



POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Nov. 7 is plastic, glass and metal. Put items in blue bags and place them on the curb.

Update on 2001 FEHB

The 2001 Federal Employees Health Benefits Open Season runs from Nov. 12 to Dec. 10. Brochures and comparison charts will be distributed as soon as they are received in the Civilian Personnel Advisory Center. Brochures may also be viewed/downloaded from the Office of Personnel Management Web site www.opm.gov/insure/-health. All new changes will be effective Jan. 13.

Due to recent events and restricted access to Aberdeen Proving Ground, the annual health fairs have been cancelled this year. (See story on page 3.)

Re-Nu-It Centers closed Veterans Day weekend

The Re-Nu-It Center in Edgewood will close at 4:30 p.m. on Nov. 9 and reopen at 8 a.m. on Nov. 13. The Aberdeen Center will be closed Nov. 10, and reopen at 8 a.m. on Nov. 13.

For more information, contact William Settles at 410-278-8814/8815.

TSP Open Season approaches

The Thrift Savings Plan Open Season will be held Nov. 15 to Jan. 31. During the open enrollment period employees may elect to enroll in TSP or change their current TSP deduction.

TSP Open Season Update Pamphlets will be distributed to agency administrative offices upon receipt in the Civilian Personnel Advisory Center.

Employees are now required to contact the Army Benefits Center-Civilian, or ABC-C, at 1-877-276-9287 or www.abc.army.mil

to enroll in TSP or change the amount of their contribution. Employees must also contact the TSP Office at 1-504-255-8777 or www.tsp.gov if they wish to change their fund allocation.

Personal Identification Numbers are required for both ABC-C and TSP.

Employees who wish to change the way their current balance is invested

See SHORTS, page 2

OC&S honors Gen. Coburn with regimental review



Photo by E.C. STARNES

Gen. and Mrs. John G. Coburn are joined on the reviewing stand by retired Gen. Leon E. Salomon and retired Lt. Gen. Eugene D'Ambrosio as the Ordnance Corps pays tribute to Coburn's 39 years of service during a pass in review, Oct. 22 at Fanshaw Field. Coburn officially retired Oct. 23 at Fort Myer, Va., as commander of the U.S. Army Materiel Command.

E.C. Starnes OC&S

Under a hazy autumn sky, with the flags of the nation and the 50 states, the Ordnance Corps gathered to pay tribute to its senior serving ordnance officer and his lady.

"Standing on this podium today, I am confronted with the unwelcome realization that my 39 years of service in the Army is at an end."

So spoke Gen. John G. Coburn, commander of the U.S. Army Materiel Command, during an Ordnance Corps Regimental Review in his honor at Fanshaw Field Oct. 22. His official retirement ceremony was conducted the following day at Fort Myer.

In introducing Coburn, the Army Chief of Ordnance, Maj. Gen. Mitchell H. Stevenson, spoke of the general's 39 years of service and noted, "General Coburn has excelled as a soldier, as a leader, as a mentor, and as a human being, and his wife, Jan, is his equal in supporting soldiers, civilian employees and their families."

"As a soldier," Stevenson continued, "General Coburn has commanded at every level possible . . . He has been a leader in peace and in time of war. He has demonstrated the professional agility, determination and spirit that is worthy of emulation by soldiers everywhere."

" . . . he has had a grand lady at his side. Jan has been a leader, a mentor and a teacher in her own right," Stevenson noted.

"It is very fitting and proper that we salute them today, on the eve of their retirement from active duty."

"What a great day to be a soldier and an even greater one to be an Ordnance soldier," Coburn said.

See COBURN, page 11

Pentagon honors its heroes

Staff Sgt. Marcia Triggs Army News Service

Seventy Pentagon personnel were honored Oct. 23 for their acts of bravery on Sept. 11 when a jetliner crashed into the Pentagon and sent a rolling ball of fire through its corridors.

About half of the recipients received the Soldier's Medal for rescuing people trapped in the burning inferno. The ceremony was held at Conny Hall, Fort Myer, Va.

There were five types of awards issued including the Defense of Freedom Medal, a newly authorized medal to honor civilians who are wounded or killed as a result of hostile action against the United States.

"I have many memories . . . of Sept. 11 . . . But few are as strong as what I saw in the hallways and on the grounds of the Pentagon in the minutes and hours following the attack," Sgt. Maj. of the Army Jack Tilley said during the hour-long awards ceremony.

"What I saw is exactly what I should have seen," Tilley said. "Americans coming to the aid of their fallen comrades."

Twenty-eight soldiers received the Soldier's Medal, the highest military award for bravery. Three Army civilians received the Exceptional Civilian Service for Bravery medal, which is the highest award granted by the Secretary of the Army to Army civilian personnel. Four

See HEROES, page 13

'Broadway' comes to APG

Sheila Little APG News

'Broadway' is coming to Aberdeen Proving Ground. The 2001 U.S. Army Soldier Show, an 80-minute Broadway-style musical review, showcases the talents of active-duty soldiers who are selected by audition to tour for six months and entertain troops in the U.S. and overseas.

Personnel from the U.S. Army Ordnance Center and Schools will see the show on Nov. 12 at 7 p.m. APG's Nov.

13 performance, which begins at 7 p.m. at the Post Theater, is free and open to all those with current government identification cards and their families.

Gwen Meadows, APG marketing specialist, said the Soldier Show includes a variety of musical styles in each new production, and the show is always well received.

"Come early for the best seating, and expect a great showcase of military talent," she said.

See BROADWAY, page 11

Pentagon seeks ideas on combating terrorism

Courtesy of Department of Defense

The Department of Defense announced that the Under Secretary of Defense for Acquisition, Technology and Logistics and the Combating Terrorism Technology Support Office Technical Support Working Group are jointly sponsoring a Broad Agency Announcement asking for help in fighting terrorism.

The BAA, issued Oct. 23 (No. 02-Q-4655), specifically seeks help in combating terrorism, defeating difficult targets, conducting protracted operations in remote areas, and developing countermeasures to weapons of mass

destruction. Its objective is to find concepts that can be developed and fielded within 12 to 18 months.

The BAA provides for a three-phase process in which interested parties initially submit a one-page description of their concept. Initial responses are due by Dec. 23. After a review of a submission and if DoD is interested in further information, the submitter will then be asked to provide a more detailed description of up to 12 pages of the idea. Submitters of concepts that the department is not interested in pursuing further will be so notified.

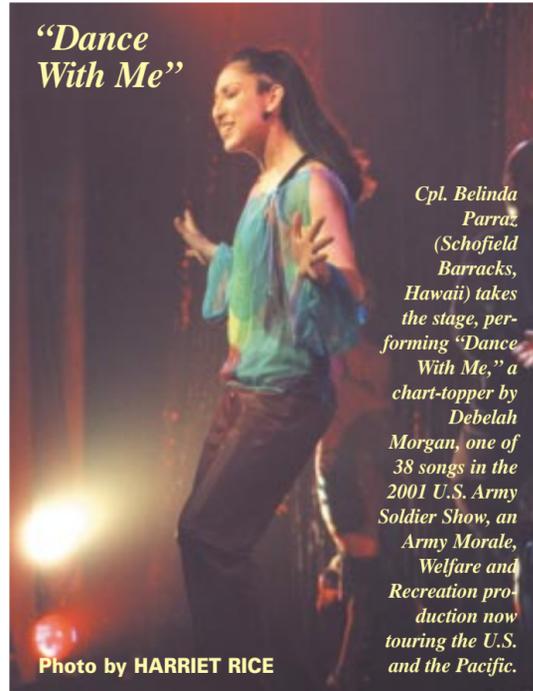
DoD will evaluate phase two submissions and ask

those who have offered the most promising ideas to submit full proposals in a third phase that may form the basis for a contract. Phase two submitters who are not asked to submit full proposals will be so notified. Submitters of a full phase three proposal that is not accepted by the department may request a formal debriefing.

Debriefings will not be provided to phase one and phase two submitters whose concepts were not accepted.

Interested parties can obtain more information concerning this BAA by visiting www.bids.tswg.gov.

"Dance With Me"



Cpl. Belinda Parraz (Schofield Barracks, Hawaii) takes the stage, performing "Dance With Me," a chart-topper by Debelah Morgan, one of 38 songs in the 2001 U.S. Army Soldier Show, an Army Morale, Welfare and Recreation production now touring the U.S. and the Pacific.

Photo by HARRIET RICE

Disability awareness event focuses on changing attitudes



Photo courtesy APG PHOTO LAB
Tracy Pattison, left, and Dave Nau, members of Dancing Wheels, a company that integrates dancers with and without disabilities, perform at APG's Disability Awareness Luncheon, held Oct. 18 at Top of the Bay.

Sheila Little APG News

With the theme 'Win with Ability,' the Aberdeen Proving Ground Committee for the Disabled sponsored a disability awareness luncheon at Top of the Bay, Oct. 18. The event featured exhibits of services for the disabled, entertainment by Dancing Wheels, a modern dance company which integrates dancers with and without disabilities in their performances, and a keynote speech by Greg Smith, the founder and host of 'On a Roll,' a syndicated radio talk show on living with disabilities.

Judy Matthews, APG Committee of the Disabled chairperson, welcomed the luncheon guests, reminding them that everyone can contribute toward the integration of those of varying ability.

"One way in which we can cope is to participate in programs such as this," Matthews said, adding that as people get to know those who have overcome numerous obstacles to move ahead in life, accommodating varying degrees of ability becomes less of an issue.

Maj. Gen. John C. Doesburg, commander of APG and the U.S. Army Soldier and Biological Chemical Command, commended the U.S.

Army Developmental Test Command and the U.S. Army Medical Research Institute of Chemical Defense, APG tenants that, in recent years have received Maryland Employer of the Year awards in recognition of their work with the disabled. He said access and attitude barriers must be overcome in order to move forward.

"Changing the attitude barrier is definitely the most difficult," he said. Doesburg suggested the use of intellect, enthusiasm, knowledge and individual talents to challenge the misinformed and encourage an attitude of acceptance in others.

Smith said attitudes, that of the disabled individual and the attitudes of those around them, play a major role in determining employment success for the disabled.

"We need to stop looking at disability as something that's wrong," Smith said. "There's nothing wrong with me, there's something different about me." He also encouraged others to get to know those who are different and not be reluctant to reach out to them.

"Disability is a beautiful part of the natural diversity that is human life," he said. "Don't feel sorry for us, and don't be afraid to be a part of our lives."

See ABILITY, page 13

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APG celebrates National Public Lands day at AEC

POST SHORTS

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must request a TSP Interfund Transfer. Interfund transfers can be made by calling the TSP office, using the Web site, or completing a TSP-50.

For more information, contact your servicing personnel assistant, Aberdeen Proving Ground CPAC.

NAF open season 2001

Nonappropriated Funds employees are reminded Open Season 2001 is Oct 22 through Nov 16. Eligible employees (regular full-time and regular part-time) may enroll or make changes to health insurance coverage without restriction; join and/or make changes to their life insurance elections; elect or decline the feature for a health insurance option that allows them to pay the employer share of the premium with pre-tax dollars; join the retirement program; enroll in the 401K program and update beneficiaries and mailing addresses.

Employees that have not received Open Season information at their home address may visit NAF Personnel, Lower Level, building 305, to pick up Open Season literature, or access the Internet at www.nafbenefits.com. Rates and benefits coverage have changed; therefore, all employees are encouraged to carefully consider the benefit options. For further information or an appointment call 410-278-5126/5127/8994. All changes MUST be processed no later than Nov. 16 and will be effective January 2002.

Discounts offered to military personnel

Servicemembers interested in receiving discounts available for military personnel should visit the Military Discounts page at Military.com. The listing can be found at: www.military.com/Resources/ResourceSubmittedFileView?ESRC=mr.nl&file=discounts.htm.

APG celebrates Native-American Heritage month

The Native-American Heritage Month Luncheon will be held Nov. 14, 11:30 a.m. to 1:30 p.m. at Top of the Bay. Guest speaker will be Clayton Old Elk, health programs administrator with the Indian Health Service. Traditional Native-American tribal dances will be performed as part of the entertainment.

