical agent, which is equivalent to more than 29 percent of the U.S. stockpile.

Currently, chemical weapons are being destroyed in Anniston, Ala.; Tooele, Utah; and Aberdeen, Md.

Operations to destroy chemical weapons are anticipated to begin within the next year in Pine Bluff, Ark.; Newport, Ind.; and Umatilla, Ore.

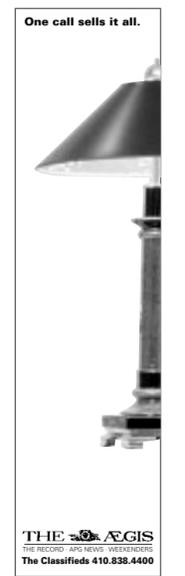
**Motorcycle**  
From front page

approved Department of Transportation helmet, full fingered gloves, long pants, long sleeve shirt or jacket, leather boots or shoes over the ankle and safety eye protection such as safety glasses, goggles or face shield attached to the helmet even if the motorcycle has a windshield. Riders will wear brightly colored clothing during the day and reflective garments at night.

Should a rider not have the proper riding clothing on, they will not be allowed to enter the installation.

"There will be no waivers issued to riders for the above course and clothing requirements," Rexrode said.

The ISD has scheduled



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The Classifieds 410.838.4400

classes for military personnel, government employees, family members, retirees and contractors to receive this motorcycle safety training.

Contractors have just been approved to take the course and will follow the same requirements as the military personnel and government employees when requesting to be scheduled for the course or riding on APG.

The course is free to all personnel. Military personnel and government employees are not to be charged leave to attend this training.

The course starts at 7:30 a.m. and runs until lunch time, and consists of a morning of practicing skills such as making an emergency stop, stopping on a curve, swerving multiple times in succession, braking then swerving and

then classroom instruction along with a written exam. Students must also pass a riding exam.

If selected for the next course, a rider will be sent an e-mail from the instructor confirming selection for the training.

Riders not scheduled for the course will not be allowed to ride on the installation until they take the course.



# Army News



## Focus TF linking joint virtual training to 'box'

Story and photo by  
**Gary Sheftick**  
Army News Service

Transformation at the Army's combat training centers has accelerated to support the Global War on Terror while driving a cultural shift toward a campaign-quality Army with joint and expeditionary capabilities.

That is the message from Brig. Gen. Timothy D. Livsey, the deputy commanding general for training at the Combined Arms Center, Fort Leavenworth, Kan. Livsey also heads up the Army's CTC/BCTP Focus Area Task Force, which developed the implementation plan to change the Army's capstone training program.

Lessons learned in Iraq and Afghanistan are being injected into CTC training scenarios in "almost near real time," said Livsey. "If an IED (improvised explosive device) goes off over there or an ambush happens, we're feeding that to trainers and to the units getting ready to deploy."

This streamlined delivery of lessons learned, Livsey said, has an impact on all training rotations at the Army's CTCs. The maneuver box or "dirt" CTCs include the National Training Center at Fort Irwin, Calif.; the Joint Readiness Training Center at Fort Polk, La.; and the Combat Maneuver Training Center at Hohenfels, Germany. These focus at the tactical maneuver brigade level. The Battle Command Training Program

is also part of the CTC program, and provides simulation-assisted command post exercises for brigade and higher-level organizations.

The CTC training is full spectrum, Livsey said, meaning leaders and Soldiers train not only on offensive and defensive warfighting, but also stability operations — often concurrently.

The Army is also linking battles on the ground at its three maneuver CTCs with simulation-supported training at Fort Leavenworth, the Joint Warfighting Center in Suffolk, Va., and other simulation centers. This distributive training network was enabled by the recently established DoD Joint National Training Capability, or JNTC, Livsey said. He said this "realistic live-virtual-constructive training environment" will better prepare deploying units to operate as part of a joint, interagency, and multinational force as they face "unpredictable and highly adaptive enemies."

The CTC/BCTP Focus Area Task Force was charged by Army Chief of Staff Gen. Peter Schoomaker to "Rescope the CTC program to train in a joint context."

