

APG News

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Published in the interest of the people of Aberdeen Proving Ground, Maryland

November 12, 2009 Vol. 53, No. 44



See page 2 for Year of the NCO article.

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Nov. 18, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



RDECOM holds change of command Dec. 4

The U.S. Army Research, Development and Engineering Command will hold a change of command 10 a.m., Dec. 4, at the Aberdeen Area Recreation Center, building 3326. Major Gen. Paul S. Izzo will retire after 34 years of service and turn the command over to Maj. Gen. Nickolas G. Justice, the current program executive officer for the Command, Control and Communications-Tactical at Fort Monmouth, N.J.

Reduced gate hours for holiday weekend

There will be reduced gate operations at Aberdeen Proving Ground for the Thanksgiving holiday.

On Nov. 25, the Harford Gate (Route 22) in the Aberdeen Area will close at 10 p.m. and the Wise Road Gate in the Edgewood Area will close at 8 p.m.

The Harford Gate and the Wise Road Gate will reopen
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ARMY FAMILY COVENANT

SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS



'Honoring the Sacrifices of the Military Family'

FMWR

Military Family Appreciation Month is a time to honor the sacrifices of military families. Army Families of active, Guard, Reserve, veterans and retirees are giving back in a time of need and sustain and support the Soldiers who defend the nation. Army Families are Army Strong.

What has the Army done?

Throughout the month of November, Army Families serving around the world are being honored through a variety of observances and are being recognized for the commitment and contributions they make every day. Efforts to recognize the sacrifices of the Army Family by active, Guard and Reserve

leaders are being joined and supported by Department of Defense organizations to include the Army Air Force Exchange Service, Defense Commissary Agency and others.

"In conjunction with the Army's effort and total commitment to the quality of life initiatives established in 2007 with the Army Family Covenant, we stand committed to establishing and improving programs and services to support the readiness of our Soldiers and Families," said Mike Lupacchino, director, Aberdeen Proving Ground Family and Morale, Welfare and Recreation.

"In support of Army Family Month, APG Army Community Services is offering a Military Family Appreciation Night.

The event is a movie and dinner with the Family at the Aberdeen Recreation Center. The event is open to Soldiers, retirees and their Families and will begin at six o'clock in the evening. A spaghetti dinner will be provided with the movie being "Ice Age: Dawn of the Dinosaur."

There will also be goodie bags provided to each military Family. Tickets should be reserved with ACS to ensure we have enough food and goodie bags prepared. Contact Diana Hayes at 410-278-4372 for more information and your tickets," Lupacchino said.

In coordination with the Office of the Chief of Public Affairs, U.S. Army Entertainment and the Army Multimedia Visual Information Directorate,

a music video is being produced featuring the song "Life of a Soldier," written and performed by Spc. Daniel Jens (America's Got Talent) and Sgt. 1st Class Sean Bennett (Nashville Star). The song is dedicated to Army Families world-wide.

What continued efforts does the Army have planned for the future?

Through Army Family Covenant commitments, the Army will continue to build trust and confidence that the Army cares for Soldiers and Families. At all levels, [the Army] will continue to recognize the continued support and sacrifices Army Families make every day, knowing that the strength of its Soldiers
See FAMILY, page 16

FEHB, FEDVIP and FSA open seasons begin

CPAC

The Federal Employees Health Benefits Open Season will be held through Dec. 14. In addition to health insurance, federal employees may sign up for the Flexible Spending Account and Federal Employees Dental and Vision Insurance Program.

Health fairs are scheduled 9 a.m. to 1 p.m., Nov. 17, at the Aberdeen Area Recreation Center, building 3326, and 9 a.m. to 1 p.m., Nov. 19, at the Stark Recreation Center, building E-4140. Plan representatives will be available to answer questions and provide 2010 health plan materials.

Employees are encouraged to attend the health fairs to speak to the carrier repre-

sentatives and obtain individual brochures from them.

The new rates for 2010 are shown at www.opm.gov/insure/health/rates/index.asp.

Comparison guides and individual FEHB brochures are located at www.opm.gov/insure/health.

To make a health benefits open season change, employees must contact the Army Benefits Center-Civilian (ABC-C) by telephone (1-877-276-9287) or on the Internet at <https://www.abc.army.mil>. Employees cannot make an election with the APG Civilian Personnel Advisory Center.

For FEDVIP, information and FEDVIP rates are available at www.opm.gov/insure/

dentalvision.asp. To enroll for FEDVIP, employees must use the BENEFEDS Portal at www.benefeds.com or call 1-877-888-3337.

For FSA, employees must contact the carrier directly at <https://www.fsafeds.com> or call 1-877-372-3337. The new FSA brochure can be found at <https://www.fsafeds.com/forms/OPM-FSA-OVTF-10-031.pdf>.

All new changes will be effective Jan. 3.

Health plans leaving the FEHB Program

Pennsylvania: Keystone Health Plan Central, Code 54; Keystone Health Plan East, Code ED. Employees must select a new plan if they wish to retain FEHB coverage in 2010.
See BENEFITS, page 16

New RDECOM commander named

RDECOM

The Department of the Army has announced that Maj. Gen. Nickolas G. Justice, program executive officer for the Command, Control and Communications-Tactical at Fort Monmouth, N.J., will become the next commanding general of the U.S. Army Research, Development and Engineering Command and Aberdeen Proving Ground.

Justice, who began his 38-year Army career as an enlisted Soldier, will replace Maj. Gen. Paul S. Izzo, who is set to retire from the U.S. Army in March after 34 years of service. The change of command is set for Dec. 4 on APG.

As program executive officer, Command, Control and Communications-Tactical (PEO C3T), Justice leads an organization of more than 2,300 employees that fields an extensive range of battle command and communications capabilities with an annual budget exceeding \$6 billion.

As the next commanding general of RDECOM, Justice will lead a worldwide organization of more than 17,000 scientists, engineers and other professionals who keep the Army on the cutting edge of technology through the operation of subordinate research and development centers and laboratories.
See JUSTICE, page 16

Picerne Military Housing to host ROA open signing event Nov. 16

Picerne Military Housing

Picerne will hold an open signing event 4 to 6 p.m., Nov. 16, at Top of the Bay to assist Soldiers in submitting their Resident Occupancy Agreements.

As privatization of on-post housing approaches, Picerne Military Housing wants to remind Families that every Soldier living in on-post housing is required to complete and sign a ROA prior to Dec. 1.

Soldiers who have not yet signed their ROA are encouraged to attend the event and

complete the documents required to continue living in housing at Aberdeen Proving Ground. Picerne representatives will be on-hand throughout the day to answer questions and assist Soldiers with the forms. The ROA is for 12 months and renews month-to-month unless PCS, ETS or retirement orders require earlier termination.

Soldiers who have signed their ROA before Nov. 16 will be automatically entered into a drawing to win a flat screen TV. The winner will be announced at the Nov. 16
See PICERNE, page 9

APG hosts Soldier Show



Photo by TIM HIPPS, FMWR PUBLIC AFFAIRS
Pfc. Susan Noga, a broadcast specialist stationed at Fort Bragg, N.C., is front and center for the 2009 U.S. Army Soldier Show. See article on page 2.

CFC campaign exceeds \$200,000

APG CFC Office

The Aberdeen Proving Ground Combined Federal Campaign has exceeded the \$200,000 mark with more than 650 donors participating. The CFC Office congratulates the U.S. Army Research, Development and Engineering Command; the APG Garrison's legal and Equal Employment Opportunity offices; and the U.S. Army Civilian Human Resource Agency for exceeding their goals.

The CFC Book Fair currently has more than 2,000 books in stock; offering everything from children's books to westerns, mysteries and popular fiction. Come browse the many selections during regular business hours in the Top of the Bay's Down Under, building 30.

The APG CFC Silent Auction is still in progress with loads of interesting items up for bid. Visit the Silent Auction Web site at www.apg.army.mil/CFC-SilentAuction. Only those with a CAC ID or AKO user name and password can access the site.

The APG CFC Office is planning to host the First Annual CFC 5k Fun Run/Walk Dec. 10. Check the APG News for future information about this and other events.

Those needing online pledging instructions or more information, should contact a CFC key worker; visit the APG Webs site at www.apg.army.mil and click on 'CFC coordinators and key workers POC' under the CFC logo; visit the APG CFC Office in Top of Bay, Down Under, building 30, or call 410-278-9913 or 9915.

Upcoming FMWR Bazaar provides holiday shopping opportunities

Story by
RACHEL PONDER
APG News

Members of the Aberdeen Proving Ground community can do some of their holiday shopping early, 10 a.m. to 6 p.m., Nov. 19, during Family and Morale, Welfare and Recreation Holiday Bazaar at the Aberdeen Area Recreation Center, building 3326.

A variety of local vendors will be selling crafts, gifts, holiday items and homemade foods. Lunch items will be sold at the Recreation Center's snack bar.
See BAZAAR, page 11



APG celebrates The Year of the NCO

Keeping good Soldiers in boots

Story and photo by
ROGER TEEL

20th Support Command (CBRNE)

Staff Sgt. William Harden enjoys talking to Soldiers. He enjoys talking to Soldiers so much that he's making a career of it.

Harden is the career counselor for 22d Chemical Battalion (Technical Escort), on the Edgewood Area of Aberdeen Proving Ground.

He's a good talker, good at his job. He is friendly, outgoing, engaging. He smiles easily and often.

He's also so good at his job that he was named 20th Support Command (CBRNE) Career Counselor of the Year. He is now competing for U.S. Army Forces Command honors during the worldwide Career Counselor Conference in Orlando, Fla.

"Throughout my career, when I was reenlisting, I was never fully told my options," Harden said, explaining how he came to be a career counselor. Now, a veteran of 15-year's service, Harden helps keep good Soldiers in boots.

"I was made the battalion retention NCO in [2005] as an additional duty," he said. "I did that for about two years and started liking what I was doing -- taking care of Soldiers -- and decided this is what I wanted to do for the rest of my Army career."

A Pensacola, Fla., native, Harden reclassified and trained at Fort Jackson, S.C., to learn the skills of career counseling. After graduating with honors earlier this year, he has been a full-fledged career counselor for about nine months.

"There's a shortage of quality and a shortage -- period -- of career counselors across the Army," he said. "Keeping Soldiers in boots is a good reward."

Harden said he wants to break



Staff Sgt. William Harden, left, offers career advice to Sgt. 1st Class Guy Killian in the 22d Chemical Battalion headquarters area.

the stigma that career counselors are just out to make their numbers, to make mission.

"I'm not about that. I'm about taking care of Soldiers. If a Soldier wants to get out, I will try to help them get out, try to help them find a life on the outside, because not everyone is made to be in the Army," he said. "If they don't want to be in, I'm not gonna say, 'Hey! Just do this for me so I can make mission'. If you want to get out, then you should get out."

Not many 22d Chemical Battalion Soldiers are leaving the Army. Harden's numbers are way up, achieving nearly 200 percent of his goal every month.

"A lot of Soldiers I talk to really like doing chemical," he said. "And a lot have never had someone talk to them and show them, 'Okay, you can do this or that, and you can go here or there.'"

"I make it my point -- for as long as it takes -- to talk with a Soldier so they understand every option they have

before they make a decision, because it's a life decision. I also mention that they should talk to their Family because it's not just their decision; it's their Family's decision, too."

Does an economic recession help convince Soldiers to stay in?

"That helps a lot," Harden said with a short chuckle. "That's part of the counseling. We have this RMC -- regular military compensation -- a chart that shows them a figure they would make on the outside and how the Army can match it with options and benefits, like free dental and health care."

Are first termers more apt to stay in than mid-career Soldiers?

"First termers are motivated to stay in," Harden said. "I have the most trouble with the mid-career Soldiers, especially the ones with less than ten years. Once you hit ten years, you feel like you might as well do twenty. But those at six to eight years, they might say, 'I'm done with this....' for a num-

ber of reasons."

Harden said frequent deployments are not a problem.

Harden will have four years at APG when he moves to a new duty station next spring.

"I don't know where I'm going yet. The career field is small, and I can kind of say where I want to go," he said. "But I haven't deployed yet, so that's what I'm doing next year. I'll deploy as a career counselor."

Harden said the best part of his job is simply talking to Soldiers.

"It's so much more than just talking about the Army. They talk about life in general and the problems they have. It's almost like being a real counselor. They tell me problems they have at work, problems they have at home. They feel a relief, I think, that they have somebody they can talk to."

"And I'm not going to tell anybody anything, so they feel relaxed talking to me," he said.

Asked how he might improve, Harden said he needs to go to a

larger command.

"I need to go to a bigger battalion or brigade so I'll have more of a challenge. Our battalion is pretty small, so I get small numbers," Harden said. "I want to go someplace where I have a little more responsibility than I have now. Not that I don't have responsibility, but I only have three hundred-some Soldiers."

He said he also has a lot of paperwork and many late nights.

"I'm available twenty-four hours a day. I have a Blackberry -- and they call me. I tell them to ask me even the smallest question, because that's what I'm here for -- to answer those questions."

"When a Soldier comes to me and they have an Article fifteen or have been flagged -- I don't hold anything against them. I'm not judge or jury, he said. "If they're marginal, I offer them advice about what they can do to overcome their problems. Like a platoon sergeant, I do counseling, too."

Harden said he's working on an associate's degree in information technology. He also wants to earn a bachelor's in human resources.

"That's what I'm doing now," he said, drawing a correlation between career counseling and his plans for the future.

Harden said he's always talking to Soldiers, and not just because they're in the reenlistment window.

"At lunchtime I'll join a table and say, 'How you doing? How's your Family doing?' And I never mention retention. I think that eases the Soldier, so that when it's time, they know they can talk to me because I'm not just all about my numbers, not just all about mission," he said.

"They know I genuinely care and have concern for them and their Families," Harden said.

Soldier Show brings big entertainment to APG

Story and photo by
RACHEL PONDER

APG News

Lights! Camera! Action! was the theme of this year's 26th annual Soldier Show, held at the Aberdeen Proving Ground Post Theater Nov. 1.

A 2 p.m. show was held for the 143rd and 16th Ordnance battalions and a 7 p.m. show was held for the public.

Chris Lockhart, marketing director for Family and Morale, Welfare and Recreation, said that 1,500 people attended both shows.

The show, whose motto is "For the Soldier, by the Soldier," is performed by active duty Soldiers.

This year the show paid tribute to noncommissioned officers, as Army senior leadership has recognized 2009 as the Year of the NCO, a time honored corps, which is known as "The Backbone of the Army."

This year's cast and crew went on a six and one half month tour with more than 100 performances on 46 installations, including stops in Hawaii, Korea and the storied Warner Theatre in Washington, D.C. The music performed represented a variety of genres, reflecting the Army's diverse cultures.

In keeping with the theme of the show, the stage was set up to create the feeling of being in a live television studio and included commercial breaks that featured the sponsors of the show.

The Soldier Show production director Victor Hurtado spent much of the past year working on TV productions



At the end of the U.S. Army Soldier Show held at the Aberdeen Proving Ground Post Theater Nov. 1, Derek Cox, 7, right, shakes hands with Spc. Allah Johnson, one of the cast members.

"Nashville Star," "America's Got Talent," "Clash of the Choirs."

The show opened up with Kirk Franklin's upbeat "Declaration [This is It!]," co-written by Kenny Loggins and Michael McDonald, which emphasizes

having a positive attitude and not giving up during life's trials and tribulations.

"I am glad that they opened with that song because I think it symbolizes where our country is going," said Bill Williams an Edgewood Chemical Bio-

logical Center employee who attended the show. "I like the song because it gives a positive message."

The cast performed crowd-pleasing Top 40 hits like Taylor Swift's "Love Story," Beyonce's "Single Ladies" Rihanna's "Disturbia," Ne-Yo's "Closer," and Kanye West's "Love Lock Down."

Two songs, "Jai Ho" and "Ringa Ringa" from the 2008 Academy Award winning movie "Slumdog Millionaire," were also performed, which featured the performers dressed in colorful Indian costumes.

The Soldiers also performed Frankie Smith's 1981 funk song, "Double Dutch Bus," while playing the streets of Philadelphia-acclaimed jump rope game on stage.

In honor of the Year of the NCO, the NCO Creed was recited by NCO cast members. The work of Soldiers was also celebrated in several videos that were played during songs throughout the show.

For the finale, the troops combined "The Warrior's Anthem," by Michael Peterson, with the late Robert Humphreys' "Warrior's Creed," and put it to music.

At the show's conclusion Col. Orlando W. Ortiz, APG garrison and deputy installation commander, thanked the cast and crew on behalf of Maj. Paul S. Izzo, APG installation commander.

"It is an honor to see you perform," Ortiz said. "You gave an outstanding performance."

Ortiz asked the audience to continue

See SHOW, page 9

APG News

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PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; send e-mail to editor-apg@conus.army.mil or debi.horne@us.army.mil or contact reporters Yvonne Johnson at yvonne.johnson5@us.army.mil or 410-278-1148 or Rachel Ponder at rachel.ponder@us.army.mil or 410-278-1149.

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

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Concern over information spillage

Story by
JUDY PATISHNOCK
DPTMS

Information spillage, or computer spillage, is most commonly the result of poor data-transfer procedures and occurs whenever classified data is spilled either onto an unclassified information system or to an IS with a lower level of classification; for example, Top Secret data to a Secret IS.

Spillage incidents reveal a potential disregard for the sensitivity of the origi-

nal information.

The majority of spillage incidents result from careless methods, shortcuts or untrained users who have intentionally or accidentally compromised sensitive and classified information vital to national security and operational processes.

“The ramifications of this can be significant and can lead to compromise of the information and, in a worst case scenario, the loss of U.S. lives as well as a negative impact on your career if you are found to be

at fault,” said Joe Kaffl, installation security officer.

“Under no circumstance can classified information be transmitted via NIPRNET or a non-accredited media system such as a blackberry. It is every Department of Defense military, civilian or contract employee’s responsibility to ensure the security of classified information,” he said.

Accidentally spilled information cannot simply be “deleted” from an unclassified medium. Personnel need

to understand the correct procedures of dealing with information spillages to ensure the integrity and security of the classified or sensitive information is maintained.

“If you believe an information spillage has occurred, notify your security representative or security manager as soon as you are aware of the situation,” Kaffl said.

(Editor’s note: Author is a security specialist in the Installation Security Office of DPTMS.)

DPAS training offered post wide

RDECOM Contracting Center

The U.S. Army Research, Development and Engineering Command Contracting Center is sponsoring training on the Defense Priorities and Allocations System Dec. 2 at the Aberdeen Post Theater, building 3245.

Under Title I of the Defense Production Act of 1950, the President is authorized to require preferential acceptance and performance of contracts or orders supporting certain approved national defense and energy programs, and to allocate materials, services and facilities

in a manner to promote these approved programs. The DPA’s definition of “national defense” has been amended to include emergency preparedness activities conducted and critical infrastructure protection and restoration. Additional priorities authority is found in Section 18 of the Selective Service Act of 1948, in 10 USC 2538 and 50 USC 82.

The Department of Commerce is delegated authority to implement these priorities and allocations provisions for industrial resources. For more information and regulations, visit their site at www.bis.doc.gov/dpas/default.htm.

[dpas/default.htm](http://www.bis.doc.gov/dpas/default.htm).

The training will be presented by the Army DPAS Officer, Joseph Tappel, who will provide two separate sessions; one for the contracting community from 8:30 to 10 a.m., and one for the “requirements” community from 10:30 a.m. to noon as each group has a different perspective.

The requirements community could include the Contracting Officer’s Representative, budget and logistics individuals, and program managers who may be responsible for placing the DPAS rating

on the purchase request.

Many of the requirements that the center processes are eligible to receive a DPAS rating.

Tappel will discuss the advantages and responsibilities of using DPAS. A time for questions and answers will be available at each session.

All activities are invited to attend. For more information, call Rita Maclary, RDECOM Contracting Center, 410-278-0844.

Remaining vigilant about storm water pollution

DPW

With the snow and ice season approaching, it is time to remind the Aberdeen Proving Ground community of the seasonal impact of APG activities on the quality of storm water that runs off from the installation, its impact on adjacent streams and rivers (and ultimately the Chesapeake Bay), and what every member of the community can do to help prevent storm water pollution.

Storm water runoff occurs when precipitation from rain or snowmelt flows over the ground without sinking in. Impervious surfaces, such as parking lots, sidewalks and roof tops, prevent the storm water from naturally soaking into the ground. As storm water runoff flows over pedestrian walkways, landscaped areas, roadways and parking lots, it picks up debris, chemicals, dirt and other pollutants. Storm water flows into storm sewer collection drains that flow directly to river systems.

Parking lots and other paved areas are typically designed so that storm water

flows to catch basins and storm drains that ultimately drain to the Chesapeake Bay.

The activities conducted during the fall and winter months and materials stored on these areas should be managed with care to ensure that pollutant materials (e.g. petroleum, oils, lubricants, fertilizers, refuse, pet waste and sediment, etc.) do not reach or enter the storm drain.

Fertilizing lawns

Fall is a good time to “weed and feed” lawns; however, over fertilizing lawns causes nitrogen and phosphorous to be carried into the waterways. These additional nutrients create algae blooms in waterways which, when the algae dies, consume oxygen potentially killing other aquatic organisms. Nitrogen can also leach into groundwater and contaminate drinking water sources. Therefore, read the directions on the package and use only the minimum amount of fertilizer and pesticides needed to do the job. This saves money while also saving the environment.

Yard cleanup

Remove grass clippings and leaves from areas near storm drain inlets. These can be composted to form mulch. Alternately, bag and promptly remove yard wastes so that decaying vegetation does not enter storm drains; decay can lead to the formation of organic contaminants such as phenols and tannins – these increase oxygen demand in streams and rivers and reduce oxygen levels. Routine cleaning of areas around storm drain inlets reduces the amount of pollutants, trash and debris both in the storm drain system and in the receiving waters. Clogged drains and storm drain inlets can cause the drains to overflow, leading to increased erosion. Benefits of cleaning include increased dissolved oxygen, reduced levels of bacteria, reduced trash in waterways and support of in-stream habitat.

Pet waste

Yes, Fido is cute but he can have a negative impact on water quality if the pet owner does not clean up after

See **POLLUTION**, page 15

Lynch named IMCOM commander

Story by
ALEX MCVEIGH
Army News Service

The U.S. Army Installation Management Command said farewell to its first commanding general Nov. 2 and welcomed Lt. Gen. Rick Lynch as its new commander.

In a ceremony held at Fort Myer's Conny Hall, Lt. Gen. Robert Wilson said farewell to the command he had presided over since its inception in Octo-

ber 2006, and passed the reins to a commander who is ready to take on the challenges of "the Army's home."

Along with being IMCOM commander, Lynch also takes the title of the Army's assistant chief of staff for Installation Management, or ACSIM.

Soldiers from the U.S. Army Band "Pershing's Own" played a brief pre-ceremony concert, featuring "Army Strong" by Mark Isham and "Black Jack" by F.K. Huffer, among others.

Soldiers of the 3rd U.S. Infantry Regiment (The Old Guard), including the Commander in Chief's Guard, the Continental Color Guard and The Old Guard Fife and Drum Corps, also participated in the ceremony.

After the units sounded off and fixed bayonets, Col. David Anders, regimental commander of The Old Guard and commander of troops for the ceremony, escorted Wilson on his final inspection of the troops.

After Pershing's Own played the national anthem, command was officially changed, with Lynch and Command Sgt. Maj. Neil Ciotola receiving the IMCOM guidon from Wilson and outgoing IMCOM Command Sgt. Maj. John Gaines.

Army Chief of Staff Gen. George W. Casey Jr. served as host for the event. He took the podium first to thank Wilson for his almost four decades of service, and to welcome Lynch to the position.

"Rick is a proven leader, and he has the vision and the drive to continue the transformation of our installations so that they best support our Army," Gen. Casey said.

When Lynch took