

## POST SHORTS

### Recycling schedule



The recycling pickup for Wednesday, Jan. 29, is plastic, glass and metal. Put items in blue bags and place them on the curb.

### KUSAHC begins Saturday walk-ins

Saturday appointments at Kirk U.S. Army Health Clinic will not be required after Feb. 1. Instead, walk-in hours will be in effect from 9 a.m. to 12 p.m. on Saturdays.

All eligible beneficiaries, adults and children, will be signed in and seen on a first-come, first-served basis. Patients presenting an acute problem will be triaged by a registered nurse and may have priority.

There is no change to weekday operations; patients should still call 1-888-999-5195 or the Nurse Triage at 410-278-1751 for an appointment during the week.

Call '911' for emergent problems such as chest pain, respiratory problem, shortness of breath, etc.

### Youth awards, Jan. 28

Two teens from the APG youth centers will be honored on Jan. 28, at 4:30 p.m. at the Aberdeen Area Youth Center, building 2522 during the annual APG Youth of the Quarter/Youth of the Year Awards Ceremony.

### Thrift Shop to disburse funds

The Edgewood Area Thrift Shop will be accepting requests for donations from schools, service organizations and military units through March 1.

The request should include the name of the organization, point of contact, address, telephone number, amount of the request and specific details on what the funds will be used for. Mail requests to Diane Payne at 3013 Cascade Drive, Abingdon, MD 21009 or e-mail her at kdjpayne@earthlink.net.

Funds will be distributed in late spring.

For more information, call Colleen Newing, 410-676-8583.

### NAF hiring

The Nonappropriated Funds Civilian Personnel Office is in the process of hiring for the following positions: aerobic instructors, bartenders, child and youth program assistants, cooks, custodial workers, desk clerks, food service workers, lifeguards and pool managers (for May 2003 season), recreation aids and waiters.

For applications, visit NAF CPO, lower level of

See SHORTS, page 3

# Under Secretary of Army visits troops in Kuwait



U.S. Army Blackhawk helicopters, one carrying the Under Secretary of the Army Les Brownlee, depart a heavily guarded Patriot Missile Battery tactical site in central Kuwait.

**1st Lt. Michelle Nail**  
2-1 ADA PAO

Last week the Under Secretary of the Army Les Brownlee visited with soldiers from Headquarters and Headquarters Battery and Delta Battery 2nd Battalion, 1st Air Defense Artillery, from Fort Bliss, Texas, currently located in central Kuwait.

During his visit, Brownlee told the troops a story about a young soldier in World War I who served in the famed Rainbow Division.

His story's main character was a messenger named Pvt. Martin Fetco, who was killed by heavy artillery fire while carrying out his duties. When his buddies found his body, they also found his diary.

In the diary under the heading "My Pledge," Fetco wrote, "America must win the war. Therefore I will work, I will sacrifice and I will endure. I will fight cheerfully and do my utmost. As if the whole battle depended on me alone."

Brownlee asked the soldiers  
See KUWAIT, page 14

# APG's long road to the Recreation Delivery System

**Douglas Ide**  
CFSC

This is the first in a two-part series on the obstacles Aberdeen Proving Ground overcame in implementing the Recreation Delivery System for Morale, Welfare and Recreation programs. The second part will appear in next week's paper.

When Randy Moore learned about the Recreation Delivery System at a National Recreation and Parks Association conference in 1997 and the Army's plan to move its community recreation programs to the RDS model, he had no idea what it would take to bring RDS to Aberdeen Proving Ground.

For Moore, APG's Community Recreation/Business Programs chief, RDS seemed like an answer to the commercial activities, or A-76, study that was then underway at Aberdeen.

"I decided to use that RDS concept brief as the basis for an information paper to use the recreation delivery system as the most efficient organization for Community Recreation Division. When we did that, it became part of our performance work statement," said Moore.

Moore also expanded the original RDS concept to include what have been historically business program functions like golf, bowling and the club system. It's why he now calls it MWRDS because "we're delivering programs to more than just the recreation side. We're also delivering to the business side."

Moore and his team began by writing job descriptions for the positions that would be needed and looked at each function under MWR, and contracted consultants to look as well.

They asked these questions: Did [the functions] have value? Were they needed? Were they desired? Where could we stop doing things?

"We started to certify that these functions were something we would want to provide—whether the government or a contractor provided them," Moore said.

Aberdeen's commercial activities team put together a package that would be part of a larger "bid" to keep the MWR function, as well as engineering and logistics functions, "in house" instead of contracted out.

After more than a year and a half, APG officials

learned that the government bid had lost. But the process was far from complete.

Over the next two and a half years, APG officials would appeal the decision and get it overturned. The contractor who won the initial bid would then appeal the reversal and win, getting the reversal overturned.

Meanwhile Aberdeen was not implementing RDS. "Just a lot of nothing happened," Moore said. "We were [frozen in] status quo, just continuing to march. And then the decision is made that we're going to have to re-compete."

The A-76 process is an arduous process, said Moore of the effects on his staff.

"There's a lot of fear, there's a lot that is unknown, there is so much work that has to be done. It's very tough for the entire workforce to go through that," Moore said.

And now they thought they were going to have to go through it again. But while APG was going through the commercial activities study process, Community and Family Support Center officials were hard at work to get most MWR functions

See RECREATION, page 12



Maj. Gen. John C. Doesburg, commander of APG and the U.S. Army Soldier and Biological Chemical Command, pins the Meritorious Service Medal on retiree Sgt. Maj. Donald Lloyd, director, 389th Army Band (AMC's Own), at a ceremony Jan. 8.

# Musical mentor retires from Army Band

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

Surrounded by leaders, coworkers, family and friends, Sgt. Maj. Donald Lloyd, 389th Army Band (AMC's Own) took leave of the U.S. Army during a private retirement ceremony, Jan. 8 at the band's practice facility.

Maj. Gen. John C. Doesburg, commander of APG and the U.S. Army Soldier and Biological Chemical Command, presided over the ceremony with Chief Warrant Officer 4 Jerry Standridge, the band's director.

Doesburg presented Lloyd with the Army Certificate of Retirement signed by Army Chief of Staff Gen. Eric K. Shinseki, the Meritorious Service Medal signed by Secretary of the Army Thomas White and a Certificate of Appreciation from President George W. Bush.

Lloyd's wife, Heather, also received a Certificate of Appreciation.

Commenting on Lloyd's 27-year career, and his time at APG, Doesburg said, "He has a truly great history and a really impressive life."

"From the day he arrived, he showed me he wanted his soldiers to be all they can be."

To Lloyd's wife, Heather, Doesburg added, "Make sure he takes care of himself and make sure he comes back and says hi to all those young soldiers."

Calling Lloyd a unique leader, Standridge added he was "delighted" to have worked with Lloyd and to be part of his retirement ceremony.

"He was more than just a noncommissioned officer," Standridge said. "He has performed perfectly."

Lloyd thanked several former coworkers  
See RETIREE, page 6

# Nominations open for Army Knowledge Awards

Army News Service

The Army Knowledge Awards will be presented during the 3rd Annual Army Knowledge Symposium at Valley Forge, Pa., March 31 to April 4.

Nominations are being accepted through the Army Chief Information Office/G-6 community page on Army Knowledge Online at [www.us.army.mil](http://www.us.army.mil). The submission deadline is Feb. 28.

"The Army Knowledge Awards Program allows us to acknowledge and recognize Army initiatives, programs, and concepts that exploit Knowledge Management tools and principles," said Lt. Gen.

Peter Cuvillo, chief information officer/G-6. "We want to promote Armywide knowledge sharing and collaboration focused on enterprise solutions that improve situational awareness and organizational decision-making."

The goal of the awards program is to recognize KM-based initiatives that are focused on the enterprise — major commands, functional areas and Army as a whole — that incorporates process re-engineering; also those that use technology to enable the process transformation and emphasize individual stovepipe solutions to problems, said Col. Jane Maliszewski,

chief of CIO/G-6 Outreach.

Army Knowledge Awards will be given for the best Army's Knowledge Transformation Initiative, Enterprise Solution, Cross-Functional Solution, e-Army Initiative, Community of Practice and e-Learning Initiative.

Selection criteria includes: Return on Value, Collaboration, Impact, Scalability, Transformation, Customer-focus, Streamlining and E2E Integration, which incorporates cross-functional processes.

For questions about the Army Knowledge Awards Program, call 703-602-2398 or  
See NOMINATE, page 5

# Installation watch card

Awareness is key! Everyone is a sensor.

## Do observe and report:

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

mise of sensitive information.

## Do not:

- Discuss any aspect of military operations or planning.
  - Discuss military capabilities or limitations.
  - Discuss force protection measures, capabilities, or posture.
  - Disclose any information related to unit deployments.
- Report any suspicious activity immediately to APG Police:**  
Aberdeen Area 410-306-2222  
Edgewood Area 410-436-2222  
Your call may save lives!

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# Patents issued to Army based on employee creativity

**Mike Cast**  
DTC

A physicist with the U.S. Army Aberdeen Test Center developed an improved system for recording the impacts of ballistic tests, earning him a patent on his invention and \$700.

Dr. Charles Lee Francis, Ph.D., who worked for the Instrumentation Development Team in ATC's Technology Core at the time of filing his patent application, developed an improvement to test instrumentation he called the "Large Dynamic Range Digitizer Using Dual Analog-to-Digital Converters and Adaptive Output Formatting."

"When you build something that people have to use in a wide variety of environments, it has to be characterized in those environments to make sure it still functions properly. So we have to have equipment that can record the levels of shock and vibration that a piece of test equipment receives," Francis said.

"With the ballistic testing, we measure things such as pressure inside of a gun's chamber, we measure what happens when a vehicle gets hit with a round, the shock that gets carried into the equipment and so forth."

But measurements are only as accurate as the instrumentation, and Francis' team needed instrumentation capable of precisely recording the full range of impacts that ballistic tests could produce.

"One of the parameters that we wanted to improve is what's

called dynamic range, and that means the ability to measure over a wide range of signal levels from the very largest to the very smallest," he said. "When you get to smaller and smaller levels, it becomes increasingly difficult to measure those levels."

"What I set out to do is figure out a way to cover this wide range of signal levels. My contribution to the state of the art was to figure out a way to put the bits together so that you could actually get more dynamic range in a smaller number of bits. I spent a fair amount of time on experiments in the laboratory to prove that it could actually be done with... the kinds of signals that we normally get on the range."

Francis received \$200 when he filed the patent application and \$500 from ATC after obtaining the patent Sept. 3.

Although patents obtained for work related to Army employment are Army property, regulations call for a cash award at the time of filing the application and an additional award when a patent is issued. The regulations also allow inventors a percentage of royalties if applicable.

Francis' patented system will not be used for ATC's ballistic testing, however.

"In the time between actually coming up with the concept and the time of actually having to commit to hardware to get it built, we found an analog-to-digital converter chip that would actually do the job pretty close to what we were looking for," Francis said. "It was considerably cheaper and more efficient in terms of

the total amount of hardware necessary to implement the scheme that we got the patent for. Just because you've got a patent on something doesn't mean it's the best way to do the job."

But receiving a patent is still "prestigious" for ATC, Francis said, adding that his research helped ATC find the better solution in a chip produced by a company called Analog Devices.

The Naval Undersea Warfare Center at Newport, R.I., which conducts research, development, engineering, testing and evaluation for the Navy, won a bid to build the new system. Francis expects a prototype to be delivered early in 2003.

Records kept by DTC's Office of the Chief Counsel, responsible for overseeing patent applications within DTC, indicate that its test center employees obtained 38 patents for the Army during the past 20 years.