Tickets cost \$9 and include roast chicken with dressing, salad, sweet potatoes, fried corn, baked zucchini, corn bread, coffee, hot tea, iced tea and apple or cherry cobbler. Tickets should be purchased by Nov. 8. For more information, contact Sgt. 1st Class Shelton L. Torbert, 410-278-1534, or e-mail mileo@usag.apg.army.mil.

AAFES recalls hazardous bowls

The Air Force Print News reports that the Army and Air Force Exchange Service is recalling six items in the Lynn's Concepts Belagio blue line. Blue salad bowls in the line were undergoing routine tests for lead and cadmium leaching when they failed to meet safe limits set by the Food and Drug Administration. All AAFES stores have been directed to immediately remove the items from store shelves and place them in storage pending disposition instructions. AAFES quality assurance officials have placed an electronic block on all recalled styles so they cannot be sold when scanned at the register. The item is a blue salad bowl, which sells for \$1.50 and has been in the assortment for about four months.

According to Steve Bielefeldt, manager AAFES at Aberdeen Proving Ground, customers may bring the bowls to the APG Main Exchange for a full refund. (Courtesy of Military.com.)

Closures at KUSAHC

Effective immediately the After Hours Clinic at Kirk U.S. Army Health Clinic will be closed on Sundays and holidays. Patients needing advice on their health care can call the Nurse Advice Line at 1-800-308-3518. If you feel you have an emergency problem, call 911 or go to the emergency room at the nearest hospital.

Bids being accepted for sale items

The Installation Morale Welfare and Recreation Fund has the following items for sale.

Chrysler Utilimaster Step Van V-6, 1991 (No minimum bid is required.)

GMC crew cab pickup, 1988 (No minimum bid is required.)

Wells Cargo utility trailer, 1990 (A minimum bid of \$500 is required.)

Items can be viewed at Army Lodging, building 5472, 9 a.m. to 4 p.m., Monday through Friday, Nov. 1 thru 15.

The sale will be sealed bid. All bids must be received by Nov. 16 by the close of business. There will be no refunds. Items are sold "as is."

Payment may be made by check or credit card. Purchaser must remove property within 72 hours after contacted. All bids should be mailed or turned into Army Lodging, building 2207, Aberdeen Proving Ground, MD 21005, ATTN: Richard McClain, 410-278-4373 extension 7722. For more information, call Preston Hill, 410-278-7217.

Pollution Prevention

Share magazines with neighbors and friends before discarding.

APG Pollution Prevention Program, Environmentally Preferable Product and Affirmative Procurement Policy



Openings at EA Child Development Center

The Edgewood Area Child Development Center has openings for children ages 3 to 5 years. For further information, call Tracy Geier, EACDC director, 410-436-8361.

Relocating with an Exceptional Family Member

A big part of military life is relocation. There are many military assistance programs available to help you and your family deal with issues that can arise during a move. For a family with an exceptional family member who has special needs, the confusion can be particularly stressful. To avoid some of the less desirable "adventures," it may be a good idea to map out your strategy before you move. This is especially important regarding school, your child's special education needs, medical and housing.

If you will be experiencing a Permanent Change of Duty Station with an exceptional family member, or if child care is needed at this time, call Reeshemah Bugg, EFMP manager at 410-278-7474/4372.

EFM program explained in seminar

Parent Information Exchange will present "Getting to Know EFMP" on Tuesday, Nov. 13, 6:30 p.m. at Army Community Service, building 2754. Child care will be available. To make reservations, call Reeshemah Bugg, Exceptional Family Member Program coordinator, 410-278-7474/4372, by Friday, Nov. 9.

Apple pies available for purchase

Purchase delicious, homemade apple pies made by members of the Aberdeen Area Military and Civilian Spouses' Club while supplies last. The pies are available for purchase for \$5 each. All proceeds benefit the welfare and scholarship funds.

You may arrange pick-up by calling Angie Salamy at 410-272-6712 or stopping by the Aberdeen Area Thrift Shop Wednesday, 11 a.m. to 6 p.m., Thursday, 10 a.m. to 2 p.m. and the first Saturday of every month, 10 a.m. to 1 p.m.

Carlson offers cruise specials

Carlson Wagonlit Travel is offering a three-night Bahamas cruise on NCL, including port charges, as low as \$199, and a three- to four-night Mexico cruise for \$239 to \$249. Call 1-877-588-8757 or 410-272-1549 for information. Ask for Debbie or Cathie.

Anheuser-Busch theme parks offer free admission to military

To show their gratitude for the United States military who put their lives on the line each and every day, Anheuser-Busch Companies will offer active duty military, Reservists and retirees free admission to their amusement parks now through Dec. 31. Simply show your military identification anytime you visit SeaWorld in Orlando, San Antonio or San Diego; Busch Gardens in Tampa Bay or Williamsburg; and Sesame Place in Philadelphia, and you will receive unlimited complimentary admission for yourself. In addition your immediate family will receive complimentary admission on your first visit. After the first visit, admission for immediate family members and guests will be discounted by 25 percent. This offer is valid during regular park operating hours.

Anheuser-Busch Companies hope, in some small way, this begins to send the multitude of thanks that the United States military is owed.

(Editor's note: The Department of the Army sincerely thanks

the advertiser. However, neither the Army nor any part of the federal government officially endorses any company or their products or services.)

New Korean War Veterans Chapter forming

Attention all Korean War Veterans, 1950 to 1955, and veterans who served in Korea from 1945 to the present. The National Korean War Veterans Association has granted permission for the formation of a new chapter in Aberdeen. Current members of the Veterans of Foreign Wars, American Legion, Jewish War Veterans, Catholic War Veterans, and other organizations may apply.

Criteria for membership include persons who served in the Armed Forces during the Korean War, June 25, 1950 to Jan. 31, 1955, and anyone who served in Korea from September 1945 to a date yet to be determined. Medal of Honor recipients so honored for service in Korea during the war shall be eligible for lifetime membership. Former prisoners of war who were held by the North Koreans, Chinese or Russian forces from June 25, 1950 forward, are eligible for lifetime membership.

The next meeting for the new chapter is Nov. 26, 7 p.m. at the Aberdeen American Legion post on Rogers Street. For more information or to apply for membership in the new chapter, write Nick Guerra at P. O. Box 3, Aberdeen, MD 21001 or call 410-272-0458.

2001 Job Fair to be held off post

The Aberdeen Proving Ground and Harford County Job Fair will be held Nov. 2, 10 a.m. to 5 p.m., at the Richlin Ballroom in Edgewood. Directions: From I-95, take Exit 77A, Edgewood. Take MD 24 towards Edgewood. At the first light, make a left onto Edgewood Road (Exxon Gas Station/Denny's Restaurant on the corner). Richlin Ballroom is the next entrance on your left. Parking is available in the front and side of the ballroom. Parking permits are not needed. For more information, contact Marilyn Howard, Army Community Service, at 410-278-9669/4372 or Denise Carnaggio, Harford Job Fair Council, at 410-638-3059.

ARL sponsors blood drive Nov. 8

The American Red Cross will conduct a blood drive on Aberdeen Proving Ground sponsored by the U.S. Army Research Laboratory in building 330, which is located at the intersection of Longs Corner Road and Tower Road on Nov. 8, 9 a.m. to 1 p.m. To donate blood you must be at least 17 years old, weigh at least 110 pounds, have no tattoos that are less than one year old, and have no sore throat, runny nose, or productive cough. To clear the 56-day limit between donations, you must have given on or before Sept. 13 to donate on Nov. 8. Also, Department of Defense blood donor restrictions effective Oct. 1, can be viewed at www.defenselink.mil/news.

To make an appointment, contact Staff Sgt. Darla Laing, 410-278-5873 or e-mail her at dlaing@arl.army.mil.

Bargains available at EA Thrift Shop

The Edgewood Area Thrift Shop, located in building E-1633, is open Tuesday and Thursday, 10 a.m. to 3 p.m., and the first Saturday of the month, 10 a.m. to 2 p.m. Consignments are accepted on Tuesday, Thursday and the first Saturday of the month, 10 a.m. to 1 p.m. The last Thursday and the first Saturday of the month are Bag Sale Days. All the clearance items you can fit in a paper bag for \$2. Merchandise varies daily. We currently have lots of infant items including strollers, bassinets and a crib. For more information, call 410-676-4733.

Sign-up for Christmas Gift Wrap Program

Plans are underway for the 2001 Christmas Gift Wrap Program sponsored by AAFES and coordinated by the Directorate of Information Management. All Aberdeen Proving Ground family support groups, non-profit organizations and volunteer activities affiliated with APG are eligible to participate and should designate a point of contact to be eligible for donations. Organizations/activities interested in participating must contact James Walker, 410-278-1261, by Oct. 26 with the name and phone number of your contact. All contacts must attend a mandatory meeting Nov. 6 at 10 a.m. in building 324. During this meeting contacts will draw for dates and times for their organization to work the gift wrap booth. Space is limited so sign up early.

AAFES will provide the wrapping paper, limited gift boxes and an area to wrap at the main PX. Organizations/activities will be responsible for providing the labor, tape, scissors, ribbon, etc., and will receive all the money their group earns. Packages are wrapped for donations only. Gift wrapping starts the day after Thanksgiving and runs through Christmas eve. To register your organization, call 410-278-1261.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM, APG, MD 21005-5005, 410-278-1150. Printed circulation is 13,500.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

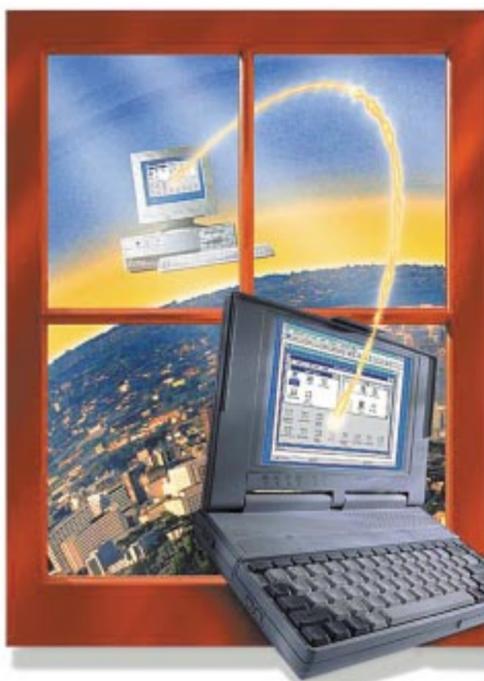
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Deadline for copy is Thursday at noon for the following Thursday's paper.

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TECHNOLOGY EXPO COMING



The Corporate Information Office, U.S. Soldier and Biological Chemical Command, will be hosting the Annual Fall Information Technology Products and Services Expo Nov. 14 at the Gunpowder Club, building E-4650, Parrish Road, Edgewood Area of Aberdeen Proving Ground from 9:30 a.m. to 1:30 p.m.

Exhibitors include AMX Corporation, ASAP Software, Audio Visual Innovations, CDW-G, Charette Corporation, Comark, Gateway, Government Micro Resources, GTSI, Hewlett-Packard, iGov.com, Intelligent Decisions, Logicon/FDC, McBride & Associates, Micron GCS, NEC/Mitsubishi, PictureTel, Ricoh, Symantec, VBrick Systems, Westwood Computer, Xerox and more.

The expo is open and free to all Defense Department government or contractor personnel. Refreshments will be served.

For more information, call

Federal Direct Access Expositions toll-free, 1-877-332-3976.

Changes to 2001 Federal Employees Health Benefits

Courtesy of CPAC

Federal Employees Health Benefits Open Season will run from Nov. 12 to Dec. 10. Brochures and comparison charts will be distributed as soon as they are received in the Civilian Personnel Advisory Center. Brochures may also be viewed/downloaded from the Office of Personnel Management Web site is www.opm.gov/insure/health. All new changes will be effective Jan. 13.

Due to recent events and restricted access to Aberdeen Proving Ground, the annual health fairs have been cancelled this year.