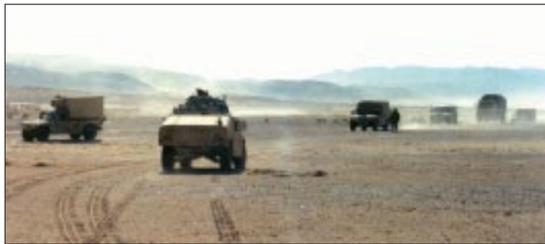
Livsey said the task force includes representatives from all major commands, and ranks range from generals to junior observer-controllers at dirt CTCs. It also includes retirees who have participated in BCTP exercises, troops who recently returned from Iraq, and many Soldiers who submitted ideas through a collab-

orative Web site.

The Web site was an enabler that saved time and kept us from locking people in a room for five weeks and throwing pizzas under the door, according to Livsey.

"We work very closely with JFCOM [Joint Forces Command] in creating architectures that are joint," Livsey said.

For instance, during an NTC rotation, about 5,400 blue force soldiers pop up on a



A convoy of the 2nd Unit of Action, 3rd Infantry Division, rolls north in the maneuver box last month at the National Training Center, Fort Irwin, Calif.

common operational picture screen at JFCOM headquarters in Suffolk.

"If you look at some of the databases we build for both constructive and virtual training, you're going to see many similarities," Livsey said. "We're continuing to mature and advance, and the catalyst is the JNTC program," emphasizing that the Joint National Training Capability is really a global capability.

As the CTC/BCTP Focus Area Task Force developed its implementation plan toward training in a joint context, Livsey said it was also influ-

enced by other focus areas - specifically, Task Force Modularity.

The Combined Arms Center-Training is now developing training models for modular units and defining the specific effects that units must experience at the CTCs to understand the joint context in which they will be expected to fight. BG stated that a new Combined Arms Center for Training (CAC-T) white paper on training in a joint context

recognizes that other services need to be involved in both maneuver CTC and BCTP rotations, along with interagency and multinational participation. For example, the paper states that in the future, joint fires at the centers may be delivered by air, land, naval, special operations forces and even space assets, instead of primarily Air Force assets as is the case now.

The synergies we get are very positive, according to Livsey. He said that the synergy between simulations and live training in the CTCs will be used to train the Army's

new units of action and units of employment as divisions restructure upon returning from Iraq and Afghanistan.

"We're working now on an expansion of the CTCs' responsibilities to help units reset faster, and get ready for the next deployment. Training in a multi-echelon manner is more important than ever."

Up until now, the Battle Command Training Program has focused primarily on corps and division staffs (except for National Guard units) and the dirt CTCs have focused on brigade combat teams. "We're actually collating the formerly separate levels of training responsibility - both BCTP and the dirt CTCs will have a piece of the training of the units of action," Livsey said.

Another example of the cooperation between the three dirt CTCs and BCTP would be training a division staff through a BCTP Warfighter exercise at Fort Leavenworth while at the same time one of its UAs is rotating through the National Training Center, Livsey said. Action on the ground at NTC would be integrated into and correlated with the simulation-supported training — and vice versa, the BCTP forces would appear on the Army Battle Command System's computer screens at NTC.

Because we'll be a "plug and play" modular force in the future, commanders will have to adapt to working with unfamiliar units on short notice, Livsey said. For example, while training the unit of

employment or UEx at Fort Stewart, Ga., an exercise could pull in units of action from other locations, such as Fort Campbell, Ky., or Fort Drum, N.Y.

Livsey would actually like to train each UA's command and staff element through a simulation-supported BCTP CPX prior to a "dirt" rotation, which will train the entire unit. Resources will be the determining factor though, he said.

"There are no bad training ideas out there, but there's a finite amount of dollars," Livsey said. His staff is currently trying to procure resources for the CTCs six years out.

Livsey said commands in the future must be capable of conducting "simultaneous, full-spectrum operations." For instance, one battalion in the brigade could be engaged in a full-intensity fight; another unit in the same brigade could be keeping lines of supply open; still another could be doing humanitarian support.

"In other words, you've got to be able to do it all," Livsey said, adding that's what must be replicated in training. He said units must leave CTC with the ability to face the full spectrum, especially to defeat an enemy in a major combat operation.

*(Editor's note: This article is part of a weekly series on the 17 Army focus areas. This one focuses on the "Combat Training Centers/Battle Command Training Program.")*

## Combat degrades some troops' mental health, report says

**Gerry J. Gilmore**  
American Forces Press Service

A first-of-its-kind Army medical report that queried Afghanistan and Iraq combat veterans shows that front-line action has adversely affected the mental health of some service members.