Laura Haug, DTC's chief counsel, encourages Army employees to patent their inventions - so Army will not have to pay a commercial producer to use an invention of its own employees or others working on government-financed projects, and to make inventions available to the public through licensing.

In addition to cash awards, the Army's patent-incentive program allows inventors to receive 20 percent of all royalties generated by licenses, up to \$100,000 per year.

To file a patent, employees should contact their organizational legal counsel for information on forms and procedures.



Katherine A. Williams, left, senior legal assistant in the APG Staff Judge Advocate Legal Assistance Office who was selected as a special honoree in the National Notary Association "Notary of the Year" Award program, looks on as legal assistant Sandy Williams makes changes to a document on her computer.

## APG legal assistant receives national recognition

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

A senior legal assistant with the Aberdeen Proving Ground Office of the Staff Judge Advocate has been selected as a special honoree in the National Notary Association "Notary of the Year" Award program for 2003.

Katherine A. Williams is one of only four honorees in the nation. Williams was recognized in the January issue of The National Notary magazine and will receive an expense-paid trip to the NNA Conference in Orlando, Fla., to receive the award.

Williams has been with the APG legal office for 15 years.

She said her job, which involves a variety of duties, has been a learning experience.

"My responsibilities run the gamut of making appointments, reviewing legal documents, research, and other thing," Williams said. "The most challenging part is dealing with people."

As a notary, Williams said she could notarize documents, administer oaths, and in some states, even marry people.

Williams put all her skills to work after Sept. 11, 2001 when the influx of National Guard and Reserve soldiers on the installation in support of Operations Enduring Freedom and Noble Eagle increased the legal workload.

"With all the soldier call ups, we did numerous wills and powers of attorney," she said. "It was so busy, we had to shuffle schedules

around to keep up."

The NNA recognized Williams for serving in "the highest standards of notary practice" and cited her many accomplishments.

In 2002, she provided notary services to more than 2,700 people. In the wake of Sept. 11, 2001, she was called upon at a moment's notice to draft and notarize more than 40 powers of attorney and 20 last wills and testaments in one day. She has made countless bedside visits to dying or incapacitated clients, providing notarial services, and during tax season, she supported a client base of 30,000. Most notably, Williams was cited for creating an instructional book for training other notaries within the command using NNA materials and the Notary Home Study Course as a training guide.

"Your efforts stand as an inspiring model for notaries everywhere," the letter read in part.

Williams said she is humbled by the honor for a job she enjoys.

"Everyday I see people worse off than I am. It makes me grateful to be doing what I'm doing," Williams said.

A resident of Aberdeen, Williams is the wife of Army retiree Chief Warrant Officer 2 Bill Williams, formerly of the U.S. Army Soldier and Biological Chemical Command, and the mother of two.

## Defense consultant James F. O'Bryon to speak at National Prayer Breakfast

**Yvonne Johnson**  
APG News

The Aberdeen Proving Ground National Prayer Breakfast will be held Feb. 12, 7 a.m., at Top of the Bay.

The annual event is observed nationally, from the executive branch of the government down. The entire community is welcome. There is no admission fee, but a suggested donation of \$5 is welcome.

The guest speaker is James F. O'Bryon, a national defense and security consultant and former Deputy Director for Operational Test and Evaluation in the Department of Defense.

Maj. Ernest Vermont, Garrison chaplain and Col. Mardi U. Mark, APG garrison and deputy installation commander, will host the event.

The purpose of the National Prayer breakfast is to focus on the positive aspects of life — to enable personnel within the command to exercise their faith by expressing their appreciation for the events of the preceding year and to acknowledge needs and desires, through faith, for the coming year.

The following remarks are about the history of the observance as told by former President Ronald Reagan at the Annual National Prayer Breakfast, Feb. 6, 1986 at the Washington Hilton Hotel.

"The story begins in 1942, at the height of World War II. In those days there were a handful of Senators and Congressmen who'd get together now and then to talk about their lives and their jobs and how things were going for them ... They decided it would be a real help if they could occasionally gather and pray together ... In time, in both the House group and the Senate group, some very important informal rules evolved. All members would be welcome, regardless of their political or religious affiliation. There was room enough for sincere seekers and the deeply devout. They'd never publicize the meetings, and they'd never use them for political gain. But most important, the

See **BREAKFAST**, page 8

# APG News

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

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

### Staff

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

## MARITIME SQUADRON EQUIPS FORCES

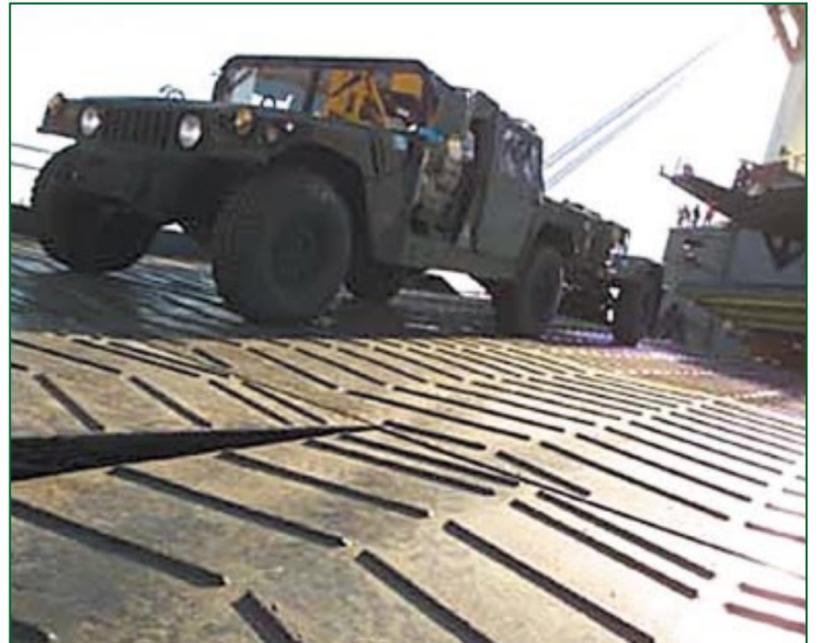


Photo by Marine STAFF SGT. BILL LISBON

A U.S. Marine drives a High Mobility Multi Purpose Wheeled Vehicle off of a Maritime Prepositioning Force ship at a port in Kuwait, Jan. 17. The equipment being offloaded will be linked up with the Camp Pendleton, Calif., based I Marine Expeditionary Force, which is repositioning to the region in support of the global war on terrorism. One Maritime Prepositioning Force squadron carries enough equipment, ranging from food and ammunition to tanks and howitzers, to outfit 17,000 troops for 30 days.

## POST SHORTS

building 305, APG, or call 410-278-5126/5127.

### Border Legion announces reunion

The Border Legion 2003 Reunion will be held in Germany May 28 to June 1. The reunion will center in Fulda, with separate events taking place in Bad Hersfeld and Bad Kissingen.

The reunion is open to past and present troopers who served with the 11th and 14th Armored Cavalry Regiment (and supporting units) along the East-West German border.

For more information, call Glenn Snodgrass, 703-676-2672, or e-mail JGS525@aol.com, or call Don Snedeker, 703-676-4019, or e-mail him at donald.c.snedeker@saic.com.

### PWOC offers Bible studies

The APG Protestant Women of the Chapel invite everyone to attend Bible Study every Monday at 7 p.m., or every Thursday at 9 a.m.

On Monday, study Joyce Meyer's, Battlefield of the Mind, Winning the Battle in Your Mind. On Thursday, choose from four new Bible Studies: Restore My Heart, by Denise Glenn; Professionalizing Motherhood, by Jill Savage; Calm My Anxious Heart, by Linda Dillow; or Fruit of the Spirit, by Beth Moore.

Child care is provided on Thursday mornings, but not available on Monday evenings. These studies do not meet on federal holidays or when the schools are closed due to inclement weather.

For more information, call the APG Chapel at 410-278-4333.

### Contemporary worship service

A new, contemporary worship service will be held from

2 until 3:30 p.m. each Sunday at the EA Chapel, building E-4620.

Musicians and singers are welcome. All are welcome to attend. For more information, call Chaplain Shawn E. McCammon, 410-436-8695

### AA meetings held at APG chapel

Alcoholics Anonymous meets at the Aberdeen Post Chapel, building 2485, every Tuesday from 11:30 a.m. to 12:30 p.m. This is an open discussion meeting available to the entire Aberdeen community, military and civilian.

### USO-METRO, JETS co-host job fair

The USO of Metropolitan Washington and the Joint Employment Transition Services, or JETS, will co-host a job fair July 26, 10 a.m. to 2 p.m. at Spates Community Club, Fort Myer, Va.

More than 50 companies with full or part-time positions will attend. Job seekers can talk to representatives from government agencies, high tech corporations, law enforcement agencies, security companies, temporary agencies and financial service companies, among others.

The fair is free and open to all members of the armed services, their family members, retired military and DoD and Coast Guard civilian personnel.

For more information, call Dale Jovero or Dawn Ruth, 703-696-2552.

### Retiree ID cards

To get retiree ID cards, the employee/retiree should contact their servicing personnel assistant.

### Names of deceased Vietnam vets sought

Officials of the Vietnam Memorial Fund are seeking the names of Vietnam veterans

## Fact of the Week

*Approximately 400 million gallons of oil are saved each year due to the use of retreaded tires.*



Courtesy of the Maryland Department of Agriculture

who died as a result of their service but not of injuries suffered in combat zones.

Those service members, whose names are not eligible for the wall, will be honored at the fifth annual In Memory Day ceremony April 21 at the memorial.

Anyone who would like their deceased loved ones to be honored should apply to the memorial fund by Feb. 28.

Applications can be obtained by calling 202-393-0090 or by visiting the fund's Web site [www.vvmf.org](http://www.vvmf.org).

A copy of the death certificate and military records showing service in Vietnam must accompany application.

### Weight Watchers at Work Program welcomes newcomers

Lunchtime Weight Watchers meetings are continuing on post, and new participants are welcome.

The program offers professional leadership, group support and a sound and safe weight control plan.

To learn more about the Weight Watchers at Work Program at Aberdeen Proving Ground, call 410-278-1151.

### Family Child Care training in EA

Family Child Care training will be conducted Feb. 3 to 7 at the Edgewood Area Youth Services building. Applicants

who are interested in providing home-based child care, especially infant care for those residing in the Edgewood Area, are encouraged to apply.

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

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

### Youth Services makes room for APG homeschoolers

On Tuesdays and Fridays throughout the school year, the Aberdeen Youth Center multi-purpose rooms will be available from 1 to 3 p.m. for APG's homeschoolers. Youths must be registered members of APG Youth Services and in grades one through 12. Parent-teachers must be present throughout the visit.

For more information on homeschool usage of Aberdeen Youth Services, call Norma Warwick, 410-278-9059 or e-mail [Norma.Warwick@usag-apg.army.mil](mailto:Norma.Warwick@usag-apg.army.mil).

Since military homeschooling families have special needs, Lisa McGee is forming a network of APG's homeschooling families. To make arrangements, call McGee at 410-272-8743, e-mail her at [JustgottaBme123@aol.com](mailto:JustgottaBme123@aol.com), or talk with her during Homeschooler Time at the Aberdeen Youth Center.

### Have you updated your DEERS information?

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

### After Hours Clinic

The After Hours Clinic at Kirk U.S. Army Health Clinic is closed on Sundays and holidays. Patients needing advice on 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 nearest hospital emergency room.

