

POST SHORTS

Recycling schedule,

The recycling schedule pickup for Wednesday, Dec. 3 is plastic, glass and metal. Put items in blue bags and place them on the curb.

Holiday gate operations

At 8 p.m., Nov. 26, the Harford Gate, or Route 22, in the Aberdeen Area and the Wise Road Gate, or Edgewood Road in the Edgewood Area, will be closed for the holiday weekend and reopen at 4 a.m., Dec. 1.

CFC deadline now Nov. 28

Col. Mardi U. Mark, Aberdeen Proving Ground Garrison and deputy installation commander has extended the APG Combined Federal Campaign deadline to Nov. 28. So far, APG has raised \$256,813, 85.6 percent of its \$300,000 goal.

Chairman John Belcher encourages all to donate and support the CFC's many worthy causes.

The 2003 CFC contributor's guide for national and international organizations is at Web site <http://www.opm.gov/cfc/03-lists/Index.asp>. Copies of the guide and pledge cards are available from each organization's key worker and at the CFC office, building 120, room 114.

For more information, visit APG's CFC office, or call John Belcher, Robert Solyan, or Ronda McKinney at 410-278-0002, -0001 or -0003.

APG holds Town Hall meeting Dec. 3

The next quarterly APG Town Hall meeting will be held at the Edgewood Area Conference Center, building E-4810, Dec. 3, 11:30 a.m. to 1 p.m.

The Town Hall is open to the entire community. For those who are unable to attend, the meeting will be broadcast on APG Cable Channel 3. Briefing slides will be posted on the APG Web site.

Prior to the meeting, Linda Holloway will take questions via telephone, 410-278-4520, and email to linda.holloway@usag.apg.army.mil.

During the Town Hall meeting, telephonic questions will be accepted at 410-436-7849.

See **SHORTS**, page 4

ISSUE HIGHLIGHTS

Page 2

APG celebrates Military Family Month

Page 3

MWR

Page 4

Community Notes

Page 5

Chaplain's Corner

Page 6-7

Veterans Day insert

Page 11

Sports

Three APG weightlifters become world champions

Yvonne Johnson
APG News

Three Aberdeen Proving Ground weightlifters established themselves as world champions during the World Natural Powerlifting Federation championship competition held Oct. 24 to 26 in Edison, N.J.

Robert Pope, a civilian instructor with the U.S. Army Ordnance Mechanical Maintenance School; Margaret McLean, the wife of Sgt. 1st Class Hurdist McLean, Headquarters and Headquarters, 16th Ordnance Battalion; and Matt Long, a police officer with the Directorate of Law Enforcement and Security, won first place in their respective divisions, besting numerous challengers from around the world.

Long took first place in the 198-pound division and best overall lifter, meaning he lifted more weight over his weight than any other competitor. Weighing in at 196.5 pounds, he pressed 415 pounds, squatted 600 pounds and deadlifted 645 pounds.

Pope won the Masters 220-pound division, setting a new world record in the Deadlift at 585 pounds. He also squatted 505 pounds and bench pressed 385.

McLean won first place in the women's masters 171-pound division and set three records with a 175-pound

See **CHAMPS**, page 11



Robert Pope, an instructor with the U.S. Army Ordnance Center and Schools, exhales his way through a squat during the World Natural Powerlifting Federation World Championships in Edison, N.J. in October.

Photo by KIM LONG

New detachment commander takes over at MRICD

Cindy Kronman
MRICD

Capt. Matthew A. Moser assumed command of the headquarters detachment of the U.S. Army Medical Research Institute of Chemical Defense on Oct. 31. Moser succeeds Capt. Mark A. Samman.

Samman, who served as adjutant and detachment commander since November 2002, leaves not just the institute but the military as well.

In his remarks, Samman thanked those in attendance for their support during his command.

"The people at MRICD made my job very rewarding," Samman said.

He then addressed Moser and offered some advice to his successor.

"I applaud your leadership and discipline," he said. "You'll be a great detachment commander. As a leader, respect the experience and knowledge of your unit."

Col. Gennady E. Platoff, MRICD commander, told the assembled staff, "It is a great honor to preside over this change of command ceremony. I wish Captain Samman much success. ICD is losing a great detachment commander and soldier."

Congratulating Moser, Platoff said, "This is a tremendous opportunity to be both a scientist and a detachment commander. It is truly an honor to command such soldiers as we have at ICD."

Moser thanked the command group for their vote of confidence in selecting him for

the assignment. He said many may wonder why, as a scientist, he would be interested in assuming the responsibilities of adjutant/detachment commander.

"I wanted to accept the position because I think it is easy to overlook or underestimate the importance of the enlisted soldiers to ICD's mission," explained Moser. "They are the backbone of the institute. I am honored and privileged to do my part to serve along side them as their detachment commander."

Moser arrived at the MRICD in 2002, after completing the Officer Basic Course in November of last year, and was assigned to the Applied Pharmacology Branch.

See **MRICD**, page 5

First APG Job Fair draws more than 300

Yvonne Johnson
APG News

The first job fair jointly sponsored by the Army Community Service Employment Readiness Program, Aberdeen Proving Ground Military Transition Office and the Maryland Army National Guard Military Youth Corps Free State Challenge Academy drew more than 300 job seekers to Top of the Bay, Nov. 17.

Organized by ERP manager Marilyn Howard, MDARNG chaplain (Lt. Col.) Ronald Martin-Minnich and Darrell Young, MTO, the fair offered a look at more than 30 private, state and federal employers.

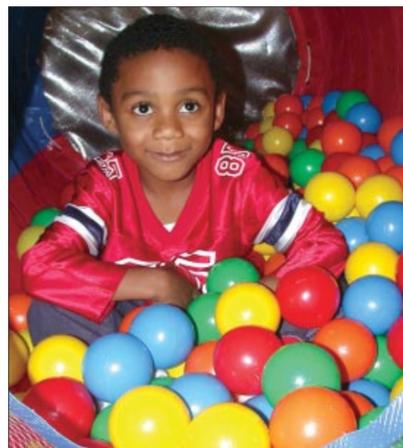
Howard said the organizations united to offer a variety of choices for APG job seekers.

"Because of the ERP affiliation with the Harford County Job Fair Council, we were able to provide a wide range of employers," Howard said.

Martin-Minnich said that despite a count of 327 before closing its doors, the next fair would be located closer to its target audience.

"Attendance might have been even greater if it were closer to the transitioning soldiers and family members," Martin-

See **JOB FAIR**, page 5



Addis Bugg, 5, smiles from the center of a ball pit during the Army Community Service Family Fun Night at the Aberdeen Area Youth Center, Nov. 7. Bugg is the son of Reeshmah Bugg, ACS Exceptional Family Member Program manager.

Community turns out for evening of family fun

Yvonne Johnson
APG News

In celebration of the Month of the Military Family, Army Community Service and Child and Youth Services provided area families an evening of bonding away from televisions and telephones.

Games, snacks, and arts and crafts projects greeted the dozens of families that attended Family Fun Night at the Aberdeen Area Youth Center, Nov. 7.

The ACS staff provided a host of activities that included basketball, volleyball and computer games, a playground for toddlers, a family relay race, and arts and crafts projects featuring Framing the Family Portrait and Creating the Family Tree that required families to work together.

The event was themed "Military Families, the Strong and the Proud."

"To show our appreciation to our military families, we thought it would be a great idea to bring them together for an evening of games and crafts," said Celestine Beckett, ACS team

leader. "Everyone, including the staff, enjoyed the activities and getting to know each other in a relaxed atmosphere."

Many commented that they found the evening refreshing and enjoyable.

"It's a wonderful idea and a great reason to get out of the house on a Friday night," said Amanda Green, the wife of U.S. Air Force Detachment Staff Sgt. Brad Green, as she watched her 19-month old son, Payton play with a pile of clay.

"He's never played with clay before," she said.

Green said she saw the sign advertising the event and decided to attend.

"I think everyone here is enjoying themselves," Green said.

Kelly Rouzan, the wife of Staff Sgt. Ronald Lewis, came with her children, Brandi Franklin, 12, and Tyree Lewis, 3 months, and her Family Child Care provider, Pam Bridges.

"We're all having fun this evening," Rouzan said.

See **FUN**, page 2

ACS celebrates Military Family Month Army Community Services and Combined Federal Campaign

CFC staff

The 2003 Combined Federal Campaign, which is in full swing, benefits organizations like Army Community Service (Designation Code 7582).

This organization gives the soldier and family member a central point of contact for advice and guidance in resolving personal and family problems, in learning and growing together, and in building better communities.

If ACS is unable to provide assistance, it locates the agency that can. As a troubleshooter, ACS performs in many areas by using one or all of the interagency referral programs to pro-

mote family wellness.

The following is one possible scenario a military family might encounter when arriving at Aberdeen Proving Ground.

A married soldier and his family arrive at APG. They are referred to ACS. During the interview, the Exceptional Family Member Program counselor learns that the soldier has 3-year-old child with a learning disability. The child needs special medical and educational assistance. The EFMP program coordinator helps the soldier to set up appointments for the medical and educational requirements.

The "Child Find" program helps

with the assessment and special education instruction for the developmentally challenged.

The family is referred to the program where "Play morning" is an interactive play group designed to teach parents developmentally appropriate play and to help children improve their social, cognitive and motor skills.

The family is informed that, if both spouses work, they can enroll their child in a day care center.

The family is then referred to the interagency Financial Readiness Program. Financial and budget reports are done to see if the soldier is having any financial problems. In this

case financial problems are identified, so the FRP sets up budget counseling, debt liquidation plans, and saving habits classes.

Army Emergency Relief is used to get an interest-free loan to get the family back on its feet and allow them to pay back only what they borrowed. The family is given a \$25 food voucher to use at the Commissary.

Because the spouse had worked at their last station and wants to work at APG, she is referred to the interagency Employment Readiness Program. The ERP helps with the paperwork preparation and work referral services.