The report, titled, "Combat Duty in Iraq and Afghanistan, Mental Health Problems and Barriers to Care" appears in the July 1 issue of the New England Journal of Medicine.

About 6 percent of the Soldiers and Marines who participated in the anonymous study say they've experienced mental health problems after combat tours in Afghanistan or Iraq, Dr. William Winkenwerder, assistant secretary of defense for health affairs, told reporters during a June 30 Pentagon roundtable.

However, "the vast majority" of service members sur-

veyed for the report, Winkenwerder noted, "seem not to be having any significant mental health concerns or problems."

That's not to say, he pointed out, that those surveyed didn't experience stress during their tours in Afghanistan or Iraq. "These are the folks that were in the most intense types of (ground) combat situations," Winkerwerder noted.

Army Col. (Dr.) Charles Hoge, a principal author of the study, accompanied Winkenwerder at the press conference and said the report contains "no surprises," but that it "puts numbers to what we already knew."

Hoge, chief of the department of psychiatry and behavioral sciences at Walter Reed Army Institute of Research, told reporters the new report shows "those Soldiers and Marines who had higher levels of combat exposure - frequen-

cy and intensity of combat - had higher rates of mental health concerns."

Winkenwerder said the report also says some returning combat veterans suffering from depression, anxiety or post-traumatic stress disorder aren't seeking medical help.

"We believe," he said, "that there are adequate services available" to identify and assist combat veterans experiencing mental health issues.

However, Winkenwerder noted, one main barrier preventing access to those services "is the perception of stigma that some individuals have about coming forward to get that care and counseling." Providing more education about mental health care, he noted, should help to persuade more service members to seek help.

The report is unique, Winkenwerder said, because of its use of near-real-time

data. For example, combat-stress studies conducted on the Vietnam War, he pointed out, used data gathered years after the conflict ended.

"There's a lot of work to be done," Winkenwerder acknowledged, in finding ways to enable service members to better cope with the stresses of combat.

Mental health teams are embedded in units in Afghanistan and Iraq to assist troops, Army Surgeon General Lt. Gen. (Dr.) James Peake, who participated in the press briefing with Winkenwerder and Hoge, noted to reporters.

Troops experiencing mental health issues can also access confidential counseling via the Defense Department's "Military One Source" program, the 24-hour-a-day service for service members and their families when they need quick, professional assistance with any kind of problem.

High quality training, Peake noted, can help prepare service members for the realities of combat.

Army Chief of Staff Gen. Peter Schoomaker, Peake pointed out, is a special operations combat veteran who's focused on "the issue of tough, realistic training" across the force. To illustrate, Peake described his recent visit to a medical training site in San Antonio.

"We're putting in a live-fire range for convoys," Peake explained, "so that the medics and the combat service supporters" get a more realistic feel for wartime operations.

"We do want to take care of our Soldiers," Peake said, noting combat can occur anywhere on today's nonlinear battlefields.

Citing recent Centers for Disease Control and Prevention research, Winkenwerder noted some

people seem more predisposed to develop depression, anxiety or post-traumatic stress disorders as a result of negative childhood experiences.

"Is there a point," Winkenwerder asked, "at which one could intervene during late adolescence, or during early accession time into the armed services to begin to ... build mental resiliency?"

"We're looking at what might be able to do that," he said.

For more information, check related sites at Walter Reed Army Institute of Research, <http://wrair-www.army.mil/>; "Military One Source," <http://www.military-onesource.com/> and Centers for Disease Control and Prevention, <http://www.cdc.gov/>.

## Simple errors delay military mail to service members overseas

**Spc. Blanka Stratford**  
Army News Service

Something as simple as adding the name of the destination country to an address can delay the delivery of mail to service members overseas.

It is a problem that the military postal system encounters daily, said Capt. Faye Slater, Third Army and Coalition Forces Land Component Command chief of Theater Postal Operations.

To alleviate this situation, Slater said help is needed from the family and friends of deployed service members. Senders stateside are actually slowing the delivery of the mail by not properly addressing letters and packages. The sender needs to know the name of the country and the name of the base camp where a service member is stationed are incompatible with regulated military addresses.

"The U.S. Postal Service system has automated sorting machines that read the address and determine whether a letter or package goes through mili-

tary postal channels, regular USPS or international postal channels," Slater said.