Changes in plan offerings

Free State Health Plan and George Washington University Health Plan are terminating their contracts and will not be available to federal enrollees next year. Any employee enrolled in Free State (enrollment codes LD1 and LD2) or George Washington University Health Plan (enrollment codes E51 and E52) must choose a new plan during open season. If employees in these plans do not change their enrollment during open season, their health care will terminate.

Capital Care has changed its name to Care First Blue Choice, Inc., and has expanded its service area to cover the entire state of Maryland.

Service Benefit Plan (Blue Cross/Blue Shield) will be dropping their High Option and adding a new "Basic" Option. Standard Option will still be available.

New procedures for enrollment

Forms are no longer needed to make a health

benefits open season election. Employees must contact the Army Benefits Center-Civilian, or ABC-C, by telephone, 1-877-276-9287, or visit www.abc.army.mil. Employees can no longer make an election with the APG CPAC.

Employees need to know the health benefits code for the enrollment plan chosen, family members' names, birth dates and Social Security Numbers (if enrolling in family coverage).

Employees should check their Leave and Earnings Statement to make sure their open season election took effect. If not, contact ABC-C at the number above.

Tips for making changes using ABC-C

The Social Security Number and Personal Identification Number must be entered when using the telephone (1-877-276-9287) or Internet (<https://www.abc.army.mil>). The PIN is employee's month and year of birth (September 1948 would be 0948 - 09 for the ninth month and 48 for 1948), unless employee has already changed it to a personal PIN.

If choosing to use the ABC-C Web site, employee must enter their SSN and PIN and must also enter the "Point of Entry" Log-In screen. This area asks for employee's SSN, service computation date, date of birth, pay plan (GS, WG, GM, etc.), grade and step. This information is available on employee's latest Civilian Leave and Earnings Statement or SF-50 (Notification of Personnel Action).

For more information, call Teri Wright, CPAC, 410-278-4331, or e-mail teri.wright@usag.apg.army.mil.

Recall reminder issued to consumers

Courtesy of FDA

The Food and Drug Administration issued a public health advisory concerning phenylpropanolamine, or PPA, during the past year. This is a reminder notice.

Study reports by the Yale University School of Medicine state that PPA is linked to increased hemorrhagic stroke (bleeding in the brain) among women ages 18 to 49 within three days after starting use of a medication containing PPA.

Problems were not found in men, but the FDA recommends that everyone (even children) seek alternative medicine.

Steps were taken to remove this drug from all drug products and drug companies were requested to discontinue marketing products containing the drug.

As a result, all drugs containing PPA have been recalled.

If you purchased any of the following over-the-counter medications before November 2000, carefully check the labels for phenylpropanolamine. Any of the fol-

lowing products containing PPA should be discarded immediately, and replaced with reformulated versions without PPA listed on the labels.

- Acutrim maximum Strength Appetite Control
- Alka-Seltzer Plus Children's Cold Medicine Effervescent
- Alka-Seltzer Plus Cold Medicine (cherry or orange)
- Alka-Seltzer Plus Cold Medicine Original
- Alka-Seltzer Plus Cold & Cough Medicine Effervescent
- Alka-Seltzer Plus Cold & Flu Medicine Effervescent
- Alka-Seltzer Plus Cold & Sinus Effervescent
- Alka-Seltzer Plus Night-Time Cold Medicine Effervescent
- BC Allergy Sinus Cold Powder
- BC Sinus Cold Powder
- Comtrex Deep Chest Cold & Congestion Relief
- Comtrex Flu Therapy & Fever Relief
- Day & Night Contac 12-Hour Cold Capsules
- Contac 12-Hour Caplets
- Coricidin D Cold, Flu &

- Sinus
- Dexatrim Caffeine Free
- Dexatrim Extended Duration
- Dexatrim Gelcaps
- Dexatrim Vitamin C/Caffeine Free
- Dimetapp Cold & Allergy Chewable Tablets
- Dimetapp Cold & Cough Liqui-Gels
- Dimetapp DM Cold & Cough Elixir
- Dimetapp Elixir
- Dimetapp 4-Hour Liquid Gels
- Dimetapp 4-Hour Tablets
- Dimetapp 12-Hour
- Extentabs Tablets
- Naldecon DX Pediatric Drops
- Permathene Mega-16
- Robitussin CF
- Tavist-D 12-Hour Relief of Sinus & Nasal Congestion
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- Triaminic Expectorant
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- Triaminic Syrup Cold & Allergy
- Triaminic Triaminicol Cold & Cough

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AFAP-raised quality of life concerns lead to answers

Sheila Little
APG News

The Aberdeen Proving Ground Army Family Action Plan symposium, held in April at Top of the Bay, resulted in issues raised by active duty military, retirees, family members and civilian workers. The following is the seventh in a series of articles with answers to concerns of the community.

Issue: Installation of speed/rolling bumps

There is too much speeding in the housing areas, and it is a safety issue for anyone walking, running, working or playing outside.

Recommendation: Install speed/rolling bumps in the housing areas, increase police surveillance, remind walkers and runners to face traffic by using the left side of the road, provide more pedestrian paths around the housing areas, post more signs with speed limits and fine violators.

Resolution: Speed bumps, considered by many to be a logical way to reduce speed, do not always work, and present hazards to some vehicles, including bicycles, motorcycles, and

emergency response vehicles. In addition, they are a potential hazard to all vehicles, especially subcompact cars, can damage snow-removal equipment, and cause accidents leading to personal injury and liability issues.

Condemned by traffic engineers and safety experts for many of the reasons listed above, speed bumps will not be used on APG to control speed.

The traffic section of the Directorate of Law Enforcement and Security uses radar in the housing areas on a random basis to enforce housing area speed limits and encourages all residents to report speeders in the housing areas. Providing a description of speeding vehicles and the most likely times to use radar will be taken into consideration.

Issue: Lack of off-duty service hours at Kirk U.S. Army Health Clinic

Clinic hours are often limited to daytime hours, causing beneficiaries to take time away from work or school, and creating child supervision problems for parents that could be addressed by more evening hours.

Recommendation: Extend the hours of the Pediatric and Women's Wellness clinics to include more evening and weekend hours, close Urgent Care (now called the After Hours Clinic) during the week and open it 9 a.m. to 5 p.m. on weekends and training holidays, and abolish the requirement to schedule appointments for the urgent care clinic.

Resolution: Currently the individual clinics at KUSAHC are open from 7:30 a.m. to 4 p.m., Monday through Friday, with the exception of Thursday, when the clinics are open 7:30 a.m. to 2 p.m.

The clinic hours of 4 to 6 p.m. are reserved for same day appointments and are made by the Triage Nurse. Same day appointments are reserved for the hours of 4 to 5:40 p.m., and are made by the Triage Nurse, who also determines the clinic to be visited. Triage operates 8 a.m. to 6 p.m. during the week, and from 9 a.m. to 5 p.m. on Saturday, and can be reached at 410-278-1751.

The commander has reviewed utilization rates for the hours of service in the clinic and found that weekend and federal holiday utilization is low. In order to increase service and the staff available during the peak weekday hours, holiday and Sunday service hours have been suspended. Great emphasis is being placed on reviewing clinic service hours with the goal of improving appointment access for all clinics and providing maximum access during peak demand periods.

Sick call for active duty soldiers remains unchanged, and is 6 to 7:30 a.m. during the week.

Weekend hours at KUSAHC are limited to the After Hours Clinic, which is open on Saturdays from 9 a.m. to 4:40 p.m. No clinics at KUSAHC are open on Sunday, federal holidays, and training holidays.

It is suggested that those wishing to make an appointment call the clinic where they wish to be seen. If a beneficiary is unsure if their symptoms require a clinic visit, or is unsure where they should go, the Triage Nurse can give advice and direction.

Scheduling or insurance questions may be addressed to the

Patient Advocate at 410-278-1724. At all times, medical emergencies should proceed directly to the nearest emergency room.

Issue: Enhance the outdoor recreation equipment in the Edgewood Area, improve the equipment in the Aberdeen Area

Edgewood has no outdoor recreation facility and the equipment in the Aberdeen Area is old and worn out.

Recommendation: Add outdoor recreation items to Edgewood, such as batting cages, go karts, tennis courts and volleyball nets. Improve the running track in Aberdeen and add football fields to both areas.

Resolution: A budget request for an outdoor basketball court adjacent to the Edgewood Area Youth Center has been submitted for consideration in the fiscal year 2002 budget. The tennis courts adjacent to the Gunpowder Club and the recreation center in Edgewood are open to residents and in good repair. Football is available for youth in both areas of APG, through Harford County Parks and Recreation, and the cost for duplicating football on post is prohibitive.

A leisure needs survey conducted in fiscal year 1991 indicated that a recreation facility such as Chesapeake Challenge (built as a result of the survey) could be supported in the Aberdeen Area, but the EA population would not be able to support a duplicate facility.

Recreation use and ideas for both sides of the installation continue to be monitored.

Issue: Lack of awareness of quality of life services and policies

Many people are unaware of the activities and programs available to them because current methods of informing the community are not effectively reaching the public.

Recommendation: Install electronic billboards in the Aberdeen and Edgewood areas with up-to-date listings of community events and services, require all tenants to send a representative to all quality of life meetings, and deliver the APG News to all organizations on the installation instead of just the housing areas.

Resolution: An electronic billboard installed in the Aberdeen Area a few years ago was found to be a safety hazard and difficult to maintain. At this time, it is unlikely that safety officials would approve such billboards.

APG no longer holds quality of life meetings, but all tenant organizations have a mandatory requirement to attend garrison staff meetings, where quality of life issues are often discussed.

Finally, the APG News is delivered to many locations throughout AA and EA, including the shoppettes, the exchanges, the clothing store, the commissary and many tenants. If additional delivery areas are needed, a request for consideration should be submitted to the paper via electronic mail to editor@usag.apg.army.mil, or call 410-278-1150.

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Opinion

Be not dismayed, history says we will triumph



Yvonne Johnson
APG News

On Sept. 11, my son Tyree turned 16. He and I were supposed to see the Orioles play Toronto at Camden Yards that night. I purchased tickets to the game months ago.

I remember rushing him out of the house that morning so I could hurry and bake his cake and try to make it to work on time.

As I was putting the finishing touches on the icing, I was stricken with the realization that in my rush to shoo him off to school, I hadn't even wished him a happy birthday.

I felt awful. I didn't know then those words would lose their significance before the day was over. His birthday

would be anything but happy.

Later that morning, as I watched the terrible events of that day unfold at the World Trade Center in New York, at the Pentagon and in a Pennsylvania field, my mind kept wandering to Tyree, wondering how he was handling the news and how it would affect him in the days to come. I rushed home at the end of the day, nearly dreading to go.

When I got there, he was watching the news. The cake and card that I had left on the table were untouched and seemed as out of place as a tomato in a pumpkin patch.

"Why did this have to happen? Why on my birthday?" my suddenly 6-year old whispered into my neck as I hugged him.

"I don't know," was all I could muster in response.

Through dinner, clearing the table and washing the dishes, we watched the news. I left him to make a few phone calls and when I returned he was still watching. I decided that that was enough.

"C'mon. Let's see if you can beat mom at Dominoes," I told him.

He quietly agreed and we broke out the "bones" and played three games. He won the best two out of three, and that cheered him up a bit. Then

I insisted on lighting the candles and singing happy birthday.

I didn't ask what he wished for before he blew out the candles. I already knew he was wishing the attacks had never happened, as was I.

Thinking back, remembering that I didn't have an answer to Tyree's sorrowful question that night, I realize that in the weeks since, I've come up with what I think is at least part of the answer. It's quite simple. Somebody skipped his history lesson.

Before Usama bin Laden decided to take on the United States of America, he should have taken an introductory course in American History.

Maybe then he would have learned that this country won't just take it on the chin and walk away.

Someone should have mentioned to him that it takes a lot to rile us but that when we're riled, we are a handful and that we don't take kindly to blatant acts of war against our people or our country.

Someone should have told him about Washington crossing the Delaware; the Marine engagement at Iwo Jima; the Allied invasion at Normandy or the terrible price Hirohito paid for attacking Pearl Harbor.