For more information about these

and other ACS programs such as the Family Advocacy Program, Victim Advocacy Program, Parent and Children Together, Client Services, contact ACS at 410-278-3137/7474.

The 2003 Combined Federal Campaign Contributor's Guide for national/international organizations is at Web site <http://www.opm.gov/cfc/03-lists/Index.asp>.

The APG 2003 CFC contribution period ends Nov. 28.

For more information, visit the APG CFC office at building 120, room 114, or call John Belcher, Robert Solyan, or Ronda McKinney at 410-278-0002/0001/0003.

Teaching children personal safety awareness

BethAnn Cameron
CHPPM

Teaching children personal safety can help prevent child abuse. Parents and guardians of children can learn prevention strategies to reduce the risk of child abuse.

When teaching children personal safety, the term "stranger" is no longer considered a practical term because it is misleading. Many children are abducted or exploited by people with whom the child is familiar.

Instead, teach children to be on the lookout for certain kinds of situations or actions rather than certain kinds of people.

Situations, actions to avoid

- Being asked to assist an adult
- Keeping special secrets from parents.
- Being asked to touch someone or being touched, or
- Having a friendship with an adult that the parent does not know.

Effective communication with children is the most important strategy to prevent child abuse.

Children are more vulnerable to abduction or exploitation when their needs are not met in the home.

Establish an atmosphere in the home that will help children talk freely and comfortably about likes and dislikes, feelings, and friends without blame or guilt. This atmosphere will help children discuss sensitive issues.

Be familiar with children's friends, activities and behaviors. Talk about any changes.

Teach children to trust their feelings. Assure them that they have the right to say no if they sense that an action or situation is wrong.

Listen to children's fears and be supportive of their concerns.

Teach children that no one should approach or touch them in a way that feels uncomfortable.

Children should be street-wise. They should be taught to play with a friend or a group whenever possible. They should avoid isolated areas like vacant buildings or lots.

Caution children to stay alert in their surroundings, to stay at least 15 to 20 feet away from vehicles, and to never get into a stranger's car.

While riding a bus, children should be taught to sit as close as possible to the driver.

Many homes and schools use computers and the Internet as communication and educational tools. Although there are benefits to using the Internet, there are some risks.

Children and teenagers can be targets for exploitation and abuse.

Risks

- Exposure to inappropriate material of a violent or sexual nature.
- Encountering messages or information that is demeaning or harassing, and
- Providing information that could risk the safety of the child or family members.

Parents can reduce risks to their children's safety with open communication, parental involvement and supervision.

Stay actively involved by spending time with children when they are on-line. Have them show you what they can do, and ask them to teach you.

Parents should talk with children if they have any concerns about their on-line activities.

Parents should be familiar with the services their children use and how to block information that is unacceptable.

Establish family rules

- Never reveal personal information or identifying information like a school name



Illustration by MARK FISCHER, CHPPM

or home address over the Internet.

- Never arrange face-to-face encounters with another Internet user without parental permission. Accompany the child if an encounter is arranged. It should be in a public place.

- Never respond to harassing or threatening messages. Encourage children to inform their parents if any inappropriate messages are sent.

Parents can teach their children personal safety skills at home, in the community

and on the Internet.

(Editor's note: BethAnn Cameron, MS, is a certified health education specialist assigned to the Directorate of Health Promotion and Wellness at CHPPM.)

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5005, 410-278-1150. Printed circulation is 8,900.

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

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.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, AMSSB-GIM-P, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@usag.apg.army.mil.

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

Staff

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



Sandra Hernandez-McCullough, ACS Victim Advocacy program coordinator, right, and her daughter, Syretta McCullough, assemble a family tree.

Fun

From front page

With her oldest already enrolled in youth activities, she said participating was an easy choice.

"After I saw the e-mails [advertising the event], we thought it would be great to come see what they had. She already likes it here, so we were pretty sure we'd have a good time," Rouzan said.

Other activities included a badge making project called "All American Kids," run by Diana Hayes, coordinator for Parents and Children Together, in which Hayes photographed youths who affixed their pictures to badges, and a play area near the center's foyer, operated by Reeshemah Bugg, Exceptional Family Member Program coordinator, that included Lego toys and a ball tunnel. Cheryl Harris, relocation assistant, helped the families with "All American Kids," creating individual magnetic photo frames.

"A huge thank you to all of the families who participated for helping to make our Family Fun Night a success," Beckett said.



Morale, Welfare, and Recreation

2003 Thanksgiving Holiday Schedule

Activity	Thursday 27 Nov 03	Friday 28 Nov 03	Saturday 29 Nov 03	Sunday 30 Nov 03
Arts & Crafts AA Arts & Crafts EA	CLOSED CLOSED	CLOSED 9 a.m. – 5 p.m.	CLOSED 9 a.m. – 5 p.m.	CLOSED CLOSED
APG Athletic Center	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.
Automotive Crafts	CLOSED	9 a.m. – 5 p.m.	9 a.m. – 5 p.m.	9 a.m. – 5 p.m.
Bowling Center	CLOSED	5 – 10 p.m.	2 – 10 p.m.	1 – 6p.m.
Equipment Resource Center	CLOSED	CLOSED	9 a.m. – 3 p.m.	CLOSED
Exton Golf Course	CLOSED	8 a.m. – 5 p.m.	8 a.m. – 5 p.m.	8 a.m. – 5 p.m.
Health & Fitness Center AA	CLOSED	CLOSED	CLOSED	CLOSED
Hoyle Gymnasium / Fitness Center EA	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.	10 a.m. – 6 p.m.
MWR Registration	CLOSED	CLOSED	CLOSED	CLOSED
Library AA Library EA	CLOSED CLOSED	CLOSED CLOSED	1 - 5p.m. CLOSED	1 - 5 p.m. CLOSED
Recreation Center AA* Snack Bar	12 p.m. – 12 a.m. 3 – 11:30 p.m.	12 p.m. – 12 a.m. 12:30 – 11:30 p.m.	12 p.m. – 12 a.m. 12:30 – 11:30 p.m.	12 p.m. – 6 p.m. 12:30 – 5:30 p.m.
Stark Recreation Center EA** Snack Bar	12 – 11 p.m. 6-11 p.m.	12 – 11 p.m. 12:30 – 11 p.m.	12 – 11 p.m. 12:30 – 11 p.m.	12 – 5 p.m. 12:30 – 5 p.m.
Ruggles Golf Course	CLOSED	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.

*Wednesday, Nov. 26, the AA Recreation Center will be open from noon to midnight.
**Wednesday, Nov. 26, the Stark Recreation Center will be open from noon to 11 p.m.

Activities

Registration information

For more information or to register, contact MWR Registration at 410-278-4907 or e-mail mwr_registration@usag.apg.army.mil.

Discount tickets for Regal Theater

Discount Premier Super-saver unrestricted tickets are available at MWR Registration, building 3326, for \$7.75 (adult admission).

The tickets are good for any Regal Theater and any movie in the United States. Purchase nine movie tickets and get one free.

Trip to Cape May

Visit the famous Victorian seaside resort Cape May. Arrive at the Twingin Tea Room just in time for a Victorian luncheon.

After lunch take a tour in the Victorian House Museum, Emmlen Physwick Estate, followed by a trolley ride. Don't forget about shopping and exploring the Cape.

This trip is scheduled for Dec. 14, 7:45 a.m. to 8 p.m. Cost is \$52.

Register by Dec. 5.

Pick up and drop off locations will be determined by the number of registrations.

Gingerbread House creations

Get into the holiday spirit

by creating and constructing gingerbread houses. Use frosting, candies, and holiday decorations to complete a masterpiece.

There will be music, stories, and a craft.

Start a new family tradition this year by being a part of MWR's holiday celebration.

Class will be held on Dec. 6, 9:30 a.m. to 12:30 p.m. at the AA Recreation Center.

Cost is \$18 for first child and \$5 for each additional child.

Participants are required to bring a sturdy plate and a box of graham crackers.

Register by Dec. 1.

Holiday family fun bowling

Bring friends, family and co-workers to the APG Bowling Center Dec. 6, 2 to 4 p.m. for some bowling. Children can enjoy bowling with Santa too. Price includes shoes, bowling, pizza, chips, and soda.

Cost is \$30 per family (up to four family members) and \$10 for each additional member.

Register by Nov. 28.

Super Bowl weekend ski trip

Community Recreation Division will sponsor a Super Bowl Weekend ski trip Jan. 30 through Feb. 1, 2004, Friday to Sunday, to the Poconos, Pa.

Cost is \$219 per person for a quad, \$239 per person for a

triple, or \$249 per person for a double, and includes transportation via motorcoach, two nights accommodation at the Woodlands Inn and Resort, entertainment, meals and premium open bar.

Pick-up and return locations will be determined by the number of registered patrons. A deposit of \$65 is due Nov. 30, with final amount due Jan. 3, 2004. For more information, call MWR Registration, building 3326, 410-278-4907.

Holiday sale at Ruggles Pro Shop

Ruggles Golf Course is having a holiday sale Dec. 2, 3 to 6 p.m. There will be discounts on Titleist, Taylor Made, Mizuno, Maxfli, Callaway, Footjoy, Spin Doctor, Divots, Cutter & Buck products.

Free gift wrapping, beverages and refreshments will be offered as well as a drawing for prizes.

For more information, call Tom Green at 410-278-4794 or e-mail him at tom.green@usag.apg.army.mil.

Framing class

This beginning class teaches the fundamentals of framing and matting. Students must bring an 8-inch by 10-inch picture to frame. Class will be held 5 to 9 p.m., Dec. 18 in the Edgewood Arts & Crafts building E-4440. Cost is \$25 plus supplies.

Visit the APG News Web site, www.apgnews.apg.army.mil, for information on bowling scores for the week of Nov. 22 and the APG School Liaison notes.

LIBRARY BOOK CORNER

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

Promises to the Dead by Mary Downing Hahn

During the early days of the Civil War, 12-year-old Jesse lives with his family on Maryland's Eastern Shore. He makes a promise to a runaway slave to help a young child escape to the safety of relatives in Baltimore. There are complications around every turn as Jesse tries to avoid both slave hunters and the Union Army advancing through Maryland.