### New Internet address for PMCD

Public information about the Army's chemical weapons disposal program is available at a redesigned Web site: <http://www.pgcd.army.mil>.

The U.S. Army Program Manager for Chemical Demilitarization site features updates on the program's progress across the country as well as historical background, current events and opportunities for public involvement.

To obtain comments or arrange an interview with a chemical weapons disposal program representative, contact the Public Outreach and Information Office at 1-800-488-0648.

### Database of scholarships

All personnel in the military community, including dependents, are encouraged to search MilitaryReport.com's Education Center scholarship database, which has a listing of \$300 million in scholarship funds.

In addition to the scholarship search available, the educational services provide comprehensive and updated information on educational benefits, such as the G.I. Bill, Veterans Educational Assistance Program and Survivors' and Dependents' Educational Assistance Program.

To access these education services, visit <http://www.military.com/ Careers/Education/1,13289,,00.html?ESRC=mr.nl>.

### Use both lanes

Drivers are urged to use both lanes as they approach the gates to APG's Aberdeen Area.

At the barricades, motorists should alternate the right of way - allowing every other car to move into the primary entrance lane, like a zipper.

This more efficient movement of traffic will speed up the process.

The provost marshal warns drivers who pull out in front of other vehicles, block traffic lanes or exhibit other aggressive tendencies, that they are driving on a federal installation and are subject to citations through the federal court system.

### EOC phone numbers

The Aberdeen Proving Ground Garrison Emergency Operations Center is under the direct control of the Directorate of Safety, Health and Environment/Fire Department.

For information, call 410-278-3182 and 410-278-3183.



A soldier from Camp Doha, Kuwait, moves out from behind a wall and advances to his next objective during a paintball competition Dec. 26.

Photos by SPC. STEVEN COOKE



Photo by SPC. BOBBY MILLER

A soldier at Camp Doha, Kuwait, kneels down behind some concealment during a paintball competition Dec. 26. There were 16, three-man teams, and the object of the game was to capture the other team's flag while not being hit.



A soldier waits for an opportune time to return fire as his opponent waits for him to rise from behind his concealment during a paintball competition Dec. 26 at Camp Doha, Kuwait.

# MWR brings paintball to soldiers

**Spc. Bobby Miller**  
19th PAD

There is only one soldier still alive. The enemy does not know where he is, but he has to move fast or it is 'curtains.'

The soldier peeks over the obstruction he is hiding behind and fires, one shot, one kill. Now it is one on one. Carefully crouched, the enemy peeks his head up and quickly the soldier fires, eliminating him. The last soldier left alive sprints to the flag, carries it to the enemy's starting area and basks in the victory. His teammates come out of the kill box and celebrate. The adrenaline rush is there and they move on to the next round. This is paintball at its best.

While service members in Camp Doha, Kuwait, are restricted to post, it is hard to find things to keep them busy and smiling. Camp Doha Morale, Welfare and Recreation found an activity to do just that, paintball.

MWR held its first ever paintball tournament at the far end of the Camp Doha running track, Dec. 26.

"It is awesome. It is a break from the stresses of Camp Doha," said Sgt. James Mapp, 249th Engineer Battalion.

"It is a great thing, it gives us something to do and it's fun," said Sgt. James Alan, 249th Engineer Battalion.

"It is relaxing. You are out here blowing off some steam and there are rivalries and good competition," said Staff Sgt. Douglas Eshenbaugh, 249th Engineer Battalion.

The tournament involved 16 teams that battled the day away for a championship trophy. The area used as the war zone was approximately 60 yards long and 40 yards wide with shrubbery and wooden obstructions to provide cover.

Pieces of plywood were nailed to palates to form a 'V,' where soldiers could hide, take cover and avoid getting shot.

Staff Sgt. Douglas Eshenbaugh said some times it hurts to get shot.

"It initially stings when you get hit. Most of the time you are on an adrenaline rush," Eshenbaugh said.

The games lasted an average of one minute and were very

aggressive. The rules were strict on safety and spectators were kept back around 100 yards.

Three concrete walls surround the area where the games were played, which made the area ideal for the game. The teams started at opposite ends of the field and stood with their backs turned. When the starting whistle blew, the participants commenced the combat.

When one of the teams had all members 'killed,' the remaining team captured the flag and carried it to the opposing teams starting area and the game was over.

Lead Outdoor Recreation Specialist and coordinator and planner for this event, P.J. Hopkins, said that the soldiers couldn't go off post to play so she brought the game to Camp Doha.

"There are a lot of people interested in paintball, and a lot were going to the women's correctional facility to play. The correctional facility is not on Camp Doha. Since everybody is locked down we brought it to them."

Hopkins also said that people are showing interest in playing and soldiers are having fun playing.

"They love it," Hopkins said. "Paintball is an up-and-coming sport and it is very popular now. As soon as we put out the e-mail that all teams and openings were taken, we had at least 15 teams call and want to be put on the stand-by list."

According to Hopkins, ideally MWR would put on a paintball tournament every other month, but needs to work out monetary issues.

Capt. Jedd Welder, S-3 for Army Central Command-Kuwait and one of the referees for the paintball tournament, said that the game is great for morale.

"This is a tremendous morale booster ... I play back in the states, so this is like a part of home," Welder said.



## Commentary: Young 'Sgt. Justin' leaves huge impact



Photo by PETER CIHELKA

Sgt. Justin Bryce made the most of his time as a soldier during his visit to the Pentagon, Fort Belvoir, Va., and Aberdeen Proving Ground in October.

### Spc. Casandra Brewster Army News Service

On Christmas morning in Greene, N.Y., instead of opening gifts, Justin Bryce died. With his death, the Army lost a good soldier.

He was a soldier's soldier, a hero among heroes, and he was only 10 years old.

"Sgt. Justin," as he was lovingly dubbed by his Army family, fought an arduous battle with liver cancer. The cancer spread to his brain, but not before he had fulfilled a life-long desire to become a soldier. In early October, the Army and the Make-A-

Wish Foundation joined forces to help make Justin's wish come true.

For just three short days, one of which was spent at Fort Belvoir, [another at Aberdeen Proving Ground] Justin was a soldier. He was enlisted in the Army by top brass at the Pentagon and promoted to sergeant by Sgt. Maj. of the Army Jack Tilley. He was a natural-born leader, assuming the command of a "top-secret mission" which recovered "sensitive and classified" equipment and information.

"Let's move out!" he commanded, just moments after being briefed on his mission. And before the day was over, he easily responded with the Army's traditional, tried-and-true positive answer of "Hooah!"

During his tour of duty, Justin managed to be awarded a Meritorious Service Medal and collected a couple of dozen challenge coins from every leader he met. Additionally, he was loaded down with certificates of appreciation and achievement, plaques and other keepsakes from his Army "career."

He also took away a piece of everyone's heart who met and dealt with him that day. He certainly made me blink back a few tears. Additionally, he made me extra proud to wear U.S. Army across my chest. To think that this child could have literally chosen to do anything with his dying wish: go to Disneyland, take a cruise with his family or anything else his heart desired. But he wanted to be a freedom fighter he told me when he was here.

Justin followed in the footsteps of his eldest brother, Pfc. Raymond Bryce, who is assigned to Battery E, 7th Field Artillery Regiment at Fort Drum, N.Y. During their visit to Belvoir, Sgt. Justin's mother, Mary Bryce, said she wasn't completely convinced that Raymond's career choice was the absolute reason Justin chose his Make-A-Wish wish. However, she said she was proud of both of her "soldiers."

"Besides, soldiers get to do cool things and they get such awesome equipment," Justin said.

You know what, sergeant, you're absolutely right!

Sgt. Justin embodied the teaching spirit of any good Army noncommissioned officer, too. He taught me quite a few things during our short shared tour of duty together.

Besides giving me that added sense of pride in being a soldier, he taught me that our missions are crucial to the entire nation. That without the Army so many dreams, wishes and desires would never have an opportunity to come true.

Sgt. Justin taught me that even the smallest person can have a big impact.

He showed me that no matter how awful you feel, you can still smile and carry on.

He reminded me that life is short and you need to do what you love to do, and be close to those you love. Fortunately, unlike some soldiers during times of battle, Justin died with his family surrounding him. He also will be wearing the battle dress uniform, identification tags, and highly polished boots to his final

resting place.

Now, because up-state New York resembles a quasi-frozen tundra, little Justin will not be buried until the spring. As his fellow comrade-in-arms, I'd like to go and show an Army family face at his burial.

However, other missions will probably pull me out of the continental United States before the ground thaws. So, I'd like to invite other members of the Army family to stay close to the Bryce situation and show support for Sgt. Justin's family at his burial this spring.

At a minimum, I'd like to invite everyone to send cards, letters or memorial donations. Correspondence for the Bryce family may be sent to: The Bryce Family, P.O. Box 104, Oxford, NY 13830.

Memorial requests can be found on Justin's Web site at [www.caringbridge.org/ny/justinbryce/index.htm](http://www.caringbridge.org/ny/justinbryce/index.htm).

Currently, there's a posting on the Web site that says Justin has earned his "Angel Wings." I say he earned them a long time ago.

When Taps plays [tonight], I'll be thinking of little-but-strong and big-hearted Sgt. Justin Bryce.

*(Editor's note: Spc. Casandra Brewster is a staff writer assigned to Fort Belvoir, Va. The original article about Sgt. Justin's visit to APG was published in the Oct. 17, 2002 issue of APG News. To read the article, visit [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) and click on the Archive issue.)*

## Wedded bliss takes place on VTC

### Spc. Bobby Miller 19th PAD

Spc. Ryan Boisture, 385th Signal Company, Fort Huachuca, Ariz., and Susie Berry, Sierra Vista, Ariz., planned on getting married in December, but when Ryan's unit deployed, it looked like the marriage was going to be put on hold until Ryan arrived back home.

He arrived at Camp Doha, Kuwait, two months ago, while she was left behind in Arizona.

However, the couple did not let 7,000 miles stop them from getting married.

With the help of technology, the couple was joined in holy matrimony, before God and the Army, during a video teleconference, Dec. 30.

"I am just glad to be getting married," said Ryan, 22, from Fredonia, Ky., before the wedding. "I do not care how we do it, I just want to get married."

According to Sgt. Robert Nantz, 385th Signal Company, this was the first-ever video teleconference wedding.

The couple laughed and joked with each other before the ceremony began, while watching through the televisions set-up in their separate VTC rooms.

The ceremony began at 8:15 p.m. in Kuwait, 10:15 a.m. in Arizona, with the Reverend Shawn Buchanan officiating.

Susie, a 20-year-old Cochise College student, said that there were a lot of emotions surrounding the wedding.

"Right before the wedding, I was overwhelmed with feelings," Susie said. "I was happy I could see Ryan, and hear him, but I was sad that I could not touch him. I have never felt regret and still have not. I feel that Ryan is my soul mate and that we are going to have a wonderful life together."

Ryan waited patiently in the Army Central Command-Kuwait Headquarters building on a couch opposite his fiancée, Susie, who was on the television screen in the VTC room at Fort Huachuca with her mother for the wedding.

The VTC allowed them to see each other via a television monitor and camera, and hear each other through a microphone and speaker. Susie said that seeing Ryan was upsetting and joyful at the same time.

"When I first saw Ryan I started to cry. I miss him so much and it was so good to see him," she said. "I wanted to jump through the screen and hug him. As the wedding went on I was crying because I was so happy that I was blessed with such a wonderful man. I'm so happy that I going to get to spend the rest of my life with him."

The VTC has about a five second delay, but it had no effect on the wedding. Tears were shed

See **WEDDING**, page 13

## Nominate

### From front page

e - m a i l  
ak.awards@us.army.mil.