By writing Kuwait or Iraq on a letter or package it is routed through civilian mail channels rather than military ones. When that happens, the mail can be delayed significantly. This is attributable to the sorting machine's inability to discern whether or not the letter is intended to reach an Army or Fleet Post Office address.

A recent case of this common mistake occurred when Soldiers' mail was found in the post office in downtown Baghdad rather than being sent to where the Soldiers were deployed.

"They brought us 21 letter trays filled with mail dated between December and February," said Lt. Col. Edward Passineau, commander of the joint military mail terminal at Baghdad International Airport.

"Based on the attached (tracking) tags, this mail never went through the military mail channels, but was sent directly

from John F. Kennedy Airport and passed through either Kuwait or Jordan."

Additionally, there have been a number of reported cases of internationally channeled military mail being opened, searched through and/or tampered with - a matter that could potentially be identified as a danger to both individual and unit security, said Slater.

Slater said it is important for loved ones who remain at home to understand the step-by-step procedures that shape the entire military mailing system and current updates on any and all developments made to the military postal service. Knowing the latest rules can help decrease the time needed to process the mail.

"I really believe there is a lack of information and understanding of the military postal system," she said.

Slater hopes to develop awareness by presenting the general public with an idea of the measures and steps taken

between the time a letter or parcel initially leaves a sender's hands and the time it is finally picked up by a recipient.

Particularly in a war zone, there may be instances when several critical measures must be taken into consideration.

"For example, the delivery may possibly be heading for a remote site that is not located near a main logistics hub, and it is not easily accessible," said Slater. "If that's the case, other issues may emerge, such as organizing a convoy and sustaining certain security procedures, and those issues may delay the anticipated time of the parcel's arrival."

Force protection on mail convoys is an ever-present issue, and conditions causing delays change daily, she said.

Prior to a letter or package even reaching such proximity to its final destination, it must undergo a series of transfers, starting from the mailbox or post office where it is first dropped off.

"From the local town post

office, the mail is transferred to the state's general mail facility, in which the mail is consequently processed at one of USPS' international gateways," Slater said.

The facilities of the USPS not only handle international mail but also all of the international mail of the armed services.

"A small military contingent operates with USPS at these gateways to assist USPS in routing mail to overseas points," she said. "They are called Joint Military Postal Activities. JMPAs work to assure that USPS arranges, assembles and consolidates the letters and parcels to the correct locations, then dispatches correctly on commercial airlines. Both military personnel and USPS civilian employees work hard to get the mail to its proper destinations."

At this point, the mail is loaded onto the aircraft for delivery to the Southwest Asia area of operations. Those letters are sent on connecting

flights that average less than 29 hours from takeoff to delivery at the first offload point in the Middle East.

"The U.S. Postal Service, reimbursed by the Department of Defense, contracted Kalitta Airlines to provide air delivery service to and from Southwest Asia," said Slater. "Currently, Kalitta does not fly into Baghdad, because the commercial airport is not yet fully operational and does not grant Kalitta the authority to fly in."

Instead, Kalitta flies to an alternate location, where it off-loads the cargo to a different air carrier that flies the deliveries into Iraq. Delivery into Iraq used to be only through Baghdad, but now there is also direct service from the transfer point to three other locations in Iraq.

Once the shipments arrive at the main transportation hubs in Iraq, Kellogg Brown & Root drivers contracted in advance by the Army, are standing by to drive the mail to

# Drug Test

From front page

System LIMS.”

Next, an aliquot, or portion, of urine is poured into a tube for the initial screening test. An analyzer much like those in a hospital clinical laboratory is

used.

“The same basic technology has been used in a hospital for decades,” explained Dan Nichols, supervisor of screening for Civilian Testing, who works with the analyzer machines.

“On top of the machines, manual testing is also done for validity,” Nichols said.

One tour group member

inquired about the facilities’ spill procedure.

“What do you do if there’s a spill,” McDeshen asked.

“Then we re-pour from the bottle again,” Nichols said.

Strict measures of quality control are used throughout the testing procedures to insure the quality of the test, according to Jehn.

“If the results of the speci-

men screening are positive, then the sample is re-poured and goes back for further screening,” Jehn said.