Storytime will be held at 9:45 every other week during the fall: at the Edgewood branch on Tuesday and the Aberdeen branch on Wednesday. For more information, call 278-3417.

First Baptist Church of Aberdeen

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

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

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

TURN BACK TIME

T I M E L I N E

A RICHARD DONNER FILM

PARAMOUNT PICTURES, MUTUAL FILM COMPANY AND COBALT MEDIA GROUP PRESENT A DONNERS' COMPANY/ARTISTS PRODUCTION GROUP PRODUCTION

A RICHARD DONNER FILM "TIMELINE" PAUL WALKER, FRANCES O'CONNOR, GERARD BUTLER, BILLY CONNOLLY BASED UPON THE NOVEL BY MICHAEL CRICHTON

EDITED BY RICHARD MARKS DIRECTOR OF PHOTOGRAPHY PAOLO DESCHANEL, A.S.C. EXECUTIVE PRODUCERS MICHAEL O'LOVITZ, GARY LEVINSOHN, DON GRANGER PRODUCED BY JEFF MACQUIRE AND GEORGE NOLET PRODUCED BY LAUREN SHULER DONNER, JIM VAN WYCK, RICHARD DONNER DIRECTED BY RICHARD DONNER

PG-13 PARENTS STRONGLY CAUTIONED
 Some Material May Be Inappropriate for Children Under 13
 INTENSE ACTION SEQUENCES & BREVITY LANGUAGE
 For rating reasons, go to www.filmratings.com

TimelineMovie.com

NOW PLAYING

TOYS 4 KIDS

SPONSORED BY THE EMPTY STOCKING FUND

BOYS & GIRLS! MOMS & DADS!

SANTA NEEDS YOUR HELP THIS YEAR!

Lots of children in Harford County will wake up on Christmas morning with no Christmas toys. Parents, let's teach our children the true meaning of Christmas by letting them share in the joy of giving.

On Sunday, December 7th from 1:00-4:00 p.m., Santa will be visiting The Aegis to collect toys for those who are less fortunate in Harford County.

Have your child bring a new toy to the lobby of The Aegis on December 7th & give it to Santa. Cookies & punch will be served.

Don't forget your camera for a picture with Santa!

THE AEGIS OFFICE
 10 Hays Street, Bel Air, MD

All of the toys will benefit the Empty Stocking Fund

A non-profit charity providing help to those less fortunate

Community Notes

THURSDAY NOVEMBER 27 THANKSGIVING DAY MEAL

The Thanksgiving Day Specialty Meal will be held in the Aberdeen Area dining facility, building 4503 and the Edgewood Area dining facility, building E-4225, 11:30 a.m. to 2:30 p.m. During this event all military personnel, family members, department of defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$5.25 applies to any officer, enlisted member, and family member of sergeant or above, department of defense civilian, retiree and their guests. The discount meal rate of \$4.55 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

Meal includes Maryland crab soup, shrimp cocktail, roast turkey, fried and baked chicken, baked ham with pineapple sauce, prime rib of beef au jus, corn bread

dressing, savory bread dressing, mashed potatoes with giblet gravy, baked sweet potatoes, corn, herbed green beans, assorted salad bar, potato salad, beet and onion salad, waldorf salad, assorted breads/hot rolls, pumpkin pies, pecan pies, apple pies, fresh fruit, hard candy, mixed nuts, soft serve ice cream with assorted toppings, egg nog and assorted beverages.

Note: Menu is subject to change without prior notification.

FREE THANKSGIVING DINNER

Pastor Patricia Pringle invites all to celebrate with a free dinner, noon to 5 p.m., at the Aberdeen Fire Hall, corner of Rogers and Franklin streets. Dinner is sponsored by the Evangelistic Church of Deliverance in Havre de Grace.

Free delivery is available to senior citizens, call Hilda Bowser, 410-272-7764, or Jacquelyn Tittle, 410-836-9794.

NEW HOPE BAPTIST CHURCH THANKSGIVING DINNER

New Hope Baptist Church invites all to celebrate Thanksgiving Day with dinner from noon to 5 p.m. at the New Hope Baptist Church, 116 Alice Ann Street, Bel Air.

Dinner will include turkey, ham, stuffing, green beans, potatoes (white and sweet), cranberry sauce, rolls and dessert.

Families, visiting relatives, homeless, unemployed and those who do not want to be alone are invited. Transportation is available upon request at 410-838-9013.

SATURDAY NOVEMBER 29 CHRISTMAS PRIZE BINGO

Christmas Prize Bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company will be held 7 p.m. at VFW Post 8185, located on Route 222, Port

Deposit.

Doors open at 6 p.m. Tickets cost \$10 and include all paper cards for 20 games; special single card packet costs \$5 for children under 10 and extra packs cost \$5. There will be door prizes, refreshments, toys, gifts, raffles and more.

All children must be accompanied by an adult. For more information or to purchase tickets, call 410-378-3338 or 410-378-9169.

SUNDAY NOVEMBER 30 BASKET BINGO

American Legion Post 194, 336 E. Main Street, Rising Sun, is sponsoring basket bingo to benefit Boy Scout Troop 28. Games start at 3 p.m. Cost is \$10 for 20 games. For more information call 410-658-3915, or e-mail basketbingos@aol.com.

FRIDAY DECEMBER 5 COUNTRY HOE DOWN

The Harford County

MOVIES

The movie theater will be closed Nov. 26 and 27. Happy Thanksgiving.

Country/Western Dance Association, a non-profit organization, sponsors country western dancing the first Friday of the month at the American Legion located on Parke Street in Aberdeen. Dancing is held from 7:30 to 11:30 p.m. Everyone is welcome. Cost of admission is \$8. Cash bar is available, but dance lessons will not be provided. For more information, call 410-272-8318.

SUNDAY DECEMBER 14 BREAKFAST WITH SANTA

Eat breakfast with Santa Clause, 9:30 a.m. to 1 p.m., at the Prince of Peace Church located on 2600 Willoughby Beach Road, Edgewood. Cost is \$5 for adults, \$4 for seniors, \$4 for children ages 6 through 12 and children under 6 eat free. Menu includes pan-

cakes, scrambled eggs, sausage gravy with biscuit, coffee, tea and juice.

For more information, call 410-679-5912.

FRIDAY JANUARY 9 AMERICAN LEGION HOSTS COMEDY SHOW

Time: 7 to 10 p.m. American Legion Post 128, 44 North Parke Street, Aberdeen, will host a comedy show 7 to 10 p.m. with proceeds benefiting World War II veterans' memorial programs. The show will feature comedy by John Dodge and Uncle Nic as well as Jim Bishop, who has appeared on Comedy Central and performs regularly in Atlantic City, N.J. Cost is \$10 per person and includes finger food, draft beer and sodas. For reservations, call 410-272-9822.

POST SHORTS

From front page

ACS assists families for the holidays

With the holiday season fast approaching, Army Community Service would like to remind the APG community that ACS is the point of contact for military families seeking assistance. This includes active duty Soldiers, Active Guard and Reservists, retirees, widows and widowers.

ACS also partners with agencies seeking to sponsor families for the holidays.

In the past, ACS has supported over 200 military families during the holidays in part-

nership with on-post agencies, as well local businesses.

The families are appreciative and delighted to know that their APG community assisted them in their time of need. Military families needing holiday assistance should be referred through the soldier's command.

APG organizations may wish to sponsor families with monetary donations, food baskets, toys, and gifts.

For more information, call Arcelio Alleyne, 410-278-2450.

Kirk offers classes

The following classes will be held at Kirk U.S. Army Health Clinic.

For more information and to register for classes, call Preventive Medicine at 410-278-1964.

Daytime asthma education class

Class is scheduled for Tuesday, Dec. 9, noon to 1 p.m., Behavioral Health Conference Room 316, on the third floor.

Pre-registration is required. All TRICARE PRIME beneficiaries are invited to attend.

Take Care of Yourself Class

Class is held on the third Thursday of every month, 10 a.m. to noon in the Preventive Medicine Clinic on the third floor.

Patients will learn how to

treat minor illnesses and injuries at home, and when to see a doctor. Participants will be given medical cards, which will allow them to pick up specific over-the-counter medications without a prescription.

Marine Corps Toys for Tots drive

One new toy could mean the difference between a smile and just another day of disappointment to a needy child.

Deer Creek Archery, 3021 Churchville Road, is an official Marine Corps Toys for Tots collection location.

Now through Dec. 21, unwrapped toys can be dropped off at the Pro-Shop on Thursday, 4 to 8 p.m.; Tuesday, Wednesday and Friday, noon to 9 p.m.; and Saturday and Sunday, 10 a.m. to 8 p.m.

For more information or for directions, visit Web site at www.deercreekarchery.com or call 410-734-9554.

Disaster application Deadline Extended to Dec. 8

The U.S. Department of Homeland Security's Federal Emergency Management Agency has extended the application period for disaster assistance for damages from Hurricane Isabel to Dec. 8.

Applicants whose businesses or homes and property were damaged by Hurricane Isabel, high winds and flooding that

occurred between Sept. 18 and Sept. 29 may qualify for assistance under several federal and state programs such as disaster housing assistance, grants to meet disaster-related needs and U.S. Small Business Administration low-interest disaster loans.

All 23 counties and the City of Baltimore are included in the disaster designation. Homeowners, renters and business in Maryland who suffered damages are eligible to apply for assistance until the Dec. 8 deadline.

For more information or to register, call 1-800-621-FEMA (3362) or TTY 1-800-462-7585, 7 a.m. to 8 p.m. daily.

APG News Web takes a holiday

The APG News Web site Dec. 11 through 26 issues will not be updated until Dec. 29.

The site is located at www.apgnews.apg.army.mil. For more information, call the editor at 410-278-1150.