The symposium will be geared toward Army professionals tasked with transformation.

The theme of this year's symposium is "Decision Dominance: Mitigating Risk in an Unpredictable World," and will include sessions on increasing collaboration across Army organizations to support mission-critical goals, developing enterprise solutions that improve individual and organizational decision making, applying just-in-time learning to enhance training and readiness, and applying e-Army concepts to streamline processes and increase effec-

tiveness.

Also scheduled prior to the symposium will be the Army Knowledge On-line Configuration Control Board and the Community & Page Administrators Workshop.

The Symposium Web site is

[www.armyknowledgesymposium.com](http://www.armyknowledgesymposium.com). The point of contact for the symposium is Lt. Col. Derek Harris at [Derek.Harris@us.army.mil](mailto:Derek.Harris@us.army.mil). *(Editor's note: Information from Chief Information Office releases)*

# Safety & Health

## 'Don't let your smile become extinct'

February — National Children's Dental Health Month



CHILDREN'S  
DENTAL HEALTH  
MONTH

Maj. Georgia dela Cruz  
CHPPM

According to the Centers for Disease Control and Prevention, dental caries (tooth decay) remains the most common chronic disease of children aged 5 to 17 years—five times more common than asthma (59 percent versus 11 percent).

By the time adolescents finish high school, approximately 80 percent have experienced tooth decay.

Children's untreated dental

problems can result in chronic pain and early tooth loss. Secondary consequences can also develop, such as failure to thrive, inability to concentrate at or absence from school, reduced self-esteem and psychosocial problems.

This year, the American Dental Association's NCDHM theme is "Don't Let Your Smile Become Extinct". Their program emphasizes five important steps to keeping children's teeth strong and healthy: brush and floss daily; eat nutritious foods; have dental sealants applied where necessary; wear a mouthguard for sports; and visit your dentist regularly.

Studies repeatedly show that these health behaviors, combined with the use of fluoride toothpaste after the age of 2 (.25 grams or less, the size of a small pea), Xylitol-sweetened candies or gum, and drinking optimally fluoridated

drinking water (between .7 and 1 parts per million) can substantially reduce a child's risk of developing tooth decay.

While prevention efforts during childhood are important, things that happen before a child is born can also affect their oral health. The mother's nutritional deficiencies or illnesses can cause problems with tooth enamel development while the fetus is growing, sometimes rendering teeth more susceptible to decay. Evidence also exists to indicate that mothers who have periodontal problems are more likely to have a pre-term delivery. Premature infants have a higher likelihood of having structural defects in their developing tooth enamel that makes the teeth more susceptible to cavities after they erupt.

Fortunately, what mothers learn and do while they are pregnant may improve the chances that their child will be



cavity-free.

Several studies have involved teaching mothers-to-be about good oral health practices for themselves and their new babies during pregnancy.

These children showed a reduced incidence of dental caries compared to control children.

Furthermore, studies show that decreasing the amount of

bacteria and oral disease present in a mother's mouth can decrease the amount of caries-causing bacteria passed on to the babies and subsequently prevent the development of tooth decay. Eliminating untreated dental and periodontal disease can decrease the amount of oral bacteria. Also, studies have shown that pregnant women and new mothers who chew Xylitol gum (containing 1 to 2 grams of Xylitol for 5 minutes, 3 to 4 times a day) decrease the amount of bacteria in their mouths and decrease or eliminate tooth decay in their children.

So, to make sure children's smiles don't become extinct, make sure that children's caregivers have good oral health and follow the American Dental Association's recommendations to keep children's teeth healthy and protected from injury.

## Healthful Web sites

Courtesy U. S. Army Medical Command Public Affairs Office

### Gateways and publications

Healthfinder.gov - [www.healthfinder.gov/](http://www.healthfinder.gov/)

This comprehensive site is the federal government's gateway to consumer health and human services information.

MEDLINE Plus - [www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)

With over 9 million biomedical journal article abstracts, Medline is highly regarded by medical professionals. This site also includes links for health topics, dictionaries, organizations, news, and more.

The Surgeon General -

[www.surgeongeneral.gov/sgoffice.htm](http://www.surgeongeneral.gov/sgoffice.htm)

Visit the virtual office of the Surgeon General of the United States.

Reports of the Surgeon General - [www.surgeongeneral.gov/library/reports.htm](http://www.surgeongeneral.gov/library/reports.htm)

Reports on smoking, suicide, nutrition, physical activity and health, and HIV/AIDS, to name a few.

National Institutes of Health - [www.nih.gov](http://www.nih.gov)

Easy access to the National Institutes of Health's 25 institutions and research trials (An NIH site specifically devoted to cancer trials is [cancertrials.nci.nih.gov](http://cancertrials.nci.nih.gov).)

Health Topics A to Z - [www.cdc.gov/health/diseases.htm](http://www.cdc.gov/health/diseases.htm)

Health Topics A to Z from the Centers for Disease Control and Prevention provides a listing of disease and health topics found on the agency's Web site.

Links to state and local health departments - [www.cdc.gov/other.htm](http://www.cdc.gov/other.htm)

Click on your state or selected county.

Health Web links - [www.consumer.gov/health.htm](http://www.consumer.gov/health.htm)

Health consumer information from the federal government is provided at this site.

Government and consumer publications on health - [www.pueblo.gsa.gov/health.htm](http://www.pueblo.gsa.gov/health.htm)

This site provides general health information from the Federal Consumer Information Center in Pueblo, Colo.

Healthcare cost and utilization project - [www.ahrq.gov/data/hcup/hcupnet.htm](http://www.ahrq.gov/data/hcup/hcupnet.htm)

Identify, track, analyze, and compare statistics on hospitals at the national, regional and state level.

ACCESS America for SENIORS - [www.seniors.gov](http://www.seniors.gov)

A government wide initiative to deliver electronic services from government agencies and organizations to seniors, some features include benefits, health, consumer protection, services, employment

& volunteer activities, a retirement planner online, taxes, travel and leisure, education and training and other links.

Specific topics or concerns

Healthfinder Hot Topics - [www.healthfinder.gov/hot-topics.htm](http://www.healthfinder.gov/hot-topics.htm)

Healthfinder's monthly top search topics and perennial favorites are highlighted here for quick and easy searches. Topics include AIDS, diabetes, allergies, depression, pregnancy and alternative medicine.

Help with Substance Abuse or Mental Health Problems - [www.samhsa.gov](http://www.samhsa.gov)

This site has resources to help you with a mental health or substance abuse problem, including directories of service providers, referral hotlines, and mental health/consumer survival resources.

Mental Health: A Report of the Surgeon General - [www.surgeongeneral.gov/library/mentalhealth/index.html](http://www.surgeongeneral.gov/library/mentalhealth/index.html)

A look at mental illness as a **See SITES, page 14**

## Little known TRICARE facts

[www.TRICARE.com](http://www.TRICARE.com)

TRICARE does not cover hearing aids for retirees or their family members under any of the TRICARE programs. However, if the beneficiary who needs the hearing aid is a retired military member (remember you are also a veteran), he or she can check with the Veterans Administration to see if they can help.

Additionally, some military facilities support a Retiree At-Cost Hearing Aid Purchase Program. Check with the nearest military treatment facility to see if it supports this program. The MTF may be able to purchase the hearing aid for the beneficiary, and the beneficiary would reimburse the MTF its costs.

Continued Health Care Benefits Program is offered for persons who are losing their eligibility for TRICARE benefits for various reasons: separating (not retiring) from the military; having dependent children reaching the age of 21 and are not full-time students, or they reach the age of 23 and were, or are, full-time students and therefore no longer eligible for TRICARE; or being a divorce former spouse who does not meet the requirements to maintain benefits as an Un-Remarried Former Spouse.

For more information, call 1-800-444-5445, option #4.

## Retiree

From front page

who came from as far away as Fort Gordon, Ga.

To the band, he said, "Remember, the job is what you make it. With a good attitude, you can make things happen. That's how you make things happen."

"You're doing a great job," he added. "You are so professional, you could do it without my help."

"I had a great time," Lloyd

said of his career. "I have not one regret."

A native of Pittstown, N.Y., Lloyd entered the Army Oct. 28, 1976. After completing basic training at Fort Dix, N.J., he finished his initial entry training at the School of Music, Naval Amphibious Base, Little Creek, Va.

His first duty assignment was with the 1st Cavalry Division Band, Fort Hood, Texas.

Subsequent assignments included the 76th Army Band, Kaiserslautern, Germany;

62nd Army Band, Fort Bliss, Texas; first sergeant to the School of Music; and sergeant major of the 8th Army Band, Yongsan, Korea.

Lloyd is a graduate of the U.S. Army Sergeants Major Academy. His civilian education includes an associate's degree from Central Texas College, a bachelor's in computer science from Park College and a master's in public administration from Troy State University.

He is moving to Chesapeake, Va., with his wife and daughter, Shannon, and plans to further his education at Old Dominion University while pursuing a teaching career.

(Editor's note: Sgt. John Adcock, 389th Army Band (AMC's Own), contributed to this article.)

# Community Notes

## FRIDAY JANUARY 24 BASKET BINGO

Basket Bingo to benefit the Harford Choral Society will be held at the Aberdeen Fire Hall, Rogers Street, Aberdeen. Tickets cost \$10; additional sets cost \$5 each. Doors open at 6 p.m.; bingo begins at 7 p.m. Food, drinks and baked goods will be available for purchase.

Tickets are available by calling Lynn Moore, 410-399-4144 or Brenda Conjour, 410-273-7332.

## SATURDAY JANUARY 25 2003 YOUTH BUDDY POPPY CONTEST

The previously scheduled contest (Jan. 11) at the Charlton-Miller VFW Post 6054, 206 Spesutia Road, Aberdeen, has been changed to begin at noon. Contest is open to all youths up to age 17.

This time-honored local and state-level contest is designed to promote respect for the supreme sacrifice paid by our veterans in the interest of freedom. Contestants will be given a simple set of questions to study and a short poem to remember. Judges will award a U.S. Savings Bond to the winner, who will then compete at a district-level competition for even more prizes.

For further rules and an entry packet, call Keith Hammitt or Suzette Shields at 410-272-3444.

## SEMINARS ON 'SECURITY EVERYDAY'

'Security Everyday,' a series of seminars, will be held at the HEAT Center, Aberdeen, 9 a.m. to 4 p.m., Room 130. Each presentation is tailored for a specific audience: senior citizens at 9 a.m., families at 11 a.m., houses of worship at 1 p.m., and

small businesses at 3 p.m.

Evelyn Byrd, a Certified Protection Professional will give the presentations. Byrd spent 15 years in Army Intelligence before joining Northrop Grumman (Information Technology sector) in December 2000 in support of a DoD contract to perform Vulnerability and Risk Assessments for the US Army Reserve Command.

The seminars will discuss the benefits of using good security procedures at home and at work in everyday life. The seminars will demonstrate how local groups and individuals can benefit from the same security principles as large organizations.

The first seminar on Jan. 25 will be an overview of several security topics along with an action plan to improve that area. Planned topics include physical security (inner and outer defenses), crime prevention, information security, and emergency planning. Byrd's objective during 2003 is to offer a series of monthly seminars to discuss each security topic thoroughly.

The cost is \$20, and attendance is limited to 25 participants per seminar. For registration and other information, call 443-528-9807, or e-mail ebyrd922@comcast.net.