Someone should have mentioned that for all our imperfections, we love our country and our way of life. And that we will defend it to the death.

On Sept. 11, we learned that evil really does walk the earth. We met the boogey man and we learned that all he desires is our destruction. It was a cold, hard reality but it stirred us into a heated response.

The men and women of our armed forces have been inflicting a condensed history lesson on bin Laden and his cronies since Oct. 7. They will continue through final exams when all our enemies have failed and the world is again safe for our children.

Tyree and I went to the makeup Oriole game that was held on Oct. 5. As we were settling in, he held his ticket up, pointed to the date and said, "You know, in a way we're lucky. We get to pretend it's Sept. 11 all over again and none of this ever happened."

I looked at him for a moment, stunned by the sensitivity of the thought.

What a great kid I have, I thought.

I looped my right arm through his left arm, put my hat bill to his forehead and said, "Let's do it."

The Orioles lost that evening, but for nearly three

hours, Tyree and I were carefree and unburdened with thoughts of suicide planes or Anthrax.

In his address to the nation

in the days following the Sept. 11 attacks, President Bush told the country, "We will prevail."

Some of us already have.

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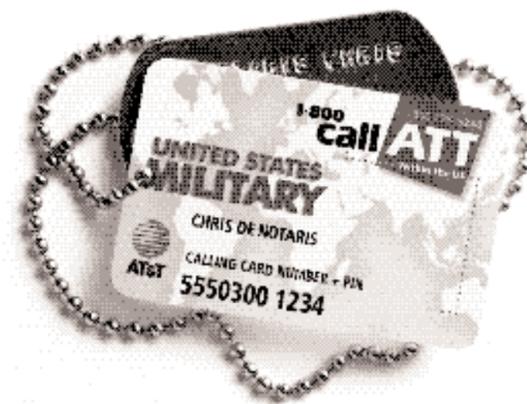
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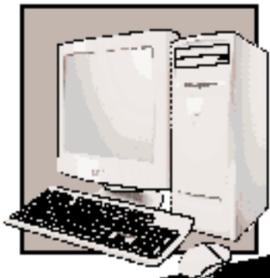
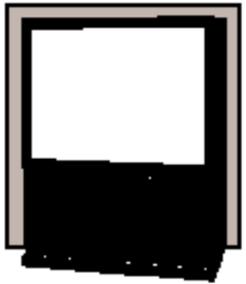


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TWO CAN PLAY THAT GAME

Friday, Nov. 2, 7 p.m.
Saturday, Nov. 3, 9 p.m.

Starring: Vivica A. Fox, Morris Chestnut



When it comes to matters of the heart, keeping her man happy and committed is all in a day's work for Shante Smith. But when her boyfriend Keith is caught stepping out with her arch-rival, Shante institutes a plan to get her man in line. Shante's about to discover that not only are there no rules – she's not the only one playing. (Rated R)



HARDBALL (FREE ADMISSION)

Saturday, Nov. 3, 7 p.m.

Starring: Keanu Reeves, Diane Lane

When Conor O'Neill tries to borrow money from a friend to play for his gambling habit, the loan is on the condition that he coach a little league baseball team from the Cabrini Green housing projects. Meanwhile, off the field, Conor finds himself falling for the children's teacher, Miss Wilkers. As he begins to fully embrace his new role as a coach and father figure, tragedy strikes and teaches Conor a much more valuable life lesson. (Rated PG-13)

(Editors note: Over the past few weeks APG News experienced some problems receiving incorrect movie information. The problem is being reviewed at the appropriate levels. The APG News apologizes for any inconvenience this may have caused.)

LIBRARY BOOK CORNER

The garrison libraries have new books for college preparation. Stop by and check them out.

The Best Way to Save for College by Joseph F. Hurley



Choosing the Right College: the Whole Truth about America's Top Schools



Colleges that Change Lives by Loren Pope

Cracking the GRE with Four Complete Sample Tests on CD-ROM by Karen Lurie

Game Plan for Distance Learning by Marion B. Castallicci

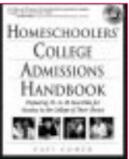
Get College Credit! DSST: The Official Test-Preparation Guide

GRE Prep Course: with Software by Jeff Kolby

How to Write Your College Application Essay by Kenneth A. Nourse

How to Prepare for the ACT, American College Testing Assessment

Homeschoolers' College Admissions Handbook by Cafi Cohen



Master the SSAT and ISEE by Jacqueline Robinson

Scholarships by Gail A. Schalachter

SSAT/ISEE Success 2002 edited by Elaine Bender

Elaine Bender

Writing a Successful College Application Essay by George Ehrenhaft

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m. Operating hours of the Edgewood Area Library, building E4403, are Tuesday, 11:30 a.m. to 6:30 p.m. and Friday, 11:30 a.m. to 5:30 p.m.

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Dear Harford County Residents,

The recent tragedy our nation endured has caused all of us to reflect on the importance of our country, our community, our families, our traditions and our commitment to others. The residents of Harford County have supported their neighbors during the holiday season through the Empty Stocking Fund for many years. This year can be no different – the needs are greater than ever.

Our Goal...

The Aegis Empty Stocking Fund is a non-profit organization founded in 1990 to help needy residents of Harford County during the holidays. The Aegis Empty Stocking Fund helps with food, clothing, housing expenses, utilities and toys. All the money collected goes to our families. Homestead Publishing absorbs all administrative costs and the efforts are purely volunteer. Last year, The Aegis Empty Stocking Fund assisted more than 350 Harford County families. We expect the need to be greater in 2001. Without your continued and generous support, The Aegis Empty Stocking Fund could not help the many families who really need your help.

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Army News



Comment period announced on Army Transformation PEIS

Courtesy of Army News Service

The Department of the Army has prepared a Programmatic Environmental Impact Statement, or PEIS, to assess the potential impacts that implementing Army Transformation would have on the environment.

The PEIS, which has been an ongoing effort as The Army plans for Transformation, was prepared pursuant to the National Environmental Policy Act of 1969. The Environmental Protection Agency announced the notice of availability in the Oct. 26 Federal Register, thus beginning the 45-day public comment period on the PEIS.

The prospect of a rapidly changing and more turbulent, unpredictable, global security environment underscores the need for a high level of U.S. defense preparedness. To meet the challenges of a more complex set of operating environments, the U.S. will require an Army that is strategically responsive and dominant across the full spectrum of operations in joint, interagency, and multinational configurations. To meet the defense challenges of the future, the Secretary of the Army and the Chief of Staff of the Army have articulated a clear Army Vision that includes transforming the most respected Army in the world into a strategically responsive force.

The Army proposes to implement transformation as rapidly as possible, while continually maintaining the warfighting readiness of its operational forces, improving its installations and business practices, and taking care of its people. To validate early transformation concepts, the first two brigades of an Interim Force are currently being fielded at Fort Lewis, Wash.

These two brigades are being fielded with both advanced technology and off-the-shelf equipment to support evaluation and refinement of new doctrinal organizational and operational concepts.

These two brigades will be followed by an additional four to six brigade combat teams, fielded at various installations. The Interim Force will be a transition force - one that leverages today's technology and serves as a bridge to the future, with modernized legacy forces, until we achieve the Objective Force.

The Objective Force will achieve our transformation objective. It will be capable of dominating across a full spectrum of operations and rapidly transitioning across mission requirements without loss of momentum.

The PEIS examines both the proposed transformation program and a "no action" alternative and discusses numerous issues including noise, impacts to wetlands and riparian areas, soil erosion, water quality, and endangered species. The PEIS will examine transformation as a whole - Army installations will also conduct also site-specific environmental documentation as required and appropriate.

More information about Army Transformation and the PEIS can be found at www.army.mil/vision/Transformation-info.htm. For further information, contact Headquarters, Department of the Army, Office of the Chief of Public Affairs, Media Relations Division, 1500 Army Pentagon, Washington, DC 20310-1500, telephone 703-697-7592 or e-mail Karen.Baker2@hqda.army.mil.

Soldiers may soon access personnel files online

Staff Sgt. Marcia Triggs

Army News Service

Sergeants first class being considered for promotion will be among the first to access their Official Military Personnel Files online, beginning Nov. 15.

"We're going to empower our soldiers," said Col. William Mansell, deputy to the adjutant general at the Total Army Personnel Command. "Soldiers will have control over accessing their personal files and making sure the file is accurate."

The Web site will be introduced to the rest of the Army incrementally, mainly to non-commissioned officers appearing before senior selection boards, Mansell said. The site will be accessed through the Army Knowledge Online portal, and only soldiers with an AKO account will be able to review their files, Mansell said.

Staff sergeants being considered for sergeant first class in June and sergeants major being considered for command sergeants major in October will be among the next to gain access to OMPF online, said Frederick Ziegler, deputy commander of the Enlisted

Records and Evaluation Center, known as EREC.

Master sergeants being considered for sergeants major will also be able to review their records online, and so will those being considered for attendance to the sergeant major course.

Currently there are operational test sites for OMPF Online at Fort Lewis, Wash., and Camps Humphreys and Red Cloud, Korea. Some units at Fort Bragg, N.C., will also gain access in January, Ziegler said.

Soldiers at test sites are able to review their records online if they are using computers with client addresses that have been authorized by EREC, said Maj. Mitchel Hudson, chief of the Information Supply Activity for EREC.

"NCOs will only be able to log on to the site if it has been determined that they are being considered for promotion," Hudson said. "Before the selection board convenes, an OMPF Web site will be published. When someone logs on using their AKO account, we will check their Social Security Number to make sure they're eligible to use the site."

A complementary feature to OMPF Online is Field of File,

which is a digital sender that works like a fax machine. Changes to personnel files will not be able to be made online, but Field of File will make correcting discrepancies in one's personnel files easier and faster, Mansell said.

Field of File is also operational at limited test sites. When soldiers at those test sites fax documents to EREC, network administrators input the data into the system, and the next day soldiers will see a digital picture of that document in their OMPF, Ziegler said.

This program will eliminate the need for soldiers to request a microfiche of their files, but the capability will still exist. Currently, soldiers who want to review their files must request that a microfiche of their personnel records be mailed to them. It usually takes four to six weeks to receive the microfiche.

OMPF Online is currently being set up for enlisted soldiers - sergeants and above.

"Our focus right now is going to be on taking care of our enlisted soldiers because they comprise most of our armed forces," Mansell said. "We will eventually expand the program to officers."

OMPF benefits the enlisted field tremendously because it will help soldiers better prepare for the promotion board, Mansell said.

"Soldiers don't realize that not only is it important that they review their files for professional development, it's an Army requirement," said Sgt. Maj. William Hursh, the sergeant major to the Adjutant General at PERSCOM.

"Soldiers have to ensure that their packets are complete and up-to-date, so that promotion board members can select the best qualified soldier for promotion."

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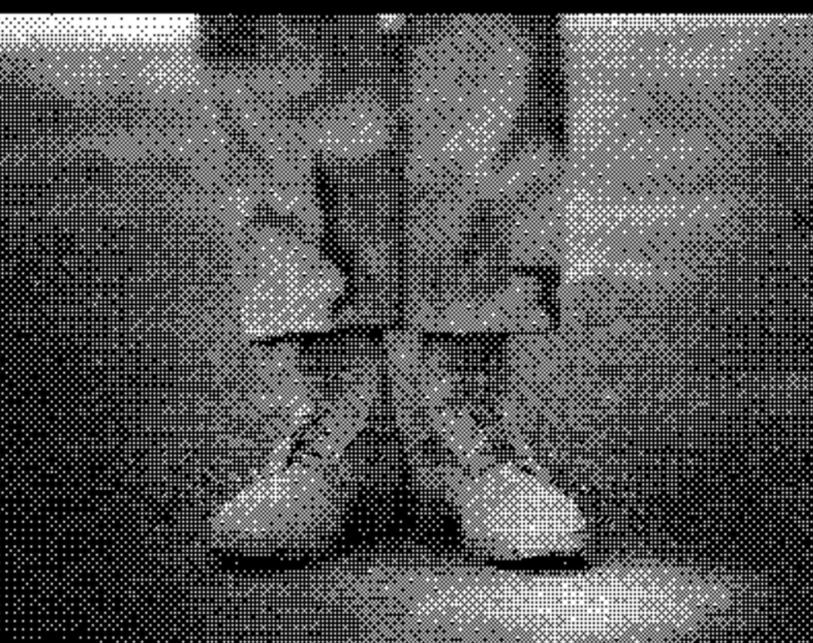
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Community Notes

FRIDAY NOVEMBER 2

ABERDEEN LIONESS CLUB BINGO

Basket Bingo to benefit the Aberdeen Lioness Club will be held at the Aberdeen Fire Hall, Rogers St., Aberdeen, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets are available for \$5. For tickets, call Sandy Pierce, 410-273-7184.