NAF employees receiving credit for military service

Regular Nonappropriated Fund employees participating in the NAF Retirement Program may be eligible to purchase certain prior military service to be credited for NAF retirement benefit computations.

Employees having previous creditable military service that

has not been used under any other employer's retirement system, may wish to purchase their military service (not to exceed five years) to be credited for NAF retirement benefit computation purposes.

The entire deposit must be paid to the USANAF Employment Retirement Plan before Separation for Retirement or the post military service will not be credited.

For employees participating in the Plan on Jan. 1, 1998, interest is first added to the unpaid balance of the deposit on Jan. 1, 2001.

For further information or an appointment, employees are encouraged to call NAF Personnel, Julie Bates, 410-278-8994, or Jean Futtly, 410-278-8993, editor at 410-278-1150.

Office Products Expo Dec. 9

The Directorate of Contracting, U. S. Army Contracting Agency will sponsor an Office Products Expo, 10 a.m. to 2 p.m., Dec. 9 in the Aberdeen Proving Ground Recreation Center, building 3326. Light refreshments will be served.

A representative from the Defense Logistics Agency will conduct two training sessions, 10:30 a.m. and 1 p.m., on the use of DoD EMALL.

This will also be an opportunity to learn more about the Javitz-Wagner O'Day, or JWOD, program, which is a unique federal procurement program that generates employment and training opportunities for people who are blind and those who have other severe disabilities.

The JWOD Program is a mandatory source of supply.

Everyone is invited to attend, especially those involved in the acquisition process, i.e. requestors, government purchase cardholders and billing officials.

For more information, call Dennis Bolen, ACA, 410-278-0849, DSN 298-0849 or e-mail debolen@sbccom.apgea.army.mil.

Heart care presentation in the Edgewood Area

APG Committee for the disABLED invites all to attend "Do Your Part - Take Care of your Heart" presented by BethAnn Cameron, Dec. 4, 2 p.m., at The Gunpowder Club's Osprey Room.

For more information call Judy Matthews, 410-278-1017.

Safety reminder

The APG Garrison Safety Council reminds motorists that turning on headlights is mandatory when operating windshield wipers.

Turning them on at dusk is also a good safety habit.



“No matter where I call home, USAA is there.”

Renters Insurance. Home in the military can be military quarters, a condominium, an apartment or a house. Whether you rent or live on base or post, you can protect your belongings with our low-cost Renters insurance. Our comprehensive policy offers optional coverages and discounts, plus it comes with the top-rated claims handling service you've come to expect from USAA. Whether you're enlisted or an officer, in the National Guard or Reserves, talk to USAA about Renters insurance. The welcome mat is always out.

Call us at 1-888-638-5531
or visit us at usaa.com

 **We know what it means to serve.®**
INSURANCE • BANKING • INVESTMENTS • MEMBER SERVICES

USAA means United Services Automobile Association and its subsidiaries and affiliates. Renters Insurance is provided by United Services Automobile Association and USAA Casualty Insurance Company. Applicants for USAA property and casualty insurance must meet eligibility requirements before purchasing for the first time. All applications for property and casualty insurance are subject to underwriting. Some restrictions apply.

©2003 USAA. All rights reserved.
A2658-0103

 **DONATE**
Cars, Boats, Trucks, RVs
National Oiled Wildlife Rescue Team
FREE TOWING & TAX-DEDUCTIBLE
Call 1-800-291-9355
Donate online www.chesapeakewildlife.org

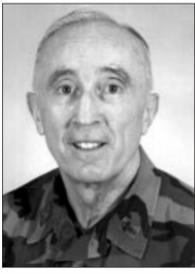
It's our business to help your business do more business.

Focus your message directly at the business core of one of Maryland's fastest growing counties. With a circulation of over 8,000 businesses, the Harford Business Ledger brings continual updates to the greatest majority of decision makers. Sell your products or services to affluent, powerful decision makers in our community of Harford County. Call today to learn how we can help your business prosper.

 **HARFORD BUSINESS LEDGER**

For more information please call:
Ann Marie Bolen
410-838-4409 x165
10 Hays St., Bel Air, MD 21014
abolen@harfordledger.com

Commentary — How much does a miracle cost — a Thanksgiving story



Father Joseph L. Di Gregorio
USAGAPG

As we approach Thanksgiving 2003, I'm sure all of us can find many things to be thankful for.

We live in a land so richly blessed with an abundance of God's gifts. Our faith in God's presence and protection, however, is often forgotten.

Read on and see that faith in God is the greatest gift any of us could possibly ask for and receive.

Tess was a precocious 8-year-old when she heard her mom and dad talking about her little brother, Andrew. All she knew was that he was very sick and they were completely out of money.

They were moving to an

apartment complex next month because Daddy didn't have the money for the doctor's bills and the house.

Only a very costly surgery could save Andrew now and it was looking like there was no one to loan them the money.

Tess heard her daddy say to her tearful mother with whispered desperation, "Only a miracle can save him now."

Tess went to her bedroom and pulled a glass jelly jar from its hiding place in the closet. She poured all the change out on the floor and counted it carefully, three times.

The total had to be exactly perfect. No chance for mistakes.

Carefully placing the coins back in the jar and twisting on the cap, she slipped out the back door and made her way six blocks to Rexall's Drug Store with the big red Indian Chief sign above the door.

She waited patiently for the pharmacist's attention but he was too busy at the moment.

Tess twisted her feet to make a scuffing noise. Nothing. She cleared her throat with the most disgusting sound she could muster. No good. Finally she took a quarter from her jar and banged it on the glass counter. That did it!

"And what do you want?" the pharmacist asked in an

annoyed tone. "I'm talking to my brother from Chicago whom I haven't seen in ages," he said without waiting for a reply to his question.

"Well, I want to talk to you about my brother," Tess answered back in the same annoyed tone. "He's really, really sick... and I want to buy a miracle."

"I beg your pardon?" said the pharmacist.

"His name is Andrew and he has something bad growing inside his head and my daddy says only a miracle can save him now. So how much does a miracle cost?"

"We don't sell miracles here, little girl. I'm sorry but I can't help you," the pharmacist said, softening a little.

"Listen, I have the money to pay for it. If it isn't enough, I will get the rest. Just tell me how much it costs," she said.

The pharmacist's brother was a well-dressed man. He stooped down and asked the little girl "What kind of a miracle does your brother need?"

"I don't know," Tess replied with her eyes welling up. "I just know he's really sick and mommy says he needs an operation. But my daddy can't pay for it, so I want to use my money."

"How much do you have?" asked the man from Chicago.

"One dollar and eleven cents," Tess answered barely

audibly. "And it's all the money I have, but I can get some more if I need to."

"Well, what a coincidence," smiled the man. "A dollar and eleven cents—the exact price of a miracle for little brothers."

He took her money in one hand and with the other hand he grasped her mitten and said, "Take me to where you live. I want to see your brother and meet your parents. Let's see if I have the kind of miracle you need."

That well dressed man was Dr. Carlton Armstrong, a surgeon, specializing in neuro-surgery.

The operation was completed without charge and it wasn't long until Andrew was home again and doing well.

Mom and dad were happily talking about the chain of events that had led them to this place.

"That surgery," her Mom whispered, "was a real miracle. I wonder how much it would have cost?"

Tess smiled. She knew exactly how much a miracle cost...one dollar and eleven cents...plus the faith of a little child.

A miracle is not the suspension of natural law, but the operation of a higher law. (A true story)

Soldiers, Seniors, Homeless, or Home Alone?

Come Share Thanksgiving Day With Us And Enjoy A Delicious Free

TURKEY DINNER

Aberdeen Fire Hall
Thursday, November 27th, 2003
12:00 p.m. until

Sponsored by Evangelistic Church of Deliverance
325 Saint John Street, Havre de Grace - Pastor Patricia Pringle, Founder & Overseer
Church 410-939-3553 - Contacts 410-272-7764 or 410-836-9794

DIABETICS

with Medicare or Private Insurance (Sorry, no HMOs) you may qualify to receive your diabetic testing supplies at **LITTLE OR NO COST TO YOU!**

Your testing supplies will be mailed right to your home with **NO SHIPPING OR HANDLING CHARGES**

— Also Diabetic Shoes —

CALL TODAY!
800-337-4144

Diabetic National Services Company

WET BASEMENTS STINK !!

Mold, mildew and water leaking into your basement causes health and foundation problems. What can be done to fix the problem? Allstate American Waterproofing is an honest, hardworking local company. We will give you a **FREE** evaluation and estimate and a fair price. We have repaired thousands of basements in the area; we can provide local references. When your neighbors needed waterproofing they called Allstate American. Why don't you? Call now to receive a 20% discount on all work completed by December 31st.

CALL 1 800 420 7783 NOW!



THE RESTAURANT AT BULLE ROCK
(The Best Kept Secret in Harford County is Always Open To The Public)

Now Booking Holiday Parties

For more information please contact Heather Chevront
410-939-8887
www.BulleRock.com

Join us through December 23rd for Lunch and Dinner
Sunday - Tuesday: 11-7, Wednesday - Thursday: 11-8, Friday - Saturday: 11-9
Reservations Recommended
Conveniently located on Rt. 40 East of Aberdeen & West of Havre de Grace



Photo by CINDY KRONMAN
Col. Gennady E. Platoff, left, commander, U.S. Army Medical Research Institute of Chemical Defense, hands the unit flag to Capt. Matthew Moser, the incoming adjutant/detachment commander.

MRICD

From front page
In addition to his duties as a principal investigator, he serves as the action officer for the Joint Telemedicine Project between the MRICD and the 520th Theatre Army Medical Laboratory.

He holds a doctorate in analytical chemistry from West Virginia University, as well as a master's degree in inorganic synthesis chemistry.

Before entering the Army, he worked as a scientist at Los Alamos National Laboratories.

He and his wife, Tracey, are expecting their first child in February.

Fact of the week

To reduce solid waste, after reading a magazine, pass it on to a friend or give it to a nursing home, hospital or library.