## MONDAY JANUARY 27 PWOC POTLUCK DINNER

The Protestant Women of the Chapel invite all to attend a potluck dinner at 6:30 p.m. at the APG Post Chapel. Besides the fellowship offered at this event, there will be a demonstration on patchwork quilting. Attendees should bring a food item to share.

For more information, call the chapel at 410-278-4333.

## SATURDAY FEBRUARY 1 MCSC INDOOR YARD SALE

The APG Military and Civilian Spouses' Club will sponsor an Indoor Yard Sale from 8 a.m. until noon at the Gunpowder Club Conference Facility, building E-4650, Edgewood Area. The cost is \$10 to sponsor a table, or donations will be accepted.

To sponsor a table, submit name, address, telephone numbers, e-mail address, number of tables needed, choice of location (Edgewood or Aberdeen), indicate whether you are a member of MCSC, and mail to MCSC, c/o Angie Salamy, 119 Plumb Point Loop, APG, MD 21005.

For more information, call 410-272-6712, or visit the Web site <http://www.apgmcsc.org>.

## SATURDAY FEBRUARY 8 VFW PRE-VALENTINE'S DANCE

Charlton-Miller VFW Post 6054 will hold a pre-Valentine's Day Dance, 9 p.m. until. Tickets cost \$10 for non-members and \$5 for members and includes a hot and cold buffet and door prizes. Cash prizes will be awarded to the best dressed woman and man in "red."

For more information, call Entertainment Chairman Terry Robinson at 410-272-3444.

## MCSC INDOOR YARD SALE

The APG Military and Civilian Spouses' Club will sponsor an Indoor Yard Sale from 8 a.m. until noon at the AA Recreation Center, building 3326. The cost is \$10 to sponsor a table, or donations will be accepted.

To sponsor a table, submit

name, address, telephone numbers, e-mail address, number of tables needed, choice of location (Edgewood or Aberdeen), indicate whether you are a member of MCSC, and mail to MCSC, c/o Angie Salamy, 119 Plumb Point Loop, APG, MD 21005.

For more information, call 410-272-6712, or visit the Web site <http://www.apgmcsc.org>.

## MONDAY FEBRUARY 10 PIE FOR EXCEPTIONAL FAMILY MEMBERS

Army Community Service is sponsoring Parent Information Exchange for exceptional family members 6 to 7:30 p.m. at the ACS building 2754.

To arrange for child care, call in advance, because space is limited.

For more information, call Reeshemah Bugg, EFMP coordinator, at 410-278-2420.

## WEDNESDAY FEBRUARY 12 DAV BEL AIR CHAPTER 30 MEETING

The Bel Air Disabled Veterans Chapter 30 will meet at 7 p.m., at the VFW Hall, 303 S. Atwood Road. Bel Air DAV Chapter 30 holds meetings the second Wednesday of each month except July and August.

For information and transportation, call 410-838-8325 or 410-879-0861.

## FRIDAY THROUGH MONDAY FEBRUARY 14 TO 17 SKI TRIP TO NEW YORK

Club Beyond and the Chaplains Activities is sponsoring a high school ski retreat to Ski Windham, New

## MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50  
Building 3245 Aberdeen Boulevard

### HOT CHICK

Friday, Jan. 24, 7 p.m.

Starring: Rob Schneider, Rachel McAdams



A "popular yet mean-spirited" teenage girl wakes up one day to find herself turned into a man. Along the way to finding out how she ended up like that, she discovers how shallow and cruel she's always been. (Rated PG-13)



### EIGHT CRAZY NIGHTS (FREE ADMISSION)

Saturday, Jan. 25, 7 p.m.

Starring: Adam Sandler, Kevin Nealon

Davey Stone, a 33-year old party animal, finds himself in trouble with the law after his wild ways go too far. In keeping with the holiday spirit, the judge gives Davey one last chance at redemption - spend the holiday performing community service as the assistant referee for the youth basketball league or go to jail. Davey thinks he's gotten off easy until he meets Whitey Duvall, the eccentric, elf-like head referee. (Rated PG-13)



### SOLARIS

Saturday, Jan. 25, 9 p.m.

Starring: George Clooney, Natascha McElhone

A psychologist arrives at a space station, only to find that his liaison there is dead. The man, head of an expedition to the ocean world below known as Solaris, died mysteriously, and with his death come other mysterious events, such as the appearance of crew and friends who have long since passed away. (Rated PG-13)

York. Ski or snowboard for two days with high school students from USMA West Point and Aberdeen Proving Ground. Suggested donation is \$210, not including rentals.

For more information, call Alan Leavell at the Aberdeen Area Chapel, 410-278-4333.

## SATURDAY MARCH 1 VFW BASKET BINGO

The Fifth District Scholarship Fund, Veterans of Foreign Wars of Maryland, 1714 Morse Road, Jarrettsville, will hold Basket Bingo at 6 p.m. Call Jim at 410-557-6743 or Tina at 410-452-5396.

# MWR Morale, Recreation & Welfare

## Activities

### Learn to fish

Catch up on the latest trends and learn the latest laws about fishing in Maryland Feb. 5, 6 to 7 p.m., in the EA Conference Center. This class will teach hook baiting techniques and where to go to catch the "big one." The class costs \$10. Children under 15 are free with a paid adult. Register by Feb. 3 at MWR Registration or online at [www.apgmwr.com](http://www.apgmwr.com). For more information, call Charles Heinsohn at 410-278-3931 or e-mail [charles.heinsohn@usag.apg.army.mil](mailto:charles.heinsohn@usag.apg.army.mil).

### Valentine chocolate candy making

On Feb. 6 learn how to make chocolate candies for sweethearts, loved ones or yourself. Participants get to sample the finished products. Classes will be held at the AA Recreation Center from 7 to 9 p.m. The cost is \$15. Register by Feb. 4 at MWR Registration or online at [www.apgmwr.com](http://www.apgmwr.com). For more information, call Chris Lockhart at 410-278-3904 or e-mail [chris.lockhart@usag.apg.army.mil](mailto:chris.lockhart@usag.apg.army.mil).

### Introduction to badminton

Starting Feb. 6 learn to play a game that brings hours of fun and exercise. This four-week class will be held in Russell Gym from 6 to 7 p.m. The cost is \$20. Register by Feb. 4 at MWR Registration or online at [www.apgmwr.com](http://www.apgmwr.com). For more information, call Charles Heinsohn at 410-278-3868 or e-mail [charles.heinsohn@usag.apg.army.mil](mailto:charles.heinsohn@usag.apg.army.mil).

### President's Day 3 on 3 Basketball Tournament

Join in these half court games consisting of two 15-minute halves and a three-minute half time. This is a double elimination

tournament with officiated games. Awards will be given to the championship and runner-up teams. Tournament will be held on Feb. 14 at the APG Athletic Center starting at 10 a.m. Cost for this tournament is \$30 per team for active duty military and \$40 per team for all others. Register by Feb. 4 at MWR Registration, APG Athletic Center or online at [www.apgmwr.com](http://www.apgmwr.com). For more information, call Stacie Umbarger at 410-278-3931 or e-mail [stacie.umbarger@usag.apg.army.mil](mailto:stacie.umbarger@usag.apg.army.mil)

### Chili cook-off

Have a favorite Chili recipe that makes the mouth water? The first-ever MWR Chili Cook Off will be held Feb. 15 at Ruggles Golf Course. All types of chili are welcome, from spicy to sweet. Participants must be willing to share their recipe and provide a quart sample. Cook off starts at 11 a.m. and the winning chili will be served at the Chili Open Golf Tournament Feb. 22 and 23. Chili Open Golf Tournament

The Chili Open, using a seven-club format will be held rain or shine. Select any seven clubs to use for both days of the tournament. All players must walk, but pull carts are permitted. There will be ladies, men's, and a senior divisions. Cost is \$35. Register by Feb. 20 at MWR Registration or Ruggles Golf Course. For more information, call Tom Green at 410-278-9452 or e-mail [tom.green@usag.apg.army.mil](mailto:tom.green@usag.apg.army.mil).

### Bowling specials

A senior league will start Jan. 27 at 11 a.m. Any seniors interested should call Dave Brewner at 410-278-4041. There will a \$.50 night on Jan. 29. All bowling is \$.50 per game and shoe rental is \$.50 per pair. The snack bar will offer specials as well.

## BOWLING STANDINGS

### Bowling standings Wednesday Night Mixed

**High Men's Series Scratch**  
Stuart Thacker, 643  
Tim Anderson/Tom Curtis, 578  
**High Men's Series with handicap**  
Terrance Harris, 725  
Tim Anderson, 710  
**Women's High Series Scratch**  
Barbara Thibault/Ann Thacker, 499  
Anita Harris, 486  
**High Women's Series with handicap**  
Kathy Anderson, 705  
Sherry Cons, 693  
**Men's High Game Scratch**  
Tom Curtis, 219  
Bob Bishoff, 223  
**Men's High Game Scratch with handicap**  
Tim Anderson, 282  
Stuart Thacker, 280  
**Women's High Game Scratch**  
Anita Harris, 187  
Barbara Thibault, 182  
**Women's High Game with handicap**  
Renee Johnson, 271  
Michele Betro, 269

### Thursday National Guard Mixed

**Men's High Series Scratch**  
Michael Murphy, 568  
Frank Mitchell, 554  
**Men's High Game Scratch**  
Bill Morton, 213  
Michael Murphy, 190  
**Women's High Series Scratch**  
Fay Christy, 516  
Barbara Thibault, 474  
**Women's High Game with handicap**  
Fay Christy, 200  
Barbara Thibault, 167/165

### Thursday Lunch League

**High Men's Series Scratch**  
John Brown, 366  
Dave Spagnuolo, 359  
**Men's High Game**  
John Brown, 209  
Dave Spagnuolo, 178  
**Women's High Series Scratch**  
Betty Taylor, 311  
Dawn Gordner, 307

### Women's High Game Scratch

Dawn Gordner, 171  
Linda Ghiorse, 165

### Friday Night Mixed

**High Men's Series Scratch**  
Dennis Williams, 620  
Richard Trimble, 581  
**High Men's Series with handicap**  
Virgil Mills, 842  
Johnny Jones, 730  
**Women's High Series Scratch**  
Christine Wachter, 482  
Lucy Montanez, 474  
**High Women's Series with handicap**  
Vera Mills, 702  
Tahsa Taylor, 697  
**Men's High Game Scratch with handicap**  
Virgil Mill, 295  
Eddie Sabina, 282  
**Women's High Game Scratch**  
Tasha Taylor, 186  
Lucy Montanez, 183  
**Women's High Game with handicap**  
Ellen Hopkins, 270  
Lucy Montanez, 255

### Saturday Youth League Upcoming Stars

**Week of Dec. 14**  
Girls High Scratch Game  
Elizabeth Kempton, 65  
Natalie Hanlon, 34  
**For Season with handicap**  
Elizabeth Kempton, 221  
Natalie Hanlon, 206  
**Girls High Scratch Series**  
Elizabeth Kempton, 130  
Natalie Hanlon, 93  
**For Season with handicap**  
Elizabeth Kempton, 598  
Natalie Hanlon, 583

### Saturday Youth League - Rising Stars

**Week of Dec. 14**  
Boy's High Series Scratch  
James Ables, 317  
Dauvon McCormick, 291  
**For Season with handicap**  
Bobby Davis, 678

Eric White, 656

### Boy's High Game Scratch

James Ables, 117  
Dauvon McCormick, 116  
**For Season with handicap**  
James Ables, 248  
Bobby Davis, 245  
**Girl's High Series Scratch**  
Jessell Cons, 334  
Magan Pace, 307  
**For Season with handicap**  
Jessell Cons, 654  
Magan Pace, 638  
**Girl's High Game Scratch**  
Magan Pace, 126  
Jessell Cons, 108  
**For Season with handicap**  
Jessell Cons, 228  
Magan Pace, 227

### Saturday Youth League - Shooting Stars

**Week of Dec. 14**  
**Boy's High Series Scratch**  
Ethan Knack, 471  
Curtis Swauger, 469  
**For Season with handicap**  
Chad Milton, 759  
Ethan Knack, 737  
**Boy's High Game Scratch**  
Ethan Knack, 199  
Ryan Anderson, 185  
**For Season with handicap**  
Chad Milton, 303  
Curtis Swauger, 275  
**Girl's High Series Scratch**  
Ashley Taylor, 453  
Heather Miller, 360  
**For Season with handicap**  
Ashley Taylor, 686  
Heather Miller, 630  
**Girl's High Game Scratch**  
Ashley Taylor, 158  
Heather Miller, 122  
**For Season with handicap**  
Ashley Taylor, 265  
Jessica Authur, 230

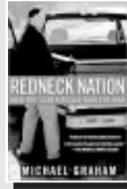
## LIBRARY BOOK CORNER

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

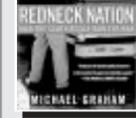


**No One Left Behind: The Lt. Cmdr. Michael Scott Speicher Story** by Amy Waters Yarsinske.

On the opening eve of the Gulf War, an American pilot was shot down over Iraq. Two years later, the stunning discovery of the wreckage set off an investigation that, despite government insistence to the contrary, proved that the pilot had not only survived the crash, but was captured and might still be alive today.