Jehn elaborated that if the specimens are still presumed positive, then a third aliquot of urine is poured for the final confirmation. This time a known quantity of urine is used for extraction and subsequent testing by Gas Chromatograph-Mass Spectrometry GC-MS. This is the “gold standard” of confirmation within the forensic toxicology community, according to Jehn. A positive result by GC-MS indicates that the specimen was positive for a drug of abuse.

The laboratory also tests for specimen validity, because civilian specimens are not observed when collected. A panel of three tests is performed to verify that no substitution, dilution or adulteration

was used on the donor’s specimen.

Positive samples are stored in a freezer for up to one year unless requested to maintain them for a longer period.

A Medical Review Officer reviews all sample results. Positive results are reported to the employee first, who is then given an opportunity to provide a written legal reason for use of the drug found prior to the positive results being reported to the installation, according to Coyle.

“I was very satisfied with the procedures they showed us and the chain of custody of the urine samples,” McDeshen said.

Other tour members including Jeanne Ditter, chief, Close Combat Systems Team, Firepower Core, ATC; Vernon Finch, EA Civilian Guard Force representative for Directorate of Law Enforce-

ment and Security; and John Burkhouse, security specialist for ATC, were also satisfied with the security and chain of custody procedures being followed by the laboratory.

“It makes a difference to see how it really works. No one ever thought to bring civilians in before,” Coyle said.

Coyle stated she would be open to organizing tours of the FTDL again in the future if there is sufficient interest from supervisors, union officials or personnel members.

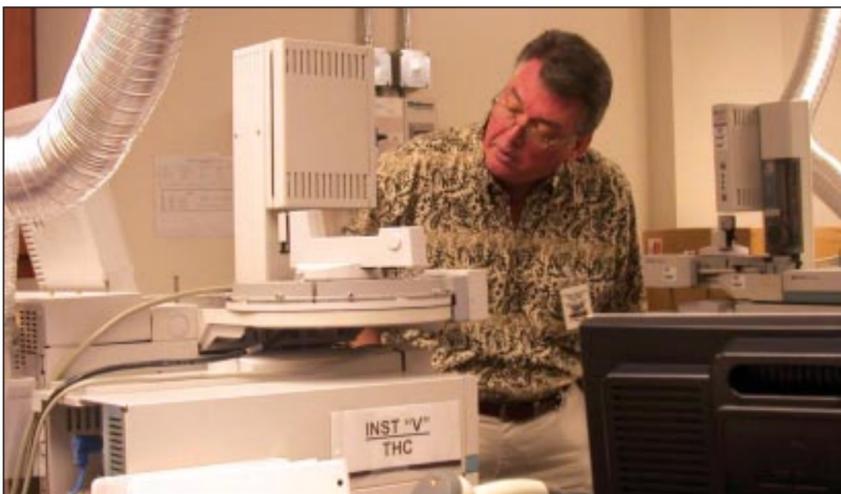
“My goal is to de-mystify the drug testing procedures for our APG family who are subjected to testing and to reassure them of the many precautions taken on their behalf to ensure the absolute accuracy of their results. We all have enough stressors in our life, fear of drug testing shouldn’t be one of them.”



Medical technicians, Kasandra Paulemon, left, and Darnell Johnson, process urine samples for drug testing.