- APG Pollution Prevention Program

Job Fair

From front page

Minnich said.

The organizations in attendance included private businesses like Clorox Products and Retro Shopping Centers of Elkton, state business like Harford County Public Schools and Harford Community College, and law enforcement activities like the Maryland State Police and the Harford County Sheriff's Office. The MDARNG and leaders in the science and technology, retail, and factory industry also were represented. Installation organizations included Non Appropriated Funds and the APG Federal Credit Union. Most organizations gave on-the-spot interviews and accepted resumes from applicants.

"We are trying to get the word out early about our summer job programs and Morale, Recreation and Welfare opportunities," said NAF's Juliette Bates.

Available applications included those for food service workers, gardeners and recreation services.

"We direct most inquiries to our Web site at

www.apg.army.mil, or call 410-278-5126," she said.

"We talked to quite a few applicants today and are taking several applications back with us," said Tracey Martinelli, personnel manager with the Harford County Sheriff Department. Martinelli and Cpl. Kevin Walker briefed inquiries about the department's opportunities as corrections officers.

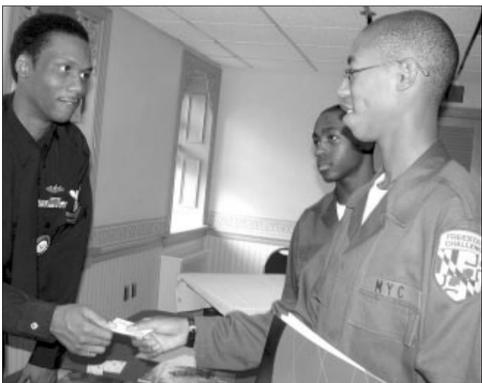
"We are actively recruiting in this area and invite applicants to apply in person or download an application from our Web site," Martinelli said.

Those accepted would attend an academy training course that includes physical and academic training, she added.

The large turnout confirmed the need for job assistance activities on the installation, Howard said.

"This was an excellent opportunity for family members transitioning into the area as well as for service members transitioning out," Howard said. "We intended to give a good idea of all the resources available to the job seeker."

The next APG Job Fair is tentatively set for April 8, 2004 at the Aberdeen Area Recreation Center.



James Harrison, 16, front, and Naverra Bridgers, 16, Free State Challenge Academy cadets from Prince Georges County, accept information about the U.S. Navy from Petty Officer Douglas, a recruiter from the Armed Forces Recruiting Station in Bel Air during the Aberdeen Proving Ground Job Fair at Top of the Bay, Nov. 17.

GEICO DIRECT

BEING CALLED UP? MOBILIZING? DEPLOYING?

IF YOU HAVE QUESTIONS ABOUT YOUR CAR INSURANCE, CALL YOUR GEICO DIRECT REPRESENTATIVE TODAY.



If you've had a recent change in your duty status, get in touch with GEICO immediately. We offer: Discounts for active duty, guard, reserve and retired military • Offices near most military bases • Reduced coverage for secured/stored vehicles • Emergency deployment discounts. We've served the military since 1936 and we're standing by you now. Call us.

1-800-MILITARY

Military discounts not available in all states or in all GEICO companies. Government Employees Insurance Co. • GEICO General Insurance Co. • GEICO Indemnity Co. • GEICO Casualty Co. These companies are subsidiaries of Berkshire Hathaway Inc. GEICO auto insurance is not available in MA or NJ. GEICO, Washington, DC 20076. © 2003 GEICO 20110

APG honors veterans



Photos courtesy of RAY "BUBBA" SORESENSEN
The American and MIA flags, the Vietnam Memorial wall scenes from 9-11, Washington, crossing the Delaware, and quotes from John F. Kennedy and Thomas Jefferson are just some of the depictions that decorate the Patriotic Rock, that sits on Highway 25 near Greenfield, Iowa.

Patriotic Rock hails veterans, American values

Yvonne Johnson
APG News

Photographs of a rock located somewhere in Iowa and painted with murals of patriotic scenes have been popping up in e-mails around Aberdeen Proving Ground and the rest of the nation.

The photographs, particularly popular among the local veteran community, are of a large rock in Greenfield, Iowa. Scenes of courageous firemen, police officers and service members and quotes from Presidents John F. Kennedy and George W. Bush make up the artwork on the rock that was painted by Ray "Bubba" Sorensen, a graphic artist from nearby Des Moines.

Sorensen has been painting murals on what has become a major landmark in Greenfield for five years. He said his respect for veterans inspired the painting. "It was a graffiti rock. Teenagers painted all kinds of stuff on it," Sorensen said, adding that "it was pretty much an eyesore."

As Memorial Day approached five years ago, he was struck with the idea of covering the graffiti with a mural honoring veterans, he said.

"I just decided to do something for veterans. It got a good response from the community, so every year since then, I've changed the theme. No one's painted over it since."

With no veterans in his immediate family, the 24-year old said that his respect for veterans and all they stand for could be attributed to his upbringing. "I was raised to be patriotic and I'm very into military history," Sorensen said. "I just love my country."

The Greenfield Web site features the Patriotic Rock, www.greenfieldiowa.com/patrioticrock.htm, and countless thousands have visited the site to photograph it for themselves.

A freelance artist who also paints residential murals, Sorensen is currently working on the theme for his next mural. Look for it in e-mails after Memorial Day 2004.

WACs serve Perry Point patients

Yvonne Johnson
APG News

Aberdeen's Chesapeake Beacon Chapter 114 Women's Army Corps Veterans' Association paid homage to hospitalized women veterans with a Pizza party in the Perry Point Veterans Administration Medical Center's gymnasium in honor of Veterans Day, Nov. 15.

Led by chapter president Master Sgt. Pam Irlie of the U.S. Army Ordnance Center and Schools, and 1st vice president Cathy Hampton, the group treated 15 members of the nursing home, Ward 22 and Domiciliary Care center to five large pizzas donated by Dominos. They also provided homemade lasagna and purchased

drinks, plates and utensils for the occasion. Chapter member Wanda Story, WACVA national 2nd vice-president, said the group saw it as a way to celebrate women's contributions to the military in a fun way.

"We even had a Karaoke machine brought in for a contest and gave away fun prizes," Story said. "Members and patients had a great time."

"We decorated the whole place in red, white and blue," she said, adding, "One woman from Ward 22 even came back from a weekend pass just to sing at the party."

"The women were so grateful which, of course, makes it all worthwhile," Hanson added. "Choosing the top three winners was very difficult as these ladies are extremely tal-

ented. Thanks to Debora Henson, Mary Jones, Joyce Thane, Elizabeth Toms, Pam Irlie and Wanda Story for making it such a success."

They thanked Sandy Miller, Andrea Sperr, and John McNamara of the Perry Point staff for allowing them to hold the event.

In addition, the former WACS left fresh fruits, candies and carnations for the patients to enjoy later.

Prizes that went to the best performers included a music box, an angel candle and a fleece coverlet.

"We're committed to the women veterans community, and support many endeavors that share that commitment," Story said.

The group raises funds through cookbook

sales and food drives to support homeless shelters locally and at the Maryland Center for Veterans Education and Training in Baltimore; conducts clothing drives for Suited to Succeed in Bel Air, and can be seen frequently holding bake sales at the Aberdeen Proving Ground Post Exchange.

The Chesapeake Beacon Chapter 114 WACVA is open to active and former members of the U.S. Army. Women of other branches may join as associate members. Meetings are held the second Saturday of each month, 10 a.m., at the Aberdeen Senior Center. For more information, call Story at 410-272-5040.

VFW Post 5337 membership drive

Harford County Memorial Post 5337, located on 3705 Pulaski Highway, Abingdon, is holding a membership drive. Membership includes veterans from four wars and active duty service members who have been involved in expeditionary campaigns. Applicants who served 30 days or more in Korea, Vietnam, the Persian Gulf, or Bosnia also may be eligible to join. The VFW is involved in community service, citizen education programs, youth scholarship programs (Patriot Pen Contest and Voice of Democracy), VFW National Home for Children Program, Buddy Poppy Program, Safety Programs, and VFW partnership with the Boy Scouts.

For more information or to apply for membership, call 410-676-4456.

Correction

APG News apologizes for incorrectly identifying the woman in the wreath photo on page 6 of the APG News issue dated Nov. 20. The woman pictured in the white jacket is Betty Bain, 1st vice president of the American Legion Auxiliary Unit 128.

Abingdon VFW post honors fellow veterans

Story and photos by
Eva Mims
RDECOM

It was not Veterans Day, but it was a day for veterans.

The U.S. Army Ordnance Mechanical Maintenance School's U.S. Air Force Detachment color guard arrived at the 10th Annual Perry Point Veterans Luncheon Nov. 8 at VFW Post 5337 in Abingdon well ahead of schedule. Under the watchful eye of 1st Sgt. Vic DeLaRosa, the airmen of the 361st Training Squadron, Detachment 1, in classic military precision, uncased the colors, and assumed their position in front of the post.

As a crisp fall wind whipped the stars and stripes, passing motorists on Route 40 blew their horns in respect of the waving ensign.

Inside, Charlene Hall, president of the Ladies Auxiliary, supervised the decorating and final preparations. Red, white and blue banners adorned the walls and hung from the ceiling. Patriotic floral arrangements were centered on the carefully arranged tables. The aroma of smoked pit beef, smoked pork, Italian sausages, and chicken corn soup filled the kitchen while the smell of pastries, pies and homemade desserts prepared by the auxiliary members wafted from the dining room.

"This is the 10th year that we've held the luncheon," said Hall. "We enjoy doing this as much as they enjoy coming here."

Outside, the post members formed a reception line headed by Post Commander Chuck Blair, as the guests of honor arrived from the Perry Point Veterans Administration Medical Center.

"Welcome to our post home," said Blair, as the veterans filed past the color guard, out of the chill and into the warm reception.

"The members of the Ladies Auxiliary are happy to be able to serve you today," Hall said. "Thank you, gentlemen. Thank you for your service."