**Redneck Nation: How the South really won the War** by Michael Graham.



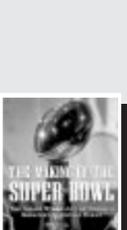
**The Terrorist Next Door: The Militia movement and the Radical Right** by Daniel Levitas



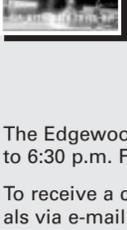
**The Great 401(K) Hoax: Why your family's financial security is at risk, and what you can do about it** by William Wolman



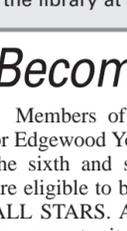
**How Wars Are Won: The 13 rules of war from Ancient Greece to the War on Terror** by Bevin Alexander



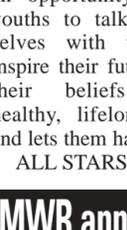
**No Room for Error: The covert operations of America's special tactics units from Iran to Afghanistan** by John T. Carney



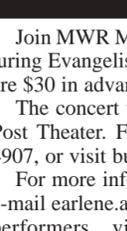
**Baking in America: Traditional and contemporary favorites from the past 200 years** by Greg Patent



**The Making of the Super Bowl: The inside story of the world's greatest sporting event** by don Weiss



**Gumbo: A celebration of African American Writing**



**The Blank Slate: The modern denial of human nature** by Steven Pinker

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

To receive a complete listing of the library's new materials via e-mail and also reserve items electronically, call the library at 410-278-3417.

## Become an ALL STAR

Members of the Aberdeen or Edgewood Youth Centers in the sixth and seventh grades are eligible to be a member of ALL STARS. ALL STARS is an opportunity that allows youths to talk about themselves with their friends; inspire their future; challenge their beliefs; encourage healthy, lifelong behaviors; and lets them have fun.

ALL STARS will be held at

the AA Youth Center, building 2522, every Tuesday, 4 to 5 p.m. starting Feb. 11, and at the EA Youth Center, building E-1902, every Friday, 4 to 5 p.m. starting Feb. 14.

For more information, call Sarah Gunn at the AA Youth Center, 410-278-4995 or Lucinda McDowell at the EA Youth Center, 410-436-2862 after 1 p.m., Tuesday through Friday.

## MWR announces gospel concert March 8

Join MWR March 8 for "Celebrating the Gospel in Song" featuring Evangelist Shirley Caesar and the Caesar Singers. Tickets are \$30 in advance and \$35 at the door.

The concert will be held at Aberdeen Proving Ground in the Post Theater. For tickets call MWR Registration, at 410-278-4907, or visit building 3326.

For more information, call Earlene Allen at 410-278-3854 or e-mail [earlene.allen@usag.apg.army.mil](mailto:earlene.allen@usag.apg.army.mil). For information on the performers, visit [www.shirleycaesar.com](http://www.shirleycaesar.com) or [www.worldrecords.com](http://www.worldrecords.com).

## Breakfast

**From page 2**  
Members are able to talk about any problem that they needed guidance, any sadness for which they needed prayers. And everything is off the record, so no one would have to worry about the betrayal of a confidence. The two groups met quietly like this for 10 years. Then, one night in 1952 during the Presidential campaign, Dwight Eisenhower confided something to one of his advisers, a close friend, Senator Frank Carlson. Eisenhower told him that during the war when he was commanding the allied forces in Europe, he'd had a startling and vivid spiritual experience — he had actually felt the hand of God guiding him, felt the

presence of God. The general told the Senator that this experience and the support of his friends had given him spiritual strength in the hard days before D-day. Senator Carlson said he understood, and that he, himself, was getting spiritual help from the members of a little prayer group in the Senate. A few months later, the general, who was now the President, asked Frank Carlson over to the White House and told him, "Frank, this is the loneliest house I've ever been in." Carlson said, "Mr. President, I think this may be the right time for you to come and meet with our prayer group." And Eisenhower did just that. He attended the first combined prayer breakfast in 1953. And the rest, as they say, is history.

## APG SCHOOL LIAISON

### Free Parent Guidebooks

The U.S. Army Secondary Education Transition Study 2001 has free copies of Parent Guidebooks available for parents of middle and high school students who move during the high school years. It contains ideas and suggestions to help make school transition smooth.

Key areas that will assist parents include transfer and interpretation of academic records; calendars and schedules; graduation requirements/planning; academic Passport; state tests; extracurricular participation; partnerships; social and emotional needs; and shared responsibility. To receive a free Parent Guidebook, call Ivan Mehosky, 410-278-2857, or visit building 2752, room 200.

### Stay-In-School initiatives

Stay-in-School Initiatives are activities designed to increase the proportion of students who graduate high school. These activities tend to concentrate on increasing students' level of motivation and sense of belonging as well as giving them personal attention to foster a sup-

portive environment.

Mentoring can be an invaluable experience for youth at risk of dropping out of school.

The Army can support stay-in-school initiatives in different ways:

- Soldiers can serve as mentors and role models for at-risk youth.
- Leaders can serve as motivational speakers to inspire youth.
- Army standards (such as discipline and fitness) and values can provide the framework for developing positive attitudes and programs.

### Resources you can use

The Algebra Project ([www.algebra.org](http://www.algebra.org)) is a national mathematics literacy effort aimed at helping low income students and students of color-particularly black students - successfully achieve mathematical skills.

Reading is Fundamental (RIF) ([www.rif.org](http://www.rif.org)) was founded in 1966. RIF develops and delivers children's and family literacy programs that help prepare young children for reading and motivate

school-age children to read regularly. RIF uses a national network to put new, free books in the hands and homes of children who need them most.

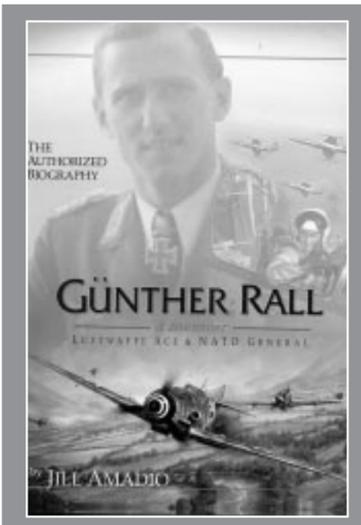
Math Counts ([www.mathcounts.org](http://www.mathcounts.org)) is a national math coaching and competition program that promotes middle school mathematics achievement through grassroots involvement in every state. It promotes student interest by making math achievement challenging, exciting and prestigious.

Math Olympiad ([www.moems.org](http://www.moems.org)) is a site that stimulates enthusiasm and love for math by interesting and challenging activities.

NEA's Read Across America ([www.nea.org/readacross](http://www.nea.org/readacross)) is an annual reading motivation and awareness program that calls for children all across America to celebrate Dr. Seuss's birthday, March 2. It also gives parents, members, caregivers and children the resources and activities they need to keep reading on the calendar 365 days a year.

# Commentary

## Günther Rall's memoir reviewed



**Capt. Eric Shuler**  
Special contributor

Günther Rall's Memoir is an excellent book. I met the author Jill Amadio at a book expo and discussed the book with her.

Rall was a Luftwaffe ace during World War II and shot down 275 aircraft. Amadio said many authors tried to get Rall to participate in a book. He wanted an author to tell his whole story and not just his war years and not be too technical in nature. Amadio has definitely succeeded in fulfilling Rall's wishes.

The book begins after World War I when there was no German Air Force. Planes were new and exciting to Rall. The Versailles Treaty forbid the German government from creating an air force. It was not until Adolph Hitler took control of Germany in 1933 and ignored the treaty that Germany started building and creating an effective air force.

Rall's recollections of his World War II experiences helps readers understand how Germans

fought the war.

The war on the Eastern Front was completely different from the Western Front. The pilots lived in tents and moved often. The conditions were primitive and the weather was miserable. The Luftwaffe would hunt enemy planes behind the lines, quite different from the Western Front. On the Western Front anyone bailing out in friendly territory, returned to their adopted home. On the Eastern Front anyone bailing out, usually in Russian territory, would be killed by the Russians.

Rall was shot down numerous times during the war and was told after his first crash he would never fly again. He proved them wrong, and with the help of a doctor who later became his wife, he flew to become a triple ace.

Unlike the Americans, German pilots did not have a set number of missions to fly before they could rotate home. The Germans flew until they either got killed, wounded or were unable to fly. Luftwaffe pilots flew five to eight missions a

day. They would land to refuel, rearm and return to the skies. The Russian aircraft were obsolete and it was easy for the ME-109 to shoot them down. This changed later in the war when the Russians had numerical superiority as well as better fighters that were on par if not better than the Luftwaffe.

The book also tells about the private life of Rall. He had many jobs after the war, at which he did well, but his true love was flying. He received an invitation to be part of a new German Air Force. Of course, he said yes and was back flying fighters. He trained in the United States and learned to fly the F-104 Starfighter. Later, he was promoted to general and became a highly respected officer in NATO.

Duty, honor, and country were Rall's watchwords. Though he fought against the allies during the war, he fought with honor.

Rall's memoir is well worth the time to read.

## Moore

From front page

exempted from the process altogether. CFSC eventually succeeded in exempting sports and fitness, Army Community Service and Child and Youth Services. APG's MWR staff would not have to go through the process again.

But their relief was not yet complete.

"We still had to do as we said ... and develop and implement this recreation delivery system concept," Moore said. "We still had to go through a RIF [reduction in force]."

And his workforce still felt like they were in flux, and didn't quite understand why.

"Before we knew the positions were going to be changed and we were going to go through a RIF, the mindset was, 'why are we changing anything, it's not broken? Why can't we continue to do things the way we're doing them?' Then, when we know we're going to go through the RIF and things are going to change, we knew we had to start thinking about the new way of doing business," said Marni Allison, APG's Program Team leader.

The first thing Moore accomplished was getting his team leaders in place. He converted the positions from Appropriated Fund to Nonappropriated Fund under MWR for USA so he could hire the best people for the jobs while retaining APF funding for the positions.