SATURDAY NOVEMBER 3

WOMEN'S WORKSHOP

The women of the APG Post Chapel Gospel Service will host a one day Women's Workshop entitled "Through It All, I Will Trust The Lord!" from 9 a.m. to 4 p.m. at the Military Christian Center on Rt. 40 in Aberdeen. Elder Linda Logan of Breath of God Christian Fellowship will be the keynote speaker. There is no admission cost. For more information or to register, call Mrs. Ross at 410-297-6654.

WACVA MONTHLY MEETING

The Women's Army Corps Veterans Association Maryland Free State Chapter #70 will meet 10 a.m. at the Aberdeen Senior Citizen Center. All women who have served or are serving in the Women's Army Auxiliary Corps, Women's Army Corps, Regular Army, Army Reserve, Army National Guard and Army Nurse Corps are welcome to attend. Also welcome, as associate members, are women of the Navy, Marines, Air Force and Coast Guard.

For more information about the association, contact Wanda Story, 410-272-5040

CHPPM ORGANIZATION DAY BINGO

Basket Bingo to benefit the U.S. Army Center for Health Promotion and Preventive Medicine will be held at the Elk's Lodge, Route 40, Havre de Grace, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets are available for \$5. For tickets, call Anne Gibson, 410-378-3338 (home), 410-436-2800 (work), or Brenda Conjour, 410-273-7332.

FREE FINGERPRINTING FOR CHILDREN

VFW Post Auxiliary 5337 will sponsor free fingerprinting for all children, from infants to 16 years, from 10 a.m. to 3 p.m. The VFW is located at 3705 Pulaski Highway, Abingdon. Fingerprinting will be done by the Maryland State Police. For more information, call VFW Post 5337, 410-676-4456.

SUNDAY NOVEMBER 4

BAKE SALE

The Maryland Free State Chapter 70, of the Women's Army Corps Veterans' Association, will hold a bake sale at the Aberdeen Proving Ground Main Exchange from 9 a.m. to 5 p.m. All proceeds help maintain ongoing programs for the women veteran patients at Perry Point. For more information, contact Wanda Story, 410-272-5040.

WEDNESDAY NOVEMBER 7

UMUC HOLDS OPEN HOUSE

University of Maryland University College will hold an open house from 4 to 6 p.m. to showcase its programs and services in Harford County. The open house will be held in the Education Services building 3146, Raritan Avenue and Bel Air Street. Advisors and representatives will be available to answer questions.

A representative will be present to answer questions about the EXCEL program, which enables students to receive college credit for learning acquired through work and life experience.

Students may complete admissions applications and register for Spring classes during the open house.

For more information, call UMUC office at APG, 410-272-8269, or 410-278-4632.

FRIDAY NOVEMBER 9

BASKET BINGO

The Aberdeen Proving Ground-Edgewood Area Child Development Center will host basket bingo to benefit their Parent Child Care Association at the Aberdeen Fire Hall.

Doors open at 6 p.m., bingo starts at 7 p.m. Tickets cost \$10 and include 20 bingo games (three cards per game) with door prizes, specials and raffles.

For tickets call the APG-EA Child Development Center, 410-436-8361, Tracy Geier 410-838-0193 or Leeann Domanico, 410-836-5618.

COUNTRY HOE DOWN

The Harford County Country/Western Dance Association, a non-profit organization, sponsors country western dancing each Friday at the American Legion located on Parke Street in Aberdeen. Dancing will be held 7:30 to 11:30 p.m. The instructor will announce lessons. Everyone is welcome.

Cost of admission is \$10 and includes draft beer, soda, chips and pretzels. For more information, call 410-272-8318.

MONDAY & TUESDAY NOVEMBER 12 & 13

2001 SOLDIER SHOW COMESTO APG

Aberdeen Proving Ground Morale, Welfare and Recreation will host two performances of the U.S. Army Soldier Show, 7 p.m., Nov. 12 and 13 at the post theater, building 3245.

The show is an 80-minute live Broadway style musical review showcasing the talents of active duty soldiers who are selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. They are truck drivers, personnel specialists, medics, tank crewmembers; electronics repair specialists, and infantry soldiers. The show is put together in six weeks, and then tours for six months. It's a side of the Army and soldiers you've never seen before.

This year's performance entitled "We Are One," will contain Lee Greenwood's patriotic "God Bless the USA," the national anthem and "God Bless America."

The Nov. 12 performance is open to U.S. Army Ordnance Center and Schools personnel. The Nov. 13 showing is open to the public for anyone with a current government identification card.

There is no admission charge for either performance and attendees are urged to arrive early to ensure seating.

Flash cameras will not be permitted in the theater.

For more information, contact Gwen Meadows, Morale, Welfare and Recreation marketing specialist, 410-278-4497, fax 410-278-9537, or e-mail gwen.meadows@usag.apg.army.mil.

WEDNESDAY NOVEMBER 14

EA-OWC LUNCHEON

The Edgewood Area Officers' Wives Club is hosting a buffet luncheon at the Golden City Inn Restaurant on Route 40 in the Edgewood Shopping Center. The menu includes American and Chinese selections for \$7.95. The price includes beverages, tax and gratuity. The scheduled speakers are Elaine Bunting and Pat D'Amario, authors of the "Our Maryland Counties" series, written with a historical viewpoint. A book signing will conclude the program. Social begins at 11:30 a.m., with lunch at noon. Make reservations by noon Nov. 9 with Linda Kuchar at 410-838-5265, or e-mail specifying 'Nov. OWC luncheon' at linku@aol.com.

FRIDAY NOVEMBER 16

CWF SPONSORSTRIP TO DINNER THEATER

The Civilian Welfare Fund is sponsoring a bus trip to the Three Little Bakers Dinner Theater to see the annual Christmas Show. The price is \$45 per person, which includes dinner, the show, and charter bus transportation. The bus will depart at 4:30 p.m.

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

HARFORD COUNTY YMCA BINGO

Basket Bingo to benefit Harford County Family YMCA will be held at the Aberdeen Fire Hall, Rogers St., Aberdeen, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets are available for \$5. Three Quickie games will be held throughout the night.

For tickets, call Janet Nelson, 410-836-5075, or Lisa Greene, 410-273-7931.

SATURDAY NOVEMBER 24

CWF SPONSORSTRIP TO RADIO CITY MUSIC HALL

The CWF is sponsoring a holiday bus trip to the Radio City Music Hall Christmas Show, on Broadway, in New York City. There will be time for shopping and lunch before the show. The price is \$99 per person, which includes the show, and charter bus transportation. The bus will depart at 7 a.m.

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

SATURDAY DECEMBER 1

GOOD SHEPHERD CATHOLIC SCHOOL BINGO

Basket Bingo to benefit the Good Shepherd Catholic School will be held at the school, 810 Aikens Avenue, Perryville, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets are available for \$5.

For tickets, call the Good Shepherd School, 410-642-6265, or Brenda Conjour, 410-273-7332.

WEDNESDAY DECEMBER 5

BUSTRIPTO THE APOLLO

The Civilian Welfare Fund is sponsoring a trip to "The Original Amateur Night Live at the Apollo," in New York City, where many performers got their start, such as Michael Jackson, James Brown and more.

The price is \$60 per person, and includes charter bus transportation and a ticket to the show. The bus will leave at 10 a.m. There will be time for shopping and dinner before the show, which begins at 7:30 p.m.

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

FRIDAY DECEMBER 7

ABERDEEN POLICE ASSOCIATION BINGO

Basket Bingo to benefit the Aberdeen Police Association will be held at the Aberdeen Fire Hall, Rogers Street, Aberdeen, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets are available for \$5.

For tickets, call Judy Hinch, 410-272-7585, or Brenda Conjour, 410-273-7332.

SATURDAY FEBRUARY 9 to 16

ABERDEEN LIONS PLAN VALENTINE CRUISE

The Aberdeen Lions Club is sponsoring a seven-night Valentine cruise to the Western Caribbean in 2002. The public is invited to join the Lions on the newest Norwegian Cruise ship, Norwegian Sun, from Miami to Georgetown, Grand Caymen; Roatan, Bay Islands; Belize City, Belize; and Cozumel, Mexico. Snorkel on the longest barrier reef in the Western Hemisphere, swim with dolphins or stingrays, or just relax on the ship.

The package includes complimentary round-trip transfers from Aberdeen to Baltimore-Washington International Airport, round-trip air from BWI to Miami, all meals and entertainment, all port charges and taxes, and a pre-cruise get-together. Call now and receive a \$50 shipboard credit per stateroom. Enjoy a romantic Valentine cruise while helping the Aberdeen Lions Club raise funds for their community service activities.

Prices range from \$1,269 to \$1,743 depending on cabin location. Final payment is due Nov. 20.

For information, call Lions club members Joyce or Ron Landbeck, 410-272-5649. For reservations, call Accent-on-Travel, 1-800-848-3273.

MWR UPDATE

Customer appreciation weekend at Auto Craft Shop, Nov. 10 and 11

The Auto Crafts Shop located in building 2879 is having a customer appreciation weekend Nov. 10 and 11 from 9 a.m. to 5 p.m. All bay fees will be \$1 off. Coffee and doughnuts will be available.

For more information, call Cal Adams, 410-278-2884/5718, ter at 410-278-9725/9759.

Entertainment Books available at ITR

2002 Entertainment Books are available for \$25 each and can be purchased at ITR, building 3326. For more information, call 410-278-4011.

Aerobic, toning classes offered at fitness centers

The Edgewood Area Hoyle Health and Fitness Center, located in building E-4210,

offers aerobic and toning classes Monday through Friday.

The Aberdeen Area Fitness Center, building 320, offers aerobic and toning classes Monday through Saturday.

Both fitness centers are manned with a certified personal trainer who can get you started on an exercise program.

The fitness centers are available to all military members, Department of Defense civilians and contractors located on Aberdeen Proving Ground and their family members.

Hours of operation at the Hoyle Health and Fitness Center are Monday through Thursday, 5:30 a.m. to 7:30 p.m., Friday, 5:30 a.m. to 6 p.m. and Saturday, 8 a.m. to noon.

For more information call the Hoyle Health and Fitness Center at 410-436-7135/7134.

Hours of operation at the APG Fitness Center are Monday through Thursday, 5:30 a.m. to 7 p.m., Friday, 5:30 a.m. to 6 p.m. and Saturday, 8 a.m. to noon. For more information, call the Fitness Center at 410-278-9725/9759.

Registration for winter sports

Aberdeen Proving Ground cheerleading and boys and girls youth basketball (league) registration will be held Monday through Friday during regular business hours through to Nov. 9 by appointment with Amie Przygodna is also providing walk-in registrations in the evenings in Aberdeen, building 2485, Oct. 29, Nov. 5 and 7, 5 to 7 p.m. Registration in the evenings at Edgewood will be Oct. 30, Nov. 6 and 8 from 5 to 7 p.m., building E-1902. The season runs November through March.

Cheerleader's age as of

Dec. 31, 2001 must be between 7 and 14 in order to register. Bring your child for a cheerleader uniform fitting at the Aberdeen Youth Sports Center, Nov. 10, 10 a.m. to 2 p.m. or Nov. 14, 6 to 8 p.m. The Edgewood program will have Cheerleader uniform fittings on Nov. 13, 6 to 8 p.m. Fee is \$30 per player or cheerleader and 10 percent off for siblings.