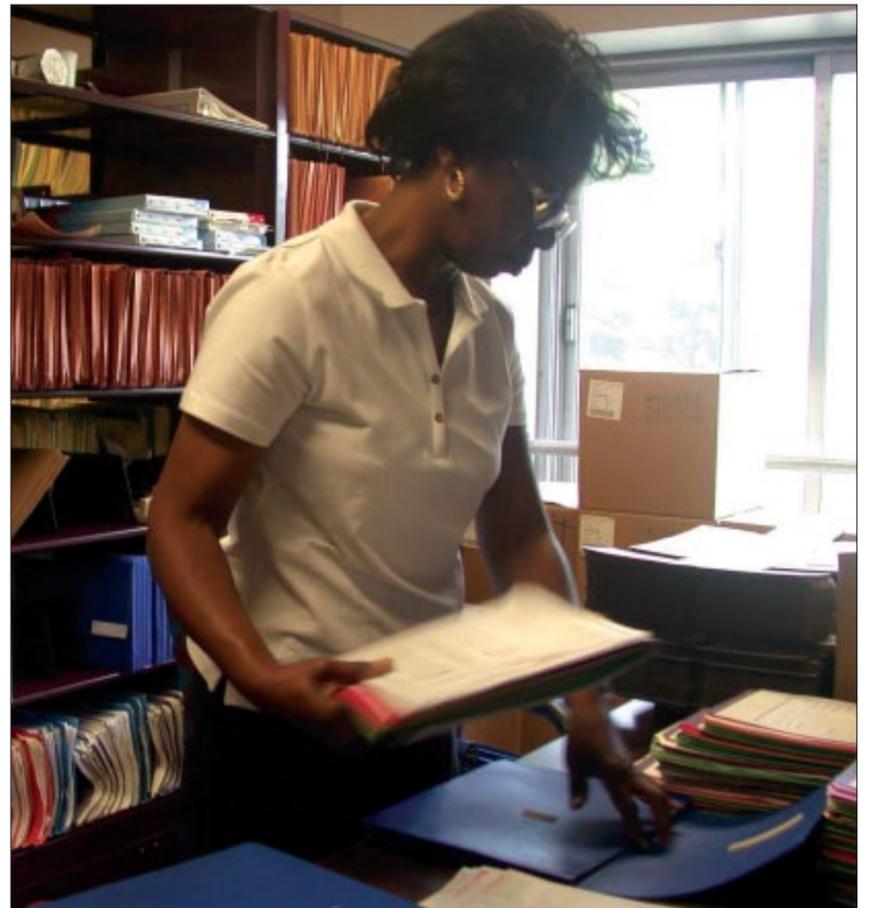
Dan Nichols, supervisor of screening for civilian testing at Fort Meade, shows the tour group how the Hitachi Screening Analyzer and Modular tests urine samples.



Joe McDeshen, ATC supervisor of the weapons assembly unit, surveys lab equipment during the tour.



The Hitachi Screening Analyzer and Modular, which tests 150 samples a day, is displayed to the tour group.



Arneathia Bodrick, legal assistant, files drug testing results paperwork in the records library.

## Mail

From page 10

the receiving camp’s main post office. The departures depend on local ground dangers, highway problems and the force protection that must accompany the convoys.

“At the camp, post office personnel take the mail and sort it by the different units that it supports,” she said.

The day the mail is delivered to the main post office is not necessarily the same day that all units arrive to retrieve their mail.

“There are literally dozens, if not hundreds, of units situated long distances from the main bases or camps that are unable to get a hold of their mail everyday, for (vital) reasons such as operational security,” she said.

Slater said obstacles like mission delays or additional safety precautions might, at times, slow down the final

deliveries. On the same token, those mission delays or additional safety precautions may save lives.

“This is not like the USPS in the United States, where you can go up to your lockbox and pick up your mail,” she said. “This is a war zone. It’s a totally different world.”

Nevertheless, the present mailing system is a vast improvement from the method used during Operations Desert Shield and Desert Storm.

“We continue to peel back the onion on postal operations, timeliness and movement,” said Col. Alan Dodson, Third Army/CFLCC’s deputy chief of staff for personnel (C-1).

Both Dodson and Slater said the routine of preparing, organizing and delivering mail to service members deployed to the Middle East is a method that the U.S. military postal service evaluates and takes steps to enhance on a day-to-day basis.

In response to ongoing

queries about delivery of mail via the Military Postal Service System, agency officials said that more than 65 million pounds of letters and parcels were delivered to the U.S. Central Command area of responsibility during calendar year 2003, at a cost of nearly \$150 million.

“On a daily basis, just in Iraq alone, we receive up to 300,000 pounds of mail,” said Slater. “That’s two huge 747-size plane-loads. Even on days we don’t get that much, there is enough for at least one 747 from

Newark, NJ. And the U.S. Postal Service contracts for planes that have the sole purpose of transporting mail in and out of the theater every single day.”

(Slater note: Spc. Blanka Stratford is from the Third U.S. Army/CFLCC Public Affairs.)



This sign in the Woodpecker Point picnic area directs patrons to utilize trash receptacles when cleaning up behind themselves.

## Picnickers asked to help keep APG clean

Story and photo by Yvonne Johnson APG News

Aberdeen Proving Ground residents, employees and guests are being asked to clean up behind themselves when using the installation’s recreation areas.

Carl Corrigio, chief, Operations Branch, Community Recreation Division, said

that a noticeable amount of trash is being left in these areas.