Then Moore and his team leaders, including Allison and Carl Corriggio, the Operations Team leader, began educating the staff.

The first, and perhaps most important piece of information Moore shared with his workforce was that everyone would still

have a job, which was "first and foremost in their minds," Moore said. In fact, said Moore, his staff increased by one person.

He also told them that while they would all have a job, it might be a different job than they currently held.

"But the process of educating the staff at every level in MWR as to what the benefits would be and then giving staff members the opportunity to compete for [appropriated fund jobs] converted to [nonappropriated fund jobs] was encouraging," Moore said.

"I'm sure there was a lot of fear, a lot of apprehension, a lot of confusion. We had workforce briefings once a month where all the MWR staff came in and we talked about it as best we could based on the information we had," Moore said. "But the key was that once the RIF was over and once everybody got a chance to attend the implementation workshop, a lot of things became clear. That's when we started to put the action plan together and when they became players in what we were doing," he added.

Moore and his staff got busy creating the RDS organization they had originally identified in the A-76 paperwork as their most efficient.

The Information, Tickets and Reservations function was moved under the recreation center, the ITR manager position eliminated and the slot moved to the program team.

Moore also eliminated the sports director position and made it the program team leader. The intramural coordinator position was also eliminated and the slot moved to the program team.

"Those are the kinds of things we did. We eliminated certain things and moved certain things," Moore said.

Moore said the changes allowed he and his team to program again, something that had been lacking at Aberdeen.

"That was the key thing we were not doing anymore in recreation," he said. "We were not offering the programs that we could or that the customer needed or wanted."

When the reorganization was complete, Moore had three teams—program, operations and marketing. He also had a central registration manager to handle Rectrac, the computer database system that ties all the programs and participants together.

Aberdeen also became a pilot site for Webtrac, a Web-based conduit to Rectrac that allows customers to sign up for classes, pay for them, browse what's available, reserve a tee time on the golf course, renew a golf membership, and reserve a racketball court, all through the Internet.

After a long three years, APG's Morale, Recreation and Welfare Delivery System is in place and progressing nicely, said Moore. With some hesitation, he also admits that the initial A-76 process helped.

"Two or three years [being] scared and a lot of work, but that's the irony of it, it benefited us," Moore said. "Through [the A-76 process] we were able to solidify ourselves as a needed function at Aberdeen Proving Ground. We were able to solidify, quantify and qualify the TDA [tables of distribution and allowances] of MWRDS to support our new role. And we were able to do it with certified and classified job descriptions to get the right people in the right jobs [and] get exactly what we wanted in terms of becoming the MWR delivery system."

In the second part of this story in next week's issue of APG News, readers will learn about the role the U.S. Army Materiel Command and CFSC leaders and Learning Resource Network, or LERN, consultants played in APG's success, and how APG fared in its one-year "report card."

*(Editors note: This article is reprinted with permission from Douglas Ide, the editor of Feedback, the U.S. Army Community Family Support Center's monthly publication. Since this article was written, Army Secretary Thomas E. White announced a "third wave" of competitive sourcing involving about 155,000 civilian and 59,000 military positions Army wide.)*



Kenny Singleton, MWR Outdoor Recreation, sells tickets at an MWR Basket Bingo last year.

Photos courtesy of APG MWR



MWR Programmer Stacie Umberger, right, talks to a soldier at the MWR truckload sale. After implementing the MWR Delivery System, MWR programmers have expanded the MWR offerings to Aberdeen Proving Ground customers.



Michael Leadore, civilian employee, chats with Recreation Aide George Lucas at the Aberdeen Area gymnasium. MWR Delivery System programming allows fitness center specialists to better concentrate on customer service.

Photo by DOUGLAS IDE



Tina Ripken, marketing manager at APG Federal Credit Union, and her husband, enjoy Aberdeen Proving Ground's MWR ballroom dancing class.

# Sports

## Basketball update

The following results were reported for intramural basketball for the week ending Jan. 17.

### American Division

Jan. 13  
HHC 61st, 64; KUSAHC, 51  
HHC 16th, 40; HHSB, 36  
NCOA, 64; 1/246th, 18  
Jan. 15  
HHSB, 59; HHC 61st, 58  
HHC 16th, 67; 1/246th, 18  
NCOA, 56; HST, 52

### Schedule

Jan. 27  
6:30 p.m., HHC 61st vs. 1/246th  
7:30 p.m., KUSAHC vs. NCOA  
8:30 p.m., HHC 16th vs. HST  
Jan. 29  
6:30 p.m., HST vs. KUSAHC  
7:30 p.m., HHC 61st vs. NCOA  
8:30 p.m., HHC 16th vs. HHSB

### Standings

HHC 16th	2-0
NCOA	2-0
HHSB	1-1
HHC 61st	1-1
1/246th	0-2
HST	0-0
KUSAHC	0-1

### National Division

Jan. 14  
Company E 16th, 56;  
Company C 16th, 50  
USMC, 40; USAF, 29  
Company B 16th, 27;  
Company A 16th, 10  
Jan. 16  
Company A 16th, 50; USAF, 44  
Company C 16th, 50; USMC, 43  
Company B 16th, 75; 389th, 23

### Schedule

Jan. 28  
6:30 p.m., 389th vs. Company E 16th  
7:30 p.m., USMC vs. Company A 16th  
8:30 p.m., Company C 16th vs. Company B 16th  
Jan. 30  
6:30 p.m., USAF vs. Company B 16th

7:30 p.m., 389th vs. Company C 16th  
8:30 p.m., Company E 16th vs. USMC

### Standings

Company B 16th	2-0
Company E 16th	1-0
Company A 16th	1-1
Company C 16th	1-1
389th	0-1
USMC	0-1
USAF	0-1

### Edgewood Division

Jan. 13  
MRICD, 55; CHPPM, 34  
1/246th, 44; Company B 143rd, 44  
Jan. 14  
TEU, 48; HHC 143rd, 46  
MRICD, 37; Company B 143rd, 22  
Jan. 15  
CHPPM, 33; 1/246th, 70  
MRICD, 37; Company B 143rd, 36  
Jan. 16  
TEU, 41; Company C 143rd, 40  
HHC 143rd, 57; Company A 143rd, 41

### Schedule

Jan. 27  
6:30 p.m., 1/246th vs. TEU  
7:30 p.m., Company B 143rd vs. HHC 143rd  
Jan. 28  
6:30 p.m., TEU vs. CHPPM  
7:30 p.m., MRICD vs. Company C 143rd  
Jan. 29  
6:30 p.m., HHC 143rd vs. 1/246th  
7:30 p.m., Company B 143rd vs. Company A 143rd  
Jan. 30  
6:30 p.m., HHC 143rd vs. MRICD  
7:30 p.m., CHPPM vs. Company B 143rd

### Standings

TEU	2-0
1/246th	2-0
MRICD	2-0
Company A 143rd	1-1
HHC 143rd	1-1
Company B 143rd	0-2
Company C 143rd	0-2
CHPPM	0-2

## National Guard enlisted, officer teams debut in intramural basketball

HHSB upends HHC 61st in overtime, 59-58; HHC 16th downs 1/246th, 67-18

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

Members of the Virginia Army National Guard stationed at Aberdeen Proving Ground in support of Operation Noble Eagle have settled in as participants in the intramural sports program.

On Jan. 13, the two teams in the American Division, Headquarters and Headquarters Support Battery, 1/246th Field Artillery and the 1/246th Field Artillery officers team, played two of the divisions top teams, one coming away with an overtime win against HHC 61st and the other getting hammered by HHC 16th.

The National Guard team hung in there against a tough HHC 61st defense to tie the score as time ran out to force the overtime off a three-point-er by Ashanti Randleman. Corey Beard sank two free throws at the end to seal the victory.

"We're just having fun and enjoying ourselves," HHSB coach George Foster said after the game. "We haven't practiced much but they want to play and things are just jelling for us."

HHC 61st coach Otis Hewitt shook off the loss.

"It was a good game. We didn't rebound very well and we could have played better on defense, but we'll be back,"



Steve Scott, center, from the Virginia Army National Guard's 1/246th Field Artillery Battalion's officer squad, is surrounded by HHC 61st defenders David Hester, 5, Clarence Johnson, 40, and Gregory Moses, 00, during their Jan. 15th game at the Aberdeen Area Athletic Center. Below, a tangle of legs as HHC 16th's Earl Barnes takes it to the hoop for two points amidst teammates and defenders. From left, David Hester, 5, and Michael Turnstall, HHC 16th and Bryan Bailey, 32, 1/246th FA.

Hewitt said.

In game two, HHC 16th took on the officers of 1/246th.

The game began slowly with each team feeling the other out, but HHC 16th soon took command, streaking to a 19-2 lead. Down 21-2 at the half, 1/246th coach Maj. Paul Griffin, the battalion executive officer, said the team was not panicking.

"We just wanted to put a team together to have fun," Griffin said. "We'll improve as we go along."

HHC 16th coach Kelvin Callicutt said his team, with key returning players and three new promising players, has its

"eye on the prize."

"They're looking good," Callicutt said. "We're still working on our fundamentals but we're expecting good things to happen."

"I'm about to lead them to the Promised Land," he added.

In the second half it was more of the same.

HHC 16th never let up in sealing the victory despite 1/246th's efforts, and ran away with the victory, 67-18.

A third 1/246th team, Company A 1/246th, is playing in intramural basketball's Edgewood Division.



## Preventing sports injuries playing basketball

**Diana Settles**

Navy Environmental Health Center

### Personal fitness

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

A conditioning program with emphasis on aerobic and muscular fitness training should be implemented prior to the beginning of basketball season.

Begin gradually participating in activities specific to basketball, such as motor skill components of fitness: jumping (rope skipping) and agility/coordination/balance drills. This mode of training will strengthen the connective tissue (muscle, bones, ligaments, and tendons), which will assist the body in accommodating to physical stress. These exercises will also assist with neuromuscular coordination, the ability to integrate the senses - sight, sound, and proprioceptive (knowing the position of your body in space) - with motor function to produce smooth, accurate, and skilled movement.

Add ankle, shin (anterior tibialis), and soleus strengthening exercises to the basic lower extremity muscular fitness exercise program.

Participate daily in a complete body stretching program.

Before playing basketball, remember to warm-up and stretch at least 5 to 10 minutes.

A continued maintenance program throughout the season would also help prevent injuries.

For additional information on basketball conditioning, contact a local Morale, Welfare and Recreation office trainer. Many MWR facilities provide safety/injury prevention information to coaches, players, and officials regarding preparation, conditioning, and training proper playing techniques.

(NOTE: Prior injury to the body predisposes one to re-injury of that particular extremity.)

### Equipment

Jewelry, i.e., rings, bracelets, necklaces, etc., should not be worn while playing.

Wearing clothes with pickets is not recommended due to the risk of fingers getting caught/lodged in clothing.

Protective eye goggles help prevent ocular injury.

Basketball playing shoes should be used. Shoes specific to other sports are not recommended.

Basketball goals must be padded; allow space of at least 8-ft. clear area past goal. Ensure bumper guards are installed

correctly on glass boards.

### Training, technique

The style of play by a basketball team may increase the risk of injury; the more contact involved, the higher the likelihood for injury.

A trained coaching staff can help prevent basketball injuries. Coaches should be able to provide information about preparation, conditioning, training and proper playing techniques.

Officiated games decrease the risk of injuries. Enforcement of rules assists in decreasing the incidence of injury.

### Environment

Be aware of the playing environment. Prior to participating in basketball, look for risk factors on the playing court such as foreign objects, towels, gym bags, water, etc.