With that, Chaplain Dick Miller offered a blessing of the meal.

"As you ramble down through life, whatever be your goal, keep your eyes upon the donut, and not upon the hole," he said.

"What is a vet?"
"Some veterans bear visible signs of their service: a missing limb, a jagged scar, a certain look in the eye. Others may carry the evidence inside them: a pin holding a bone together, a piece of shrapnel in the leg - or perhaps another sort of inner steel: the soul's ally forged in the refinery of adversity."

Except in parades, however, the men and women who have kept America safe wear no badge or emblem. You can't tell a vet just by looking."

The 40 veterans represented all four branches of the military having served their country with honor all over the world in Vietnam, Southwest Asia, Panama, and Europe, and some in the States. While the battles they waged and service they rendered varied, the common bond shared by this particular group of veterans is that they now find themselves engaged in another battle: a fight for their lives in the war on substance abuse.

They said they were humbled and overwhelmed by the reception.

"I feel privileged and honored," said Guy

Harris, 39, a former Army sergeant from Dover, Del. "It's good to see that people understand what vets go through."

"What is a vet?"

He is the POW who went away one person and came back another - or didn't come back at all.

He is the Quantico drill instructor who has never seen combat - but has saved countless lives by turning slouchy, no-account rednecks and gang members into Marines, and teaching them to watch each other's backs.

He is the parade - riding Legionnaire who pins on his ribbons and medals with a prosthetic hand.

He is the career quartermaster who watches the ribbons and medals pass him by."

Not every veteran experiences a smooth transition back into the civilian lifestyle. Resuming life outside of the normal constraints of military existence is, for some, more of a burden than they can bear. Some, due to disappointments, stress, anxiety, or a host of other reasons, find themselves caught up in a cycle of alcohol or substance abuse that sometimes spans for years.

Nick Geiger, a 46 year-old former Marine from Quantico, Va., had only been in Perry Point's substance abuse program four days, but echoed Harris' sentiment.

"This is beyond belief," said Geiger. "We're not used to stuff like this - people looking out for you."

Looking out for the veteran is exactly what VFWs and Veterans Administration medical centers are all about.

The VFW has a rich tradition in enhancing the lives of millions through its community service programs and special projects. From providing free phone cards through Operation UpLink to the nation's active-duty military personnel, to raising money for the World War II memorial, the VFW is there, "honoring the dead by helping the living."

Like hundreds of VFW posts throughout the country, VFW Post 5337 sponsors regularly scheduled activities, including monthly pit beef sales and luncheon bingo, all open to the community, which support programs for veterans throughout Harford County.

The Perry Point Medical Center is a leader in providing comprehensive health care to veterans in the Baltimore-Washington Metropolitan Area. The center offers an inpatient alcohol and substance abuse treatment program that is unique in the Mid-Atlantic region.

"It's the Betty Ford of the East Coast to veterans," said Geiger.

For Donald Gant of Baltimore, the center represents even more.

"It's a God-send," Gant said, "a lifesaving miracle."

A 51 year-old former Army military policeman, Gant was drafted in 1972 after taking a semester off from school. He and his identical twin served two years.

"There are people [at Perry Point] who actually care," said Gant. "To me, they're living proof that God is here."

"What is a vet?"

He is the cop on the beat who spent six months in Saudi Arabia sweating two gallons a day making sure the armored personnel carriers didn't run out of fuel.

He is the barroom loudmouth, dumber than



Members of Air Force Detachment 1, Staff Sgt. Derrick Proctor (far right) salutes as Airmen Basic Brian Childree and Henry Dungan uncased the stars and stripes being held by Airman Basic Edward Moore, left front, and Airman First Class Wise Albert, in front of Harford County's Memorial VFW Post 5337.



Ladies Auxiliary President Charlene Hall puts the finishing touches on decorations for the 10th Annual Veterans Day Luncheon at VFW Post 5337 in Abingdon, Nov. 8.

five wooden planks, whose overgrown frat-boy behavior is outweighed a hundred times in the comic scales by four hours of exquisite bravery near the 38th parallel.

She - or he - is the nurse who fought against futility and went to sleep sobbing every night for two solid years in Da Nang."

Marine Corps veteran Juan Bailey, 56, spent 28 months in Vietnam. He advises service members to take advantage of the support and assistance the VFW and VA offer today's veterans.

"Don't wait until you get to be my age to get involved in the system," Bailey said. "If you need any kind of help, don't stand around; they'll take care of you."

"What is a vet?"

He is the old guy bagging groceries at the supermarket - palsied now and aggravatingly slow - who helped liberate a Nazi death camp and who wishes all day long that his wife were still alive to hold him when the nightmares come.

He is an ordinary and yet an extraordinary human being - a person who offered some of his

life's most vital years in the service of his country, and who sacrificed his ambitions so others would not have to sacrifice theirs.

He is a soldier and a savior and a sword against the darkness, and he is nothing more than the finest, greatest testimony on behalf of the finest, greatest nation ever known."

So remember, each time you see someone who has served our country, just lean over and say "thank you." That's all most people need, and in most cases it will mean more than any medals they could have been awarded or were awarded."

"Veterans Day is a day for the living," said Guy Harris. "It's a chance to say 'thank you' to some of us who never heard it. I may just go around and thank some vets myself on Veterans Day."

(Editor's note: The author uses excerpts from the poem, "What is A Vet?" (c)Father Denis Edward O'Brien, USMC, International War Veterans Poetry Archive, <http://www.iwvpa.net/index.html>.)

Veterans History Project seeks helpers

Yvonne Johnson
APG News

Kathy Abey, a district representative with the office of Maryland Rep. Wayne T. Gilchrest, heads the state's Veterans History Project.

The little-known project, which is partnered with the Library of Congress, seeks to preserve stories of service by the nation's veterans for future generations.

Funded through 2005, the project is in need of volunteers who will assist Abey in obtaining that information.

Abey participated in the Veterans Seminar held at the Bel Air Armory, Nov. 17 to bring information about the project to the community. (See article on page 7.)

Her display included books, memorabilia, copies of the APG News, and a sign up list for those who wish to assist with the project.

"It's a great public service project for schools, senior citizen groups and veteran organization," Abey said.

"There are simple instructions to guide you through the interview process. Anyone who gets involved will see what a worthwhile effort this is," she said she spends most of her days reviewing applications and volunteers her time in the evenings and on weekends to interview veterans.

"The entire staff assists in outreach while I do the interviews, which includes visiting the veteran in his home or in the hospital, wherever he may be," Abey said.

She said that because she researches the era in which the veteran served, she has grown to appreciate the importance of the project.

"The nation loses 1,500 to 1,700 veterans a day. So much of our history is dying with them," Abey

said.

She added that the congressman's office "fully supports" the project and is hoping for additional support from Maryland legislators.

"I kind of stumbled onto this doing research for another subject," she said. "I checked into it and have been addicted to it ever since. I've done volunteer work before but nothing rises to the level of this. Its value is immeasurable."

"Listening to their [veterans] stories is the best thing I have ever done," she continued. "Those who volunteer to help will agree. It's an honor to be included in their world."

Veterans History Project

The Library of Congress and the American Folklife Center invites participation in this national project to honor the nation's war veterans and those who served in support of them. The goal is to create a lasting legacy of recorded interviews and other documents chronicling wartime experiences and how those experiences affected their lives and America itself.

Congress voted unanimously to create the Veterans History Project in 2000 through Public Law 106-380. Congress saw the urgency of collecting wartime memories which grow more precious as the number of veterans dwindles, and the value of engaging the American public in its own history.

Future generations have much to learn from those who served.

The project encompasses veterans of World War I, World War II, and the Korean, Vietnam and Persian Gulf wars.

The term "veteran" includes those who served in war and in support of combat operations in, all ranks in all branches of service - Army, Navy, Air Force,

Marine Corps, and Coast Guard. Also included is the Merchant Marine involved in home front activities and citizens who supported the armed services.

The first priority of the Veterans History Project is to capture the words of those most senior who served during the World and Korean wars.

Volunteers needed

Volunteers are the pillar of the project. They are the individuals who interview war veterans and transcribe their recordings or identify documents to donate. Volunteers may be family members, fellow veterans, students, or interested citizens.

The project needs fieldworkers, interviewers and historians, both amateur and professional who will record histories and train local organizations and volunteers.

Partnerships needed

Partners can be civic organizations, veterans groups, government agencies, schools, colleges, etc. Partners can help by providing recruiters, publicity, training, funding or organizing education programs.

In addition, youth partners from middle and secondary schools and youth groups or clubs, can assist as interviewers. This can add a powerful boost to history education with youths learning history from those who lived it.

The interview process is simple, uncomplicated and rewarding.

For information about the Veterans History Project, call the message line at 1-888-371-5848; visit the Web site at <http://www.loc.gov/folklife/vets/>; e-mail volhp@loc.gov, or write Veterans History Project, Library of Congress, American Folklife Center, 101 Independence Avenue, S.E., Washington, D.C. 20540-4615.

Story and photo by
Yvonne Johnson
APG News

In honor of Veterans Day and to offer assistance to Harford County's large veteran community, the office of Maryland Rep. Wayne T. Gilchrest sponsored a Veteran Information Seminar at the National Guard Armory in Bel Air, Nov. 17.

Several offices came together to provide veterans information and assistance in health care, education, employment benefits and services, veteran related legislation and retiree issues.

Participants included the Regional and Maryland Departments of Veterans Affairs; the VA Maryland Health Care System; TRICARE; the National Veterans Legal Service Program and the Veterans History Project.

In addition, there were representatives from the Harford County Commission on Veterans Affairs, the Susquehanna Chapter of the

Military Officers Association; Disabled American Veterans of Perry Point VA Medical Center; and Chesapeake Beacon Chapter 114, Women's Army Corps Veterans' Association.

Those who attended heard briefings regarding educational benefits; compensation; medical billing; long term health care; VA services; administrative issues regarding appeals and other subjects.