Basketball clinics for ages 4 to 6 (age as of Nov. 1, 2001) will be held on Saturday, Nov. 10 and 17, Dec. 1, 8, 15, 29, 1:30 to 3 p.m. Fee is \$15 (for tee shirt and award). Registration will be held the same dates and times as basketball league registration.

Anyone interested in volunteering as a coach for the clinics should call Bill Kegley, 410-306-2297.

Nike SWOOSH Club

Nike SWOOSH Clubs are

teen leadership groups that promote physical fitness, interest in sports and the potential for athletics-related careers. Held in Boys & Girls Clubs across the United States, NIKE SWOOSH Clubs enroll males and females ages 13 and older. Teen NIKE SWOOSH Club members are trained to coach, officiate, keep score, conduct sports-related community service project and assist staff with sports clinics and camps. Club members who complete at least 25 volunteer hours are eligible to attend a NIKE Sports Leadership Camp.

Edgewood Arts & Crafts

Edgewood Arts & Crafts is open to active and retired military, civilians, and contractors working on Aberdeen Proving Ground and their dependents.

Located in building E-4440 next to the military police station near the troop store,

hours of operation are Thursday, 1 to 9 p.m., and Friday and Saturday, 9 a.m. to 5 p.m. For more information, call 410-436-2153 during listed hours.

Ceramics class:

A basic ceramics class will be held, Nov. 10 and Dec. 8, 10 a.m. to 1 p.m.

Porcelain Dolls:

A porcelain doll class will be held Nov. 1, 8 and 15, 5:30 to 8 p.m. Cost is \$30 plus supplies.

Woodshop Orientation:

The woodshop will hold a safety orientation, Nov. 3 and Dec 1, 9:30 to 10:30 a.m. The cost is a \$3 user fee.

Stained Glass:

A beginning stained glass class will be held Nov. 17 and Dec. 15, 9:30 a.m. to 1:30 p.m. Cost is \$25 and includes supplies.

Framing Class: A beginning matting and framing class will be held Nov. 29, 5:30 to 9 p.m. Cost is \$15 plus supplies.

Coburn

From front page

"I just want to tell all of you how proud I am to have been a member of the Ordnance Corps," he continued. "And, I want you all to know how very proud my wife Jan has been to be an Ordnance lady. There is simply nothing like the Ordnance Corps."

"It's a Corps that is mindful of the lessons of history but also a Corps that has its sights clearly focused on the future and technology that will carry us forward."

"It's a Corps that recognizes that its greatness comes from its people, both soldiers and civilians."

"It's a Corps that recognizes and appreciates that it is the Ordnance soldier who works in the mud; in fact, in all kinds of weather to keep our Army's equipment running."

"It's a Corps that appreciates warrant officers and the great role that they play."

"It's a Corps that appreciates the role that our acquisition officers play in ensuring that our Army has the best equipment possible."

"It's a Corps that appreciates the great role that Ordnance civilians play in manning our arsenals and depots and other activities, ensuring that the best equipment reaches our soldiers so that they might survive on the battlefield."

"It's a Corps that recognizes the role of technology and accepts responsibility for developing technology that will lead to the Objective Force."

"It's a Corps that knows and understands the importance of the industrial base, and the role that corporate America plays."

"It's a Corps that appreciates the Ordnance soldiers who manned ammunition points and kept weapons working in the frozen hills of Korea, the humid jungles of Vietnam, and the heat and sand of the Persian Gulf."

"This is your Corps," he told the officers and soldiers, airmen and Marines from the 61st Ordnance Brigade and the 59th Ordnance Brigade who were gathered in his honor. . . . "And, although I will soon take the uniform off, I take great comfort in the fact that our Corps is in good hands."

He turned his thoughts from his career to the person who he

says has been his support.

"No one walks the 'soldier's path' alone, and, that has absolutely been true in my case, for in 1962, my wife Jan cast her lot with this soldier. Wherever I have been was home to her, and it has been her presence that made it a true home. She truly is the secret to any success I may have had, and I love her for that."

He then turned his attention back to the field and those gathered in the stands.

"Again, thanks for all that you are, for all that you will be, and for all that you have meant to us. Hold your heads high, for you represent all that is good and right and decent about our country. For you are the U.S. Army Ordnance Corps."

The Coburns were joined on the review stand for the pass in review by retired Gen. Leon E. Salomon, the Honorary Colonel of the Regiment, and retired Lt. Gen. Eugene D'Ambrosio, Honorary Colonel of the Regiment Emeritus.

The Chief of Ordnance served as the Commander of Troops.

Represented in the honor contingent were the 61st Ordnance Brigade under the command of Col. John R. Hills; the 59th Ordnance Brigade under the command of Col. David Hafele; the APG Noncommissioned Officer Academy under the command of Command Sgt. Maj. Manuel Torres; the Redstone Arsenal Noncommissioned Officer Academy under the command of Command Sgt. Maj. Mark R. Hole; the U.S. Marine Corps Detachment under the command of Maj. Dan Mielke; the U.S. Air Force Detachment under the command of Maj. Curtis Schmucker; the U.S. Army Ordnance Center and Schools Combined Honor Guard under the command of Command Sgt. Maj. Timothy D. Ayers; the 389th Army Band (AMC's Own) under the command of Chief Warrant Officer Jerry L. Standridge and the Salute Battery under the command of Chief Warrant Officer David Hester.

Broadway

From front page

New show performers and technical crew members are selected each year from soldiers stationed in the U.S. and abroad, who submit applications and attend final auditions at Fort Belvoir, Va., early in the spring. Once selected, the soldiers spend six weeks in rehearsal, participating in aerobic workouts, vocal coaching, dance training and learning how to assemble and dismantle the stage. The technical crew learns computer-based lighting and audio.

In addition to learning choreography, performers memorize the lyrics to 50 or more songs during their 12-hour day rehearsals.

Once on the road, the crew puts in 14-hour days, as they offload, load, set up and dismantle the equipment needed at each performance stop.

The cast tours from mid-May through mid-November, performing more than 100 times, with stops at Army installations in the U.S. and overseas.

This year, the cast has performed in Korea and Guam in addition to dozens of stateside military installations.

Past APG performances of the Soldier Show have opened to standing room only crowds, so those wishing to attend the public performance on Nov. 13 may want to get there early to assure a seat. No tickets or reservations will be taken; seating is on a first-come, first-served basis.

Sponsored by the U.S. Army Community and Family Support Center, Morale Welfare and Recreation, United Services Planning Association Inc. & Independent Research Agency for Life Insurance, and the Army National Guard, the event is free to soldiers, retirees, and other government identification card holders and their families.

Messages Of Support replaces Operation Dear Abby

Courtesy of Military.com

The anthrax scare has caused programs, such as Operation Dear Abby, aimed at sending deployed troops letters of encouragement to a halt.

Stars and Stripes, in response to an inundation of requests and suggestions from Americans looking for a new way to show their support and send their love, has created Messages of Support.

Americans can now send messages of up to 30 words via email to troops. Messages can be e-mailed to Stars and Stripes 24 hours a day at supportmessages@estripes.com.

Sports & Recreation

HHC 61st downs NCOA, 24 - 13

Yvonne Johnson
APG News

With flag football season winding down, teams are making their move for post-season playoff berths.

In the Edgewood Division, Headquarters and Headquarters Company, 143rd Ordnance Battalion is undefeated with a 6-0 record followed by the U.S. Army Soldier and Biological Chemical Command at 3-2.

In the National Division, Company B, 16th Ordnance Battalion, at 8-1 leads second place Company C with a solid 7-2 record and HHC 16th leads the American Division at 8-1.

The post season tournament begins Nov. 17. Play continues Nov. 18 with the post championship set for Nov. 19 at 6:30 p.m.

In Oct. 24 American Division action,

Headquarters and Headquarters Company, 61st Ordnance Brigade got the best of the Noncommissioned Officer Academy in a 24-13 victory that saw HHC 61st receiver Daryl Shamlee score three touchdowns.

With quarterback/coach Elijah Wilkins the driving force behind the team's fleet-of-foot offense, HHC 61st took the early lead, scoring on its first possession when running back Terrence Upperman scampered into the end zone from the 20-yard line.

Unfazed NCOA answered quickly. Quarterback Rodney Washington, who racked up more yards on the ground than through the air, cracked the corner of the end zone on fourth and goal, evading several would-be defenders along the way.

"We're playing well, but we need to hold them on defense," Wilkins said after the NCOA touchdown.

Upperman also contributed at quarterback, hooking up with Shamlee several times on key plays.

NCOA coach James Carr said his team just needed to "tighten up" in a few areas to contain their opponent.

"We're better than we're playing," he said.

On the NCOA side of the ball, Washington and receivers Clayvin James and Robert Kubash gave key performances. Wilkins credited Terrell Hewett, who pulled down the interception that sealed the team's victory, with "turning the turning the game around." He also named Shamlee the player of the game.

"This team gets better and better," Shamlee said. "We stay motivated, keep playing hard and keep winning."

Tony Vasquez and Freddie McDaniel refereed the game.

EA tennis senior wins state tourney

Yvonne Johnson
APG News

A scientist with the U.S. Army Soldier and Biological Chemical Command likes to use scientific theory to figure out easier ways to do just about everything.

This year, Dr. Ajit Banerjee, a sports enthusiast, figured his way into the Maryland State Senior Olympics Tennis Championships and came away the winner.

A civilian contractor with the Edgewood Chemical Biological Center, Banerjee has been with the unit's Stand Off Detection Team about three years.

A native of India, he has traveled the world, taking up tennis as "something interesting to do," about 10 years ago.

"Games come easy to me," Banerjee said. "Especially one-on-one games, though I also like soccer."

He said he approaches the game, like most other challenges, from a scientific perspective.

"I use science to improve my strokes, make them simpler and more efficient," he said.

On most week days, Banerjee spends his lunch hour in Hoyle Gym's racquetball court where he practices his technique using a tennis racket, a golf club and a heavy extension cord that he uses as a jump rope.

He said the heavy cord gives a better workout than a lightweight rope.

"In my old age I'm going to take up golf," Banerjee said. For now, practicing with the club helps me perfect my tennis swing."

He said practicing with the items in the court enables him to observe and work on his entire game.

"I've lessened my windup which makes it easier to meet the ball and put it in its proper place, he said, adding that he can hit harder with a shorter back swing.

A self-taught player, Banerjee has participated in tournaments throughout the state including the Dick Hume Tennis Classic that he won in



Photo by YVONNE JOHNSON
Dr. Ajit Banerjee uses a golf club to fine tune his tennis swing outside Hoyle Gym. The Edgewood Area scientist won the Maryland State Senior Olympics Tennis Championship in the men's singles 55 and over category in Olney, Md. in September.

2000 in the over-50 category.

He said he's a better player for having "investigated the game."

"Coaches tell you what to do but can't tell you why," he said. "If you don't understand why, how do you correct it?"

Harold Smith, director of Hoyle Gym, said Banerjee is a regular with a not-so-regular style.

"He's always coming up with new theories nobody else would think of," Smith said. "I keep telling him I want to get him out on the golf course and put them to the test."

He said the staff encouraged Banerjee and were pleased to hear that he'd won.

"He's a great guy even though he analyzes everything," Smith added with a smile.

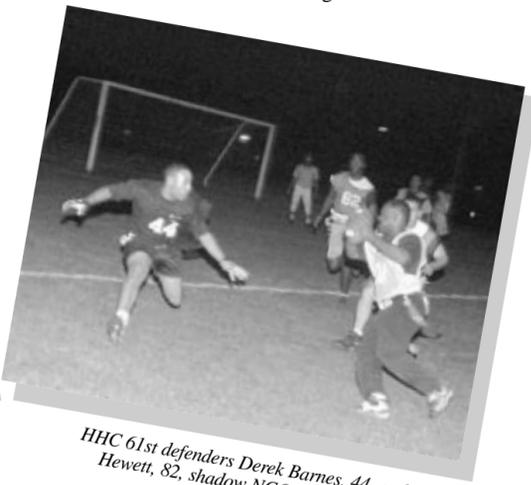
Banerjee said it might be the "kid" in him that makes him "question everything then take it apart to see for myself."