“It’s important that people are able to use these areas and have a good time,” Corrigio said, “but it’s also important that they police up after themselves when they’re done.”

“Signs in each of these areas direct patrons to utilize the trash cans and dumpsters,” he said.

The affected sites include the installation swimming pools, Woodpecker Point, Skippers Point and the Chesapeake Challenge recreation area.

“All these areas have adequate trash receptacles,” Corrigio said. “It only takes a few moments to leave a place neat and clean for the next users.”

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# Family Corner—Enriching the military life



From left, Katie Wright, 11, Dominique Lacey, 13, and Rebecca Sandlain, 12, try their hand at diapering a mannequin during the Parents and Children Together Babysitter Training Course in building 2754 June 24 as Diana Hayes, a certified babysitting instructor with Army Community Service, observes.

## Preparing babysitters for APG families

Story and photos by  
**Yvonne Johnson**  
APG News

Mindful of the added activities that come with the onset of summer, Army Community Service is continuing its Babysitter's Training program to ensure quality supervision for the children of Aberdeen Proving Ground parents.

Diana Hayes, Parent and Children Together coordinator, and an American Red Cross certified instructor, holds year-round training courses that include "lots of hands-on requirements" to test course enrollees.

"They have to show me that they can perform all course requirements to standards," Hayes said.

The course is constructed in accordance with American Red Cross requirements and at its conclusion, participants receive a certificate certifying them as Red Cross qualified.

"The purpose of the American Red Cross Babysitting Training Course is to provide youths ages 13 and older with the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians," Hayes said.

In addition, training conforms to the Garrison commander's Supervision of Children (Home Alone Policy), Hayes said.

The guidelines stipulate that parents are ultimately responsible for the behavior, safety, and supervision of their children, including adolescents.

Regarding babysitting, the policy further stipulates that:

- Children ages 4 years and younger require constant, direct supervision at all times and that the person providing supervision must be able to respond to any emergency or threatening situation.
- Children ages 5 through 10 (Grades K-5) require adult supervision on a regular basis during out-of school hours. The person providing supervision must be constantly available and must check frequently to ensure the child remains in the designated safe area.
- Children ages 11 through 13 (Grades 6 to 8) may be left alone for short periods of

time, no longer than two hours. The person responsible must be aware of the child's location and activities.

- Children ages 14 to 17 (Grades 9 to 12) may be left alone for longer periods. They must have an emergency plan. At a minimum, they should have a person available [to call in an emergency] and they should know that person's telephone number.

- Children ages 13 to 15 [and younger] may not be left alone overnight.

- Children ages 16 to 17 may be left alone overnight.

In addition, no child under 13 is allowed to supervise-babysit younger children.

"Youths younger than 13 may take the course to learn childcare skills but only those 13 and older can be certified to babysit," Hayes said, adding that the guidelines are for post housing residents only and that parents should learn all the installation guidelines regarding the supervision of children.

"Those living off post should familiarize themselves with their local government policies," Hayes said.

Babysitting classes last up to seven and one half hours and include instruction in First Aid, handling emergencies, and hands-on practice feeding, burping, and changing diapers, cloth and disposable, with "baby" mannequins.

Hayes further instructs sitters on situations that they may encounter.

"Safety is very much a part of the classes," Hayes said. "I tell sitters to only sit for families they approve of, to talk with their parents first, and if possible, have them meet with the client prior to accepting a job."

"Don't take a job you know will be too stressful for you," she added. "Don't try to handle five kids no matter how much they're paying. You can't manage that many and someone could get hurt."

Babysitter's Training Courses alternate between the Aberdeen and Edgewood areas and are announced in the APG News and at the area Youth Centers. Classes last at least six hours and participants are asked to bring sack lunches.

"There is a lot of material to cover in that time," Hayes said, noting that 60 youths have received certification since October 2003.

She said that boys as well as girls sign up for the course and that Girl Scouts earn badges upon graduation.

"The Youth Centers maintain referral lists of all certified sitters on the installation," Hayes said. "This is a great way for youths to earn money and for parents to ensure they are in compliance with installation policies."

For more information, contact Diana Hayes, PACT coordinator at 410-278-4372 or send an e-mail to diana.hayes@usag.apg.army.mil.



Diana Hayes, right, shows Shi-Kiya Miller, 11, proper infant feeding techniques during the Babysitter Training Course that provides Red Cross certification to graduates ages 13 and older.

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