"We are here to put the word out that there is a commission of veterans appointed by the county executive and the governor to serve the veteran community," said Blair Cross, former commission chairman and recent recipient of the Maryland Veteran of the Year award for 2003 to 2004.

In kind, the MOA extends a helping hand through various community programs that include the VA Sundry program that provides necessities like toothpaste and soap to hospitalized veterans who can't afford to purchase such

items themselves, said retired Col. Morton S. Krisker.

"We are also active in the legislature and along with other veteran organizations are involved in trying to have retired pay made tax free," Krisker said.

The 15-year project has brought a coalition of organizations together for its backing, he added.

"They have come together with programs to show legislators that this can happen," he said.

Tax abatement won't cost the government any money," he said. "The benefit is that if you keep us and our money, the state and the veteran gains," Krisker said, adding that 26 other states do not tax military retiree pay.

At the DAV booth, George Mitchell, DAV services officer, said that the DAV has been servicing veterans since 1942.

"There are lots of military retired and disabled veterans here," Mitchell said. "Our focus is to get them to and

from their military appointments."

The group also is involved in legislature representation, he added.

"We provide representatives to legislatures that involve veteran benefits," Mitchell said. "Our goal is to get the benefits and entitlements they are entitled to."

Veterans, retirees and leaders in the veteran community said they welcomed the seminar.

"I came to gather information for myself and for my members," said Carolyn Baker, commander of American Legion Post 39 in Bel Air and secretary for the State of Maryland Vietnam Veterans of America. "It's a worthwhile event filled with useful information I'm sure many were unaware of," Baker said.

Also gathering information was Tom Insley, a VVA government affairs delegate from Chapter 650 in Catonsville.

"Wherever there is an event



Drew Noble, APG retirement services officer, left, briefs World War II and Vietnam veteran, retired Navy Lt. Commander John W. McNabb of Elkton, on available installation services during the Veterans Seminar at the Bel Air Armory.

such as this for veterans, I try to attend," Insley said.

He said that with more than 500,000 veterans in Maryland, his office is trying to establish a veterans caucus that will oversee legislation impacting veteran issues.

"This is a formidable voting

block," he said. "If we can establish a caucus of legislators with veteran issues in mind, they can review related issues before they go forward. If organizations come together as one voice, there's no a lot we can't do."

Just the thing for your busy life...



...the
**Electronic
Aegis!**

Subscription Rates

\$49.90 per year

if you would like a subscription to the print and electronic version of The Aegis and do not currently have a subscription to either.

\$39.90 per year

if you are not currently a subscriber of the print version of The Aegis.

\$10.00 per year

if you are currently a subscriber of the print version of The Aegis.

Subscribe

to the Electronic Aegis.

www.theaegis.com or call 410.838.0611.

THE AEGIS

Sports



Photo by YVONNE JOHNSON

Robert Pope, a civilian instructor with the U.S. Army Ordnance Mechanical Maintenance School, right, and Margaret McLean, the wife of Staff Sgt. Hurdist McLean, pose in the Aberdeen Area Athletic Center with the men's and women's masters championship trophies they earned at the World Natural Powerlifting Federation championships in Edison, N.J. in October.



Matt Long, a Directorate of Law Enforcement and Security police officer executes a successful squat on his way to being named a world champion and best overall lifter.

Champs

From front page

bench press, a 375-pound deadlift and a squat of 325 pounds. She also was awarded best overall female lifter.

McLean is the WNPF and

U.S.A. Powerlifting Women's Champion. She will defend her title at the Women's National competition in South Dakota, Jan. 29 to Feb. 1.

She said that despite her excellent showing, she still sees room for improvement.

"I didn't do as well as I wanted and still feel I can do better," McLean said. "But this competition was heavily con-

tested by lifters from all over the world. The experience gives me a good starting point for improvement."

She added that the three train regularly in the AA Athletic Center, using only their knowledge and camaraderie as guidance.

"We do really well compared to others who have trainers and coaches," she said.

"We push each other and get good support from those around us in the fitness center. If we had sponsors, we'd be awesome."

Pope said it was the first time he achieved a press of 585 pounds in a meet.

"We prepared hard for this. I want to thank my family and friends for 100 percent support," he said, naming Staff

Sgt. James Carr, Lt. Col. Carroll Lucas, Long, McLean and Staff Sgt. Edgar Batiste as his main supporters. "They pushed me along."

He added that although they tell everyone where they are from, "It would be nice to have some tee shirts or a show of support from here since we consistently distinguish ourselves wherever we go."

Pope is preparing for the USAPL Men's Masters Competition to be held May 4 in Dallas, Texas.

(Editor's note: Matt Long, a former Army sergeant with Headquarters Support Troop, was out-processing and unavailable for comment at press time.)

Company B 143rd wins intramural football championship

Whips Company B 16th, 28-7

Yvonne Johnson
APG News

It was a battle of the "Bees" Nov. 18, as Company B 143rd and Company B 16th Ordnance Battalions met on Shine Sports field for the intramural football post championship.

Company B 143rd rode the arm of quarterback Gregory Johnson to a 28-7 victory over Company B 16th. Playing in the winner's bracket, the team needed only one win to claim the post championship.

Up quickly, 14-0, Company B 143rd lost the ball on its next possession to a Company B 16th interception. The Company B 143rd defense held, however, and on its next possession two quick passes to David Taylor saw another rushing score, a converted extra point play and a 21-0 lead.

After a promising drive in which Company B 16th quarterback Roderick Jones used short passes and the legs of running back Sedrick Brown to move the ball down the field, an interception by Company B 143rd defenders put the ball in the hands of coach Jesse Player who skipped down the sideline for another score. Johnson ran in the extra point for the 28-0 lead.

Company B 16th finally scored late in the game to avoid the shutout, but it was too late to mount a comeback, and referees called the game as time expired.

"Things just didn't work out. We fell a little short tonight," said Company B 16th coach Kevin Vanderhorst.

Noting the team's tough 26-20 win over HHC 16th the night before, he added that a rested Company B 143rd,

"played a real good game."

"They came prepared," he said.

Vanderhorst named Brown and Jones the team's most valuable players.

"The two of them were outstanding," he said. "They held the team together."

Player said that he and Johnson started the season trying to "figure out a strategy."

"Luckily we had a group that would be here the whole season," Player said. "That's when we knew we could do something."

He said that due to training and other commitments, the team never practiced.

"We just came out and played," he said. "They learn fast and play hard."

He thanked the unit and battalion chain of command for supporting the team and named Johnson the team's MVP.

Commander's Cup



Photo by YVONNE JOHNSON



Company B 143rd Ordnance Battalion gained the most recent Commander's Cup points for winning the intramural football post championship. See accompanying story.

The Commander's Cup is awarded each December to the unit that scores the most points in intramural sports during the year. Units garner points in Basketball, the Bench Press Competition, the 3-on-3 Basketball Tournament, Racquetball, Volleyball, Softball, Golf, the Deadlift Competition, Soccer and Football. Points are awarded for unit participation and division and post championship wins.

The following units currently lead in Commander's Cup point totals.

USMC	230	Company B 16th	90	CHPPM	30
Company C 16th	186	HST	89	203rd MI	16
MRICD	159	Company A 16th	87	389th	13
HHC 16th	120	USAF	81	KUSAHC	10
Company E 16th	118	HHC 61st	71	520th TAML	7
NCOA	110	Company C 143rd	46	SBCCOM/TEU	6
Company B 143rd	104	1/246th	43	121st	4
HHC 143rd	91	Company A 143rd	36		

Football update

The following results are for the intramural flag football post-season tournament held Nov. 15 to 18.

Nov. 15

I
HHC 143rd, 0; Company E 16th, forfeit
Company B 16th, 26;
Company C 143rd, 7
HHC 16th, 47; HHC 143rd, 6
Company B 16th, 13; MRICD, 7
II
Company A 16th, 12; 121st, 7
USMC, 18; HHC 61st, 12
Company A 16th, 20; USAF, 7
Company B 143rd, 32; USMC, 0
III
USAF, 0; Company E 16th, forfeit
Company C 143rd, 31; USMC, 14
HHC 143rd, 0; 121st, forfeit
MRICD, 14; HHC 61st, 6

Nov. 16

I
Company B 16th, 32; HHC 16th, 20
II
Company B 143rd, 25;
Company A 16th, 6
III
USAF, 20; Company C 143rd, 13
MRICD, 13; HHC 143rd, 6
MRICD, 18; Company A 16th, 12
HHC 16th, 20; MRICD, 14

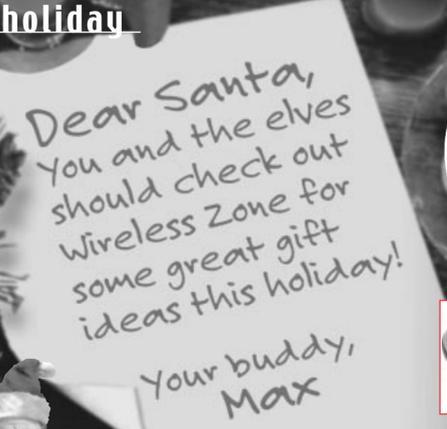
Nov. 17

Company B 16th, 26; HHC 16th, 20
Nov. 18
Company B 143rd, 28;
Company B 16th, 7

our gift to you this holiday
hands-free safety



\$29*
*With new 24-month agreement on Verizon Wireless Calling Plans.





Purchase the T720+ and **SAVE \$50!***
*Comes with 2 faceplates!