He said that although he enjoys the fitness aspect, his main goal is to "not grow old gracefully."

"My goals are not that lofty," he said. "I don't like the idea of aging so I'm gonna give it one heck of a fight."



NCOA's Robert Kubash, 17, rushes to intercept HHC 61st defender Terrence Upperman, 53, as he moves in on NCOA quarterback Rodney Washington, 11.



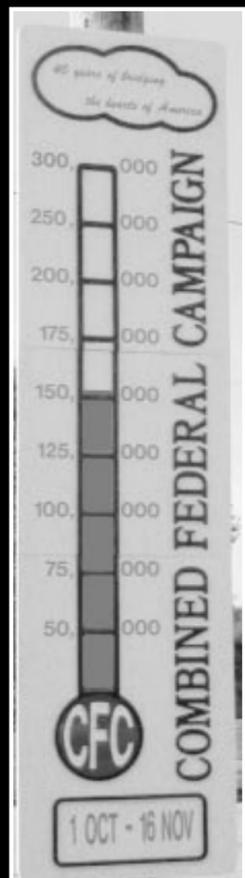
HHC 61st defenders Derek Barnes, 44, and Terrell Hewett, 82, shadow NCOA quarterback Rodney Washington, 11.



NCOA's Clayvin James, 97, catches a touchdown in the corner of the end zone as HHC 61st's Derek Barnes gives chase.

Photos by YVONNE JOHNSON

CFC Update



As of Oct. 26, total contributions to Aberdeen Proving Ground's 2002 Combined Federal Campaign stood at \$153,014.54. To date, 359 awards have been distributed: 175 Oriole, 100 Cardinal, 43 Falcon and 41 Eagle. For information on making a payroll deduction or cash contribution to the Central Maryland CFC, contact your unit keyperson, visit the CFC Office in building 2477 or call Wayne Dayel, CFC chairperson at 410-278-3131.

Football Update

The following results were reported for intra-mural flag football for the week ending Oct. 26.

American Division

Results

Oct. 22
Company E 16th, 32; NCOA, 12
HHC 16th, 44; HHC 61st, 26

Oct. 24

HHC 61st, 24; NCOA, 13
HHC 16th, 20; Company E 16th, 18

Schedule

Nov. 1

6:30 p.m., NCOA vs. Company E 16th
7:30 p.m., HHC 16th vs. HHC 61st

Nov. 5

6:30 p.m., Company E 16th vs. HHC 16th
7:30 p.m., HHC 61st vs. NCOA

Nov. 7

6:30 p.m., NCOA vs. Company E 16th
7:30 p.m., HHC 16th vs. HHC 61st

Standings

HHC 16th	8-1
Company E 16th	4-3
HHC 61st	3-5
NCOA	2-8

National Division

Oct. 22

Company C 16, 34; Company B 16th, 22
Company A 16th vs. USMC, rescheduled

Oct. 24

Company A 16th vs. Company C 16th, rescheduled
Company C 16th, 20; USMC, 0

Schedule

Nov. 5

6:30 p.m., Company B 16th vs. USMC
7:30 p.m., Company C 16th vs. Company A 16th

Nov. 7

6:30 p.m., USMC vs. Company A 16th
7:30 p.m., Company B 16th vs. Company C 16th

Standings

Company B 16th	8-1
Company C 16th	7-2
Company A 16th	2-6
USMC	0-8

Edgewood Division

Results

Oct. 22

Company B 143rd vs. SBCCOM, rescheduled
HHC 143rd, 12; Company C 143rd, 8

Oct. 24

Company A 143rd vs. SBCCOM, rescheduled
HHC 143rd, 32; Company B 143rd, 6

Schedule

Nov. 5

6:30 p.m., SBCCOM vs. HHC 143rd
7:30 p.m., Company A 143rd vs. Company C 143rd

Nov. 7

6:30 p.m., Company A 143rd vs. SBCCOM
7:30 p.m., HHC 143rd vs. Company B 143rd

Standings

HHC 143rd	6-0
SBCCOM	3-2
Company C 143rd	2-3
Company A 143rd	0-2
Company B 143rd	0-4

Soccer Update

The post-season soccer tournament is Nov. 5 with the post championship set for Nov. 15, 6:30 p.m.

Standings

Aberdeen Division

USMC	3-4
Company C 16th	2-5
Company E 16th	3-3
Company A 16th	0-3

Edgewood Division

Company A 143rd	4-1
MRICD	4-2
Company B 143rd	3-3
Company C 143rd	3-3

Deadline for all-Army boxing, wrestling registration

Soldiers interested in being considered for Morale, Welfare, and Recreation all-Army boxing and wrestling trial camps must submit applications to their installation sports offices by Nov. 5. Women are also encouraged to apply for both sports.

For women boxers, the weight classes range from 95-pound featherweights to the 201-pound super heavyweights.

Weight classes for women wrestlers range from 101.25 pounds to 165 pounds.

Although there has never been an Armed Forces Wrestling championship for women, women from the Marine Corps have wrestled in the national championships.

Female soldiers will participate in both boxing and wrestling as long as they have an opponent in their weight class from one of the other services.

Since the number of slots available for women is yet to be determined, all interested women should submit an application.

The All-Army Boxing Trial Camp is scheduled for Jan. 4 to Feb. 10, at Fort

Huachuca, Ariz. The Army box-off will be held Jan. 22 to 25. The All-Army Wrestling Trial Camp will be held Feb. 4 to Mar. 27, with the Army championships set for Mar. 1 and 2.

Interested soldiers must submit a Department of the Army form 4762-R, Athlete's Application, through their installation sports offices.

Details are available from local MWR sports directors.

Soldiers' participation is contingent upon their commanders' approval and release. The Army sports program is a Morale, Welfare and Recreation activity of the U.S. Army Community and Family Support Center.

(This story was submitted out of the U.S. Army Community and Family Support Center Public Affairs Office.)

(Editor's note: The Aberdeen Proving Ground Army Sports Programs coordinator is Donna Coyne. She is located in the Community Recreation Division, building 3330, 410-278-3929, donna.coyne@usag.apg.army.mil.)



The Ten Commandments of Communicating with people with disabilities

I Speak directly rather than through a companion or sign language interpreter who may be present.

II Offer to shake hands when introduced. People with limited hand use or an artificial limb can usually shake hands, and offering the left hand is an acceptable greeting.

III Always identify yourself and others who may be with you when meeting someone with a visual disability. When conversing in a group, remember to identify the person to whom you are speaking. (When dining with a friend who has a visual disability, ask if you can describe what is on his or her plate.)

IV If you offer assistance, wait until the offer is accepted. Then listen or ask for instructions.

V Treat adults as adults. Address people with disabilities by their first names only when extending that same familiarity to all others. Never patronize people in wheelchairs by patting them on the head or shoulder.

VI Do not lean against or hang on someone's wheelchair. Bear in mind that people with disabilities treat their chairs as extensions of their bodies. (And so do people with guide dogs and help dogs. Never distract a work

animal from their job without the owner's permission.)

VII Listen attentively when talking with people who have difficulty speaking and wait for them to finish. If necessary, ask short questions that require short answers, or a nod of the head. Never pretend to understand; instead repeat what you have understood and allow the person to respond.

VIII Place yourself at eye level when speaking with someone in a wheelchair or on crutches.

IX Tap a person who has a hearing disability on the shoulder or wave your hand to get his or her attention. Look directly at the person and speak clearly, slowly, and expressively to establish if the person can read your lips. If so, try to face the light source and keep hands, cigarettes and food away from your mouth when speaking. (If a person is wearing a hearing aid, don't assume that they have the ability to discriminate your speaking voice. Never shout at a person. Just speak in a normal tone of voice.)

X Relax. Don't be embarrassed if you happen to use common expressions such as "See you later" or "Did you hear about this?" that seem to relate to person's disability.

Courtesy of Irene M. Ward and Associates, Columbus, Ohio

'On a Roll' to changing attitudes

Sheila Little
APG News

(Editor's note: The following article depicts the life and speech given by Greg Smith, keynote speaker at APG's Disability Awareness luncheon, Oct. 18.)

Born with the degenerative disorder muscular dystrophy, the 36 year-old father of three has been in a wheelchair since age 13.

The son of Mississippi school teachers, Smith's parents were first informed of his diagnosis in the 'colored' waiting room of a New Orleans hospital, when he was three years old.

Wishing as much of a normal life for their son as was possible, Smith's parents refused to have him attend special schools designed to accommodate his motor difficulties, and given minor accommodation, Smith was educated in regular public schools.

Drawn to working in the radio broadcasting business as a youth, Smith began moving toward that goal in junior high, via the school's public address system.

Always involved in life as much as possible, as a high school student he broadcast play-by-play for the school's football team, was carried to the field to play drums for the band at half time, and returned to the booth to finish the game's broadcast every week

of the season.

Not willing to play percussion at the 50-yard line while the rest of the band marched, after the first few performances, the high school freshman's wheelchair was fitted with a foot-controlled joy stick to maneuver on the field with the rest of the band.

"I learned at the age of 14 that with the proper resources and the proper attitude, I could do anything I wanted," he said. "Radio became a way I could actively participate."

Smith continued to work as a school sports broadcaster throughout high school and during his college days at Arizona State University, however, after graduating with a bachelor's degree in broadcasting, (and prior to the Americans with Disabilities Act), he could not get the kind of job he wanted.

"Most were shocked and amazed when I came in for interviews," he said.

Eventually, Smith was able to talk himself into some airtime, but became frustrated with the jobs he received. Using his talent and ambition, in 1992 he started a radio talk show on disabilities and diversity in Phoenix, Ariz., which is now carried on 22 syndicated radio stations across the U.S. and reaches listeners world wide through the Internet.

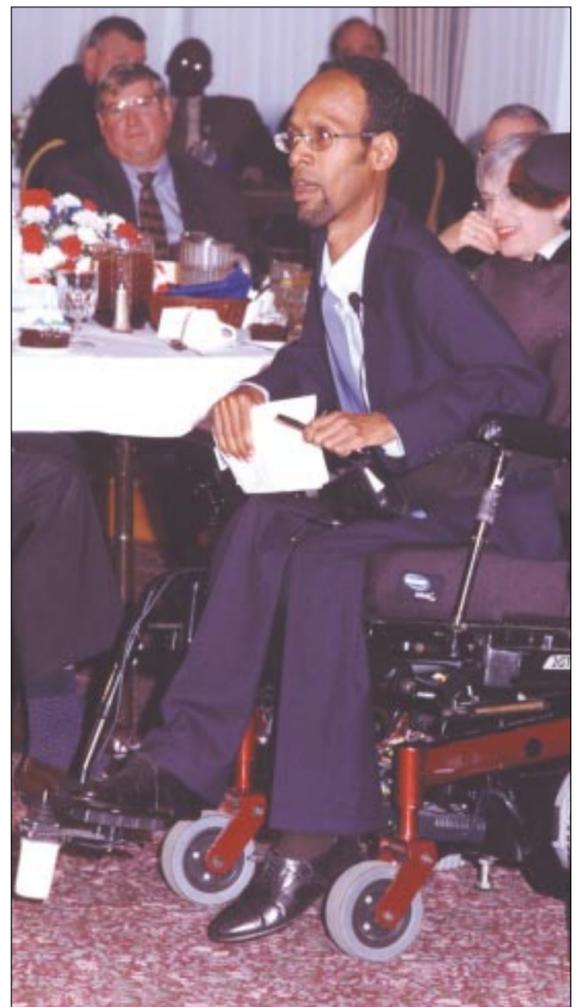


Photo courtesy of APG PHOTO LAB
Guest speaker at APG's Disability Awareness Luncheon, Greg Smith, the host of a syndicated radio show about life and disability, speaks about the challenges he and others with disabilities face every day. Smith credits a 'can do' attitude and appropriate resources with enabling him to reach a high level of success. The luncheon was held Oct. 18 at Top of the Bay.

Ability

From front page

Finally, Smith said those who have disabilities have other abilities that can lead to contributions in other, unique ways.

"Our abilities are just as powerful as your abilities, they're just different," he said.