Alcohol consumption should be discouraged during any athletic participation.

Proper hydration during activity is recommended.

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

## Wedding

From page 5

and Susie said it was tough not being physically with him.

"Well it was somewhat sad, not the kind of wedding I had dreamed of," she added. "It was better than the phone so it was okay."

"It was great to see Ryan, but I could not hug or kiss my groom. Other than not being able to touch him, it was great. We made history and that is something we can tell our children one day."

According to Susie, the wedding preparations took a little more than a month because of the time it took mailing the marriage paperwork back and forth from Arizona to Kuwait.

"I am not sure what Ryan had to do on that side, but his unit did a great job in getting it on a roll," Susie said.

Ryan said that he was glad to be able to get married here.

"I am still excited," he said. "We had planned on (getting married) anyway, but I was sent over here. But we were not going to let that stop us."



Courtesy of 19th PAD

Spec. Ryan Boisture, from 385th Signal Company, Fort Huachuca, Ariz., currently assigned to Camp Doha, Kuwait, cuts his wedding cake during the first video teleconference wedding, Dec. 20. His wife, Susie Berry, and her family took place in the proceedings from the VTC room at Fort Huachuca.

# For the love of signing

Story and photo by  
**Sonya P. Reynolds**  
APG News

In an effort to reach out to the hearing impaired, a technical writer-editor for the U.S. Army Edgewood Chemical Biological Center who developed her interest in sign language through a church ministry when she was 16 years old, conducts sign language classes for the Aberdeen Proving Ground fire and police departments.

"My first interest in signing was when my church established a deaf ministry," said Patricia Reeves. "I sat in church services with the deaf and was able to pick up a lot of the language."

She said that "religious interpreting can be challenging because you have to know how to spell biblical words, as well as relay the correct message."

Reeves added that at one point she did steer away from signing but was able to teach her children how to sign.

"My youngest daughter started learning to sign when she was 5 years old," Reeves said.

For the passion of signing, Reeves decided to take advantage of some courses offered on APG from 1989 to 1992. As her interest grew, she enrolled in the Interpreter for the Deaf Program

at Catonsville Community College, where she only needs a few classes to complete the certificate program.

Keeping abreast on industry trends through self-education, Reeves noted that she continues to learn every day.

"Sometimes I sign to myself and sign listening to the radio to keep practicing," Reeves said.

Having developed a habit of talking with her hands, Reeves believes that this habit makes signing a little easier for her.

"I've always talked with my hands, so using sign language makes good use of my hands," Reeves said.

Although she credits her combined gift and education as successful, Reeves is always concerned about getting the correct message across.

"When I'm interpreting, I'm always concerned that I'm not relaying the full message, so I am always trying to improve my skills" Reeves said. "You also just don't learn sign language, you need to learn about and understand deaf culture and the community as a whole."

In January 2003, classes will resume on APG and Reeves will be the instructor. However, she noted that at the present time, classes are only



Left, Patricia Reeves, technical writer-editor, engages in a signing conversation with Linda Payne, travel clerk, Technical Escort Unit, about office politics.

open to the fire and police departments.

Fired up and eager to teach the upcoming sign language course, Reeves added, "I'm not a certified teacher, but if I don't know something, I will ask and find the answer," she said.

In spite of the delays of the courses, Reeves

is ready to get the ball rolling again and may even make it a lifetime commitment.

"I still have nine years to go before I retire from the government, then maybe I will make a career change and interpret full time," Reeves said.

## Poisoning - a common occurrence

**Col Frances J. Sorge**  
CHPPM

Ten million cases of poisoning occur in the United States each year. In 80 percent of the poisoning cases, the victim is a child under the age of 5.

Curiosity, inability to read warning labels, a desire to imitate adults, and inadequate supervision are some reasons why childhood poisonings occur.

The elderly are the second most likely group to be poisoned due to mental confusion, poor eyesight, and the use of multiple prescription drugs.

Poisonings may also be intentional as suicide attempts or drug overdoses.

Poisons exist in everyone's environment as products that were never meant to be ingested or inhaled, such as pesticides, houseplant leaves, shampoo, and tobacco; or meant to only be ingested in small quantities; and, are harmful

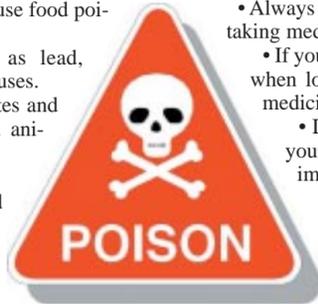
if they are taken in large amounts such as prescription drugs, medicinal herbs or alcohol.

### Other types of poisons

- Bacterial toxins that cause food poisoning.
- Heavy metals, such as lead, found in the paint of old houses.
- Venom found in the bites and stings of some insects and animals.

### Preventing poisonings

- Keep chemicals and medicines out of reach, out of sight, and preferably locked up.
- Never let products out of your sight when they are in use.
- Apply pesticides ONLY after removing children and their toys from the area.
- Store medicines separately from household products.



- Store chemicals away from food.
- Keep all items in their original containers.
- Always leave the light on when giving or taking medicine.
- If you wear glasses, always wear them when looking for, measuring, or taking medicines.
- Do not take medicines in front of young children because they like to imitate adults.
- Refer to medicine as medicine, not candy.
- Use safety packaging properly by closing the container securely after use.
- Clean out medicine chests and dispose of unused medications periodically.
- Mark poisons with skull and cross bones or 'Mr. Yuk' stickers, and teach children not to touch anything with these labels on them.

### Emergency procedures when poisoning occurs

Remain calm and do the following:  
Call the operator or emergency number. Numbers should be listed on or near the phone before an emergency arises.

Follow first aid instructions on the label of chemicals or products.

Give these facts to the Poison Control Center: the victim's age; weight; existing health conditions or problems; substance involved and was it swallowed, inhaled, absorbed through skin contact, or splashed into the eyes; any first aid given; if the victim vomited; location and how long it will take to get to the hospital.

Induce vomiting only when it is first aid for the product taken or when directed to do so by the Poison Control Center.

## Sites

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critical public health problem.

Help with Stress and Anxiety - [www.mentalhealth.org/](http://www.mentalhealth.org/)

Review the publications or use the search function to find information on dealing with stress and anxiety and other issues.

Asthma and Indoor Environments - [www.epa.gov/iaq/asthma](http://www.epa.gov/iaq/asthma)

Basic information is provided about asthma and reducing common asthma triggers in the home.

Diet, Health and Fitness - [www.ftc.gov/bcp/menu-health.htm](http://www.ftc.gov/bcp/menu-health.htm)

Consumer education publications in English and Spanish on topics such as dieting, indoor tanning, vision correction procedures, and infertility services, to name a few, are provided.

My Medicines - [www.pueblo.gsa.gov/cic\\_text/health/my-medicines/meds\\_eng.html](http://www.pueblo.gsa.gov/cic_text/health/my-medicines/meds_eng.html)

Advice is provided for women about using medicines wisely.

Travelers' Health - [www.cdc.gov/travel/](http://www.cdc.gov/travel/)

Information about how to protect from disease when traveling outside the United States and alerts about disease outbreaks is provided.

CancerNet - <http://cancernet.nci.nih.gov/>

This is the gateway to the most recent and accurate cancer information from the National Cancer Institute.

Clinical Trials - [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

This site provides patients, family members, and members of the public current information about clinical research studies.

National Center for Complementary and Alternative Medicine - <http://nccam.nih.gov/>

Sponsored by The National Institutes of Health, NCCAM conducts and supports basic and applied research and training and disseminates information on complementary and alternative medicine.

Choosing and Using a Health Plan - [www.ahcpr.gov/consumer/hlthpln1.htm](http://www.ahcpr.gov/consumer/hlthpln1.htm)

This site is a booklet to help make sense of the choices for getting health care insurance.

Oral Health - [www.nidcr.nih.gov/sgr/oralhealth.asp](http://www.nidcr.nih.gov/sgr/oralhealth.asp)

The first-ever Surgeon General's Report on oral health is listed.

Oncology Tools - [www.fda.gov/cder/cancer](http://www.fda.gov/cder/cancer)

This site lists a variety of information related to cancer and approved cancer drug therapies from the Food and Drug Administration.

Organ Donation - [www.organdonor.gov](http://www.organdonor.gov)

Information on how to become an organ and tissue donor is provided.

For Your Heart - [www.4woman.gov](http://www.4woman.gov)

Information for women about cardiovascular disease, including exercise, nutrition, smoking, diabetes, cholesterol and high blood pressure is provided.

What About Men's Health? - [www.4woman.org/mens/index.cfm](http://www.4woman.org/mens/index.cfm)

This site provides information geared to help women learn more about the leading health concerns of the men in their lives. It also includes a quiz for men to test their knowledge of women's health.

Diabetes Frequently Asked Questions - [www.cdc.gov/diabetes/faqs.htm](http://www.cdc.gov/diabetes/faqs.htm)

Learn about diabetes, its symptoms, types, major risk factors, and more.

Prostate Cancer Fact Sheet - [http://cancernet.nci.nih.gov/Cancer\\_Types/Prostate\\_Cancer.shtml](http://cancernet.nci.nih.gov/Cancer_Types/Prostate_Cancer.shtml)

Learn about prostate cancer, its symptoms, risk factors, and more.

Editor's Note: Source for this information is the U.S. Army Warrant Officer Association at [www.penfed.org/usawoa/HealthfulWebSites.htm](http://www.penfed.org/usawoa/HealthfulWebSites.htm).

## Is it a cold or the flu?

Courtesy of Sierra Military Health Services, Inc.

Sneezing, scratchy throat, runny nose — everyone knows the signs of a cold. The common cold is usually mild, with symptoms lasting a week or less. It is also the leading cause of doctor visits and school or job absenteeism.

Influenza, or the "flu," is a respiratory infection caused by a variety of influenza viruses. The most familiar aspect of the flu is the way it can knock you off of your feet. It often sweeps through entire communities during the

winter. The flu can be more serious than a cold and can sometimes lead to bronchitis or pneumonia.

If you are not sure whether it is a cold or the flu or what to do, call the Sierra Military Health Services, Inc. 24-hour Health Care Information Line for help. The line is staffed by registered nurses who can help determine the non-emergency, or self-care needed, and provide information on health issues. Call the 24-hour line, 1-800-308-3518, to speak to a nurse or to access the Health Information Library (Pin #208).

## Kuwait

From front page

that when they wake everyday to do their job, to think of that kind of dedication and commitment. He then thanked the soldiers on behalf of Secretary of the Army Thomas E. White and expressed their collective appreciation for their service.

He ended by quoting President George W. Bush.

"We will rally the world to this effort by our courage, and by our efforts. We will not tire, we will not falter, and we will not fail," and added a personal note telling the soldiers, "I know you won't."

Brownlee toured the patriot site while Battery D soldiers briefed him on patriot capabilities.

Sgts. David Himes and Killo Gibson spoke to Brownlee on the new PAC-3 launcher and its capabilities. Both soldiers received coins of excellence from him for the brief.

Brownlee also passed out four other coins to Pfc. Everett Barton of Battery D for scoring a 280 on his Army physical fitness test and pumping more than 30,000 gallons of fuel without any environmental incident; Sgt. Jamie Dinger of HHB for organizing two mass casualty training exercises; Spc. Francisco Menjivar of HHB for outstanding mechanical support on the Task Force power generation equipment; and Spc. Reginald Hawkins for superior job performance as a member of a communications relay group crew.

The visit was a morale boosting experience for the unit, one truly welcomed by the soldiers of Task Force Iron Fist.