EDGEWOOD
410-612-9672
1401Q Pulaski Highway
(Woodbridge Center)

There's wireless...and there's

wireless
ZONE
www.wirelesszone.com



Authorized Retailer

IMPORTANT CONSUMER INFORMATION: Nights Mon.-Fri. 9:01pm-5:59am; weekends Sat. 12am-Sun. 11:59pm. Taxes & surcharges apply and may vary. Federal Universal Service Charge of 1.90% (varies quarterly based on FCC rate) and a 5c Regulatory Charge per line/month are our charges, not taxes. Requires new activation on 24-month agreement. Subject to Service Agreement & Calling Plan. Activation fee of \$35 on 12-month agreement. Early termination fee up to \$175. Requires credit approval. Cannot combine with other offers. Usage rounded to next full minute. Unused allowances lost. Subject to taxes & other charges. See calling plan. *T720+ \$50 savings is a mail-in rebate. Allow 10-12 weeks for rebate check. For rebate, must be a customer for 30 consecutive days. Phone may not be returned after rebate is submitted valid through 12/31/03. Not responsible for typographical errors.

Support our troops: Do the right thing and mail early

United States Postal Service

The U.S. Postal Service, in cooperation with the Department of Defense, is reminding Americans mailing overseas to loved ones deployed to Operation Iraqi

Freedom to mail early for the holidays. It is also reminding Americans to do the right thing. Patriotic acts of support by some well-intentioned individuals and groups risks creating bottlenecks in the mili-

tary's mail stream and delaying mail delivery from the service member's loved ones. Shortly after 9/11 and the anthrax attacks, the DoD suspended Operation Dear Abby and other mail addresses as

"Any Service Member," "Any Soldier," "Any Marine, Sailor," etc. due to concerns relating to mail being introduced into the mail system from unknown sources. These programs remain suspended, yet many individuals have circumvented this prohibition by mailing bulk quantities of cards, letters and care packages addressed to individual service members. The DoD has requested that these loyal Americans instead extend their support through activities listed on a special military web site or by calling a toll-free number.

Do the right thing

The DoD recommends supporting the service member's family at home, or through other local programs, or by:

- visiting www.defendamerica.mil and clicking the "Support Our Troops" icon;
- visiting www.operationpink.org; or
- calling the Military Postal Service Agency's toll-free number 1-800-6098 to identify other programs.

Addressing Tips

The DoD has requested that those who send mail use the service member's full name (with or without rank or rating), unit and APO/FPO (Air/Army Post Office or Fleet Post Office) address with the nine-digit ZIP Code (if one is assigned) and a return address. For packages, customers are reminded to place addresses on one side only. The return address in the upper left hand corner, and recipient's in the lower right portion.

Prohibitions

Generally speaking, in keeping with international agreements, there are specific restrictions for each five-digit military post office ZIP Code (APO/FPO). It is prohibited to mail the following to this region:

- obscene articles (prints, paintings, cards, films, videotapes, etc.);
- pork or pork by-products;
- any matter depicting nude or seminude persons, pornographic or sexual items, or nonauthorized political materials. Although religious materials contrary to the Islamic faith are prohibited in bulk quantities, items for the personal use of the addressee are permissible.

Restrictions are updated every other Thursday at www.usps.com. Customers may also obtain this information by calling 1-800-ASK-USPS, or by visiting their local post office.

All military units are assigned an APO or FPO ZIP Code and in many cases that ZIP Code travels with the unit. The Postal Service places APO/FPO mail on special charter flights, commercial airlines, and military service aircraft at military and U.S. airports.

When planes arrive overseas, the mail is tendered to the military and transported via local military transportation to delivery points. Since mid-March, more than 46 million pounds of mail - more than one million pounds per week - has been flown to the region.

Delivery times vary depending on the category of

mail and the country of destination. According to the Military Postal Service Agency, depending on where the servicemember is located, letters and Priority Mail parcels to Afghanistan, Iraq and Kuwait normally take 10 to 15 days. There may be size restrictions and customs declaration form requirements to some locations as mail going through the MPSA can be subject to the host country customs requirements.

Packaging Tips

It's a good idea to keep the following in mind to ensure that packages are delivered promptly.

- Extreme temperatures: Desert temperatures typically exceed 100 degrees Fahrenheit.

- The Box: Select a box strong enough to protect the contents and large enough to accommodate cushioning. If reusing a box, cover all previous labels and markings with a heavy black marker or adhesive labels.

- Cushioning: Cushioning the contents with newspaper is a novel way to send news from home. Styrofoam and bubble wrap are also good choices. Close and shake the box. If it rattles, add additional cushioning to keep items from shifting.

- Batteries: Occasionally a battery powered item such as a radio or electric razor will turn itself on during shipment. Be sure to remove and wrap the batteries separately.

- Sealing: Tape the opening of the box and reinforce all seams with 2-inch wide tape. Use clear or brown packaging tape, reinforced packing tape or paper tape. Do not use cord, string or twine as it causes the package to get caught and possibly damaged in sorting equipment.

- Include a card describing the contents: Occasionally improperly wrapped packages fall apart during shipment. Including a card inside the package that lists the sender's and recipient's addresses along with a description of the contents helps in collecting items that have fallen open during processing.

Mail early

To insure delivery of holiday greeting cards and packages, the Postal Service recommends mailing by the following dates.

Items for delivery by Hanukkah should be mailed five days prior to the dates noted below.

Military Mail Addressed To Air/Army Post Office/Fleet Post Office (APO/FPO)	First Class Mail Letters/Cards	Priority Mail	Parcel Airlift Mail (PAL)1/	Space Available Mail (SAM)2/
APO/FPO AE ZIPs 090-092	Dec. 11	Dec. 11	Dec. 4	Nov. 28
APO/FPO AE ZIP 093	Dec. 4	Dec. 4	Nov. 28	Nov. 13
APO/FPO AE ZIP 094-099	Dec. 11	Dec. 11	Dec. 4	Nov. 28
APO/FPO AA ZIP 340	Dec. 11	Dec. 11	Dec. 4	Nov. 28
APO/FPO AP ZIPs 962-968	Dec. 11	Dec. 11	Dec. 4	Nov. 28

1/ PAL: A special service that provides air transportation for parcels on a space-available basis. PAL is available for Parcel Post(r) not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for

each addressed piece sent by PAL service. 2/ SAM: Parcels paid at Parcel Post(r) postage rates are first transported domestically by surface and then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

STARTS **6 AM,** FRIDAY-NOVEMBER 28TH

Holiday DOUBLE-FEATURE Event!

OUR TWO BIGGEST EVENTS OF THE YEAR ON THE BIGGEST SHOPPING DAY OF THE YEAR!!

Annual HO-HO-HOLIDAY TOY EVENT!

Like stockings hung by the fireplace, the Toy Event has become a Gabes Holiday tradition! **More than 100,000 toys chainwide** - at prices even Santa couldn't imagine!

CHOOSE FROM FAMOUS NAMES SUCH AS:

- **Mattel®**
- **Barbie®**
- **Fisher Price®**
- **Playskool®**
- **Disney®**
- **Sesame Street®**
- **PLUS many, many more!**

EVERYTHING 50-60-70% AND MORE Off Department Store Prices

Annual I ♥ NEW YORK EVENT



We've brought in truckloads of giftware from **NEW YORK'S MOST FAMOUS DEPARTMENT STORES** along with merchandise from **WORLD FAMOUS MANUFACTURERS OF CRYSTAL, GIFT and CHINA.** Plan to shop early - we'll be mobbed for this one!

SELECTION INCLUDES:

- **Candlesticks**
- **Jewelry Chests**
- **Unique Ornaments**
- **Serving platters**
- **Crystal glassware**
- **Nativity Sets**
- **Porcelain**
- **Dishware**
- **Lamps**
- **Rugs**

EVERYTHING 50-60-70% AND MORE Off Department Store Prices




GABRIEL Brothers
Since 1961

You Gotta Love it!

Special Holiday Weekend Hours:
Fri: 6am-10pm • Sat: 8am-10pm
Sun: 10am-7pm

BEL AIR
3430 Emmorton Road

YORK
1226 Greenspring Drive

NEW GIFT CARDS AVAILABLE!

COMING NEXT WEEK: FAMILY SWEATER EVENT!!

CHECK OUT OUR NEW WEBSITE!!

www.gabrielbrothers.com

Army Community Service activities

WEDNESDAY DECEMBER 3, 10 AND 17 TEEN CHAT

This program will be a six-week rap session for teens. Topics of discussion will include but are not limited to; peer pressure, values, anger management, family moves and parents deploying. All members and non-members of Youth Services are invited to participate.

Classes will be held at the AA Youth Service Center, building 2522. For more information, call Donna Mele, 410-278-2464.

TELEPHONE ETIQUETTE CLASS

Class will be held in building 2754, 9:30 a.m. to 11:30 a.m. For more information, call Marilyn Howard, 410-278-9669.

THURSDAY DECEMBER 4 WE WILL SURVIVE CLASS

The Victim Advocacy Program will present this class in the Aberdeen Area ACS building 2754, 6:30 to 8 p.m. The session will be devoted to relationships and includes topics such as effective communication, conflict resolution and relationship building techniques.

For more information, call Sandy Hernandez-McCullough, 410-278-2435.

TUESDAY DECEMBER 9 HOLIDAY BLUES

The Exceptional Family

Member Program presents "Holiday Blues," a workshop providing tips to help parents navigate holiday stress with special needs children. Class will be held 11:30 a.m. to 1 p.m., at the Aberdeen ACS building 2754. For more information or to sign up, call Reeshemah Bugg, EFMP coordinator, 410-278-2420.

TUESDAY DECEMBER 9, 16 HOWTO MANAGE HOLIDAY STRESS

The Family Advocacy Program presents "How to Manage Holiday Stress," Dec. 9, 11:30 a.m. to 12:30 p.m., at the Aberdeen ACS building 2754 and Dec. 16, 11:30 a.m. to 12:30 p.m. at the Edgewood ACS building E-4630. The sessions will be devoted to techniques on how to manage holiday stress, before it handles you. For more information or to register, call Laura Reich, FAP prevention specialist, 410-278-7478.

WEDNESDAY DECEMBER 10 DAD'S BOOT CAMP

Parents and Children Together Program presents "Dad's Boot Camp," 6 to 7:30 p.m. at the Aberdeen ACS building 2754. This class will be about how to bond and care for a new baby. For more information or to sign up, call Diana Hayes, PACT coordinator, 410-278-4372.