Displayed at the luncheon were exhibits of services to assist the disabled, including clothing designs and devices for the ill or those with motor difficulties, and county chapters of services for the blind, deaf, or mentally disabled. Members of the Volunteers for Medical Engineering, an organization that designs and makes individual devices for the handicapped, and whose local chapter includes volunteers from the U.S. Army Soldier and Biological Chemical Command, were present, along with

representatives from Kirk U.S. Army Health Clinic, with a health exhibit, and work place improvement ideas to avoid or help cope with desk job injuries from the U.S. Army Center for Health and Preventive Medicine.

The program concluded with a performance by Dancing Wheels, a company that performed several dances, integrating dancers on foot and in a wheelchair. The troop, based in Cleveland, Ohio, includes non-disabled dancers as well as those who are blind, deaf, or in wheelchairs.

"APG has been a good employer in hiring new employees and providing them with a career in federal government," said Sharon Grzanka, disabilities coordinator for Harford County, and hostess for one of the luncheon exhibits. She said focusing on the abilities rather than the disabilities of employees has resulted in installation tenants receiving both county and state recognition for their efforts.



Heroes

From front page

received the Distinguished Civilian Service for Bravery award, which is granted to private citizens who exhibit great courage to benefit the government or its personnel.

Twenty-seven soldiers received the Purple Heart and 19 civilians received the Defense of Freedom Medal for injuries they received Sept. 11. Several soldiers and civilians got more than one award.

Chief of Staff Gen. Eric Shinseki conducted his own awards ceremony, when he presented three hospitalized awardees their medals at their bedside.

At the start of the award ceremony, the first chord struck by the Army band put the audience in a patriotic mood.

Some family members of the recipients were mouthing the words to "God Bless America," or swaying to other upbeat tunes from the band. There were no hymnals played, and there was only talk about the bravery of the survivors.

The 70 heroes stood during the awards presentation — some with visible wounds from that horrific day of Sept. 11.

As Army Vice Chief of Staff Gen. John Keane and Secretary of the Army Thomas White walked down the aisle they saw people leaning on crutches or unable to shake their hands because of bandaged hands and arms.

Three-month-old Elisha Gallop sat in the audience, as his mother Spc. April Gallop, from the Network Infrastructure Services Agency, received the Purple Heart. Elisha was unaware that he was with his mother when she earned that award.

The day of the attack

Gallop brought her son to work to enroll him in the Pentagon Child Development Center. "Everything happened so fast," Gallop said. "I remember thinking that we had been bombed. The blast blew Elisha from his stroller, and then it caught on fire.

"I could hear Elisha, but I couldn't see him. I was trapped from the waist down, there was fire and smoke, and I really felt that there was no way we were going to get out."

Gallop said eventually she was able to free herself from the rubble. She helped someone else who was trapped, and they both started feeling for Elisha. The smoke was so thick that they couldn't see anything, Gallop said. Under a pile of debris, Gallop found Elisha, and with the help of others, they were able to get out of the building.

"Today is a good day, because I'm not receiving this award posthumously, and I'm here to be his mother, and he's here to be my son," Gallop said. "But I'm still angry at the enemy. However, they will pay."

Many Americans including Keane believe that the ones who orchestrated the Sept. 11 attack underestimated the strength of the United States, and they will pay.

"The terrorists that live in the shadows and who have waged war on the freedoms that we hold so dear believe that they achieved a victory in New York City and at the Pentagon," Keane said.

"They are like many who have made the same miscalculation ... the Japanese and Hitler's Army during World War II, a series of unending Soviet leaders during the Cold War, Moammar Gaddafi in Lybia, Saddam Hussain in Iraq, and most recently Milosovich in the Balkans. All of them used fear as a weapon and each and every time the American people rose to the occasion."

Award recipients are as follows:

Soldier's Medal and the Purple Heart

Staff Sgt. Christopher Braman

Lt. Col. Victor Correa
Sgt. Roxane Cruz-Cortes
Maj. John Grote
Lt. Col. Robert Grunewald
Col. Philip McNair,
Capt. Darrell Oliver
Spc. Michael Petrovich
Sgt. Maj. Tony Rose
Lt. Col. Marilyn Wills

Soldiers Medal

Lt. Col. Paul Anderson
Maj. Victor Badami
Col. Gerald Barrett
Lt. Col. Thomas Cleary, III
Lt. Col. Kenny Cox

Col. John Davies
Col. Adrian Erckenback
CW5 Paul Heggood
Maj. Michael Kerzie
Capt. John Lamm'e
Lt. Col. William McKinnon

Col. Karl Knoblauch Jr.
Col. Edwin Morehead
Lt. Col. Pummill, Danny
Maj. David Richardson
Sgt. Matthew Rosenberg
Maj. Patrick Tennis
Col. Roy Wallace

Distinguished Civilian Service for Bravery

Stuart Fluke
Janice Jackson
James Knickerbocker
Jeffrey Moore

Purple Heart

Cpl. Eduardo Brunoporto

Lt. Col. Michael Beans
Lt. Col. Brian Birdwell
Lt. Col. Lawrence Dudney Jr.

Lt. Col. Gregory Fritz
Spc. April Gallop
Maj. Regina Grant
Sgt. Maj. Ronald Houle
Maj. John Jessup
Capt. Lincoln Leibner
Lt. Col. Philip Smith
Lt. Col. Robert Snyder
Lt. Col. Marion Ward
Sgt. 1st Class Michael Weaver Sr.

Maj. David King Jr.
Col. Larry Thomas
Maj. John Thurman

Exceptional Civilian Service for Bravery

Lee Ann Gutwald
David Theall

Defense of Freedom Medal

Martha Carden
Stephanie Brown
Glen Heffel
Luticia Hook
Racquel Kelley
Louise Kurtz
Betty Maxfield
Sheila Moody
Dalisy Olaes
Ann Parham
Valecia Parker
Wendy Peer
Juan Cruz-Santiago
Wayne Sinclair
Mark Skipper
Patrick Smith
Lois Stevens
William Wright
John Yates
Alan Wallace



Photo by STAFF SGT. MICHAEL RAUTIO
Thomas E. White, Secretary of the Army, pins a Soldier's Medal on Col. Roy A. Wallace during a ceremony Oct. 24 honoring nearly 70 soldiers and civilians for their heroic actions on Sept. 11 after a hijacked airplane struck the Pentagon.

APG benefits from National Public Lands Day celebration

Deborah Elliott
AEC

Thanks to a nationwide effort that seeks to protect America's natural resources, the U.S. Army Environmental Center's BayScapes garden received a helping hand in preserving natural habitat Oct. 19.

The effort - National Public Lands Day - is an annual celebration sponsored by the National Environmental Education & Training Foundation. NEETF provides money to federal organizations for projects that involve the local community in learning about and restoring the environment on public lands, such as APG.

Volunteers from the U.S. Army Environmental Center gathered on Edgewood Area to complete the planting of a BayScapes garden that was

started last year in celebration of National Public Lands Day. AEC created the BayScapes demonstration garden to show how simple techniques and a wise choice of plants can make a big difference in protecting the Chesapeake Bay - a difference everyone can be a part of.

"Many people don't know that they can create landscapes in their own yards that will help the Chesapeake Bay to be healthy," said Helene Cleveland a forestry expert with the AEC Conservation Division. "Now they can learn about BayScapes by visiting the garden on Edgewood Area."

BayScapes are gardens of local native plants, such as bee balm, purple coneflower (Echinacea) and holly that filter pollutants and conserve water, resist local pests and improve the quality of our

water resources. They are beautiful, easy to grow and maintain, and provide food and habitat for wildlife.

This is the second year the AEC has participated in National Public Lands Day. Last year formal gardens and woodland gardens were planted, and this year usable plants and butterfly gardens were added to complete the BayScapes.

Janmichael Graine, coordinator of the Chesapeake Bay Program at AEC, said he enjoyed involving the local community in completing the garden.

The center involved the Boy Scouts as it has done since the BayScapes project was begun. Nick Kurlick, a scout with Havre de Grace Boy Scout Troop 965, helped to complete the garden.

"This is leading up to my

eagle scout project," said Kurlick. "We're going to build some benches, steps to the gazebo and a mailbox for brochures. I'll also make a cultural brochure." Kurlick's brochure will be added to other brochures and informational signs in the garden, educating visitors about BayScapes.

People who want assistance in creating a BayScape of their own can find more information on the Internet at <http://www.acb-online.org/bayscapes.htm>. They can also call the AEC Public Affairs Office at 410-436-1272.

According to Robert DeMichele, AEC public affairs officers, AEC and the Army strive to lead by example in the protection of national resources and public lands.



Photo by JEANNE SKILLMAN

Pam Klinger, an environmental scientist at the U.S. Army Environmental Center, helps to plant native plant species at the Bayscapes garden.

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Detachment command changes at MRICD

Cindy Kronman
MRICD

Command of the headquarters detachment of the U.S. Army Medical Research Institute of Chemical Defense was transferred to Capt. Lee J. Lefkowitz in a brief ceremony on Oct. 3. Lefkowitz succeeds Capt. Raymond Vazquez.

Vazquez, a research biochemist originally assigned to MRICD's Basic Assessment Branch in November 1999, served as adjutant and detachment commander for 14 months. Vazquez will return to his research position at the institute.

In his remarks during the ceremony, MRICD commander, Col. James A. Romano Jr., said "It is an important day as we recognize the successful completion of command by Capt. Vazquez. His outstanding leadership skills contributed to the unit's performance. In addition, he continued with his research. His commitment to fulfilling these two missions is recognized this morning," said Romano.

Vazquez received an Army Commendation Medal for his accomplishments in the assignment.

Vazquez called his duty as adjutant/detachment commander "not only a great honor but also a serious responsibility."

"It is a challenge, gratifying at times and at others an unhealed task," said Vazquez.

He thanked the command staff for their mentoring and advice, and members of his research staff for helping him continue with his research efforts. Vazquez was particularly appreciative of the

support provided by the Adjutant Branch staff, the institute's first sergeant and the unit's soldiers.

"I am truly proud of our soldiers; they are the most knowledgeable, the hardest working, the true unsung heroes of ICD," said Vazquez. "Your respect, selfless service and 'can do' attitude make this institute shine. You are my heroes. I could never have asked for a better group of soldiers."

To his successor, Vazquez offered this advice, "Seek guidance when prudent, be compassionate, be decisive but above all take care of your soldiers. I wish you luck and God speed."

Lefkowitz also assumes his new responsibilities from a laboratory research position. He has a bachelor's degree in biochemistry and cell biology from Bucknell University and a doctorate in biochemistry from the University of California, San Diego.

Lefkowitz called Vazquez "a tough act to follow." He told the assembled audience that the unit faced several challenges, especially in light of recent events:

"We must continue to carry out our mission. We must recognize that we will be tasked with more duties, such as manning the installation's gates, so we must rise to the occasion and do our part. And we must continue with business as usual; we will still have to meet our regular requirements as soldiers."

Vazquez' wife, Teresa, received a certificate of appreciation from MRICD for her "outstanding contributions to the welfare of MRICD's soldiers."

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Mail packages overseas early
Postal Service officials recommend that letters and packages addressed to Army Post Office (APO) or Fleet Post Office (FPO) zip codes be mailed by the following dates to ensure delivery by Christmas:
Standard mail - Nov. 6
Space available mail - Nov. 27
Parcel airlift mail - Dec. 4
First class and all priority mail - Dec. 11
International mail should follow the schedule below:

Delivery Address	Air letters and cards	Air parcel post	Surface
Africa	Dec. 3	Dec. 3	Oct. 26
Asia/Pacific Rim	Dec. 10	Dec. 10	Nov. 2
Australia/New Zealand	Dec. 10	Dec. 10	Nov. 2
Canada	Dec. 14	Dec. 14	Nov. 23
Caribbean	Dec. 10	Dec. 10	Nov. 10
Central & South America	Dec. 3	Dec. 3	Nov. 2
Mexico	Dec. 10	Dec. 10	Nov. 10
Europe	Dec. 10	Dec. 10	Nov. 10
Middle East	Dec. 10	Dec. 10	Oct. 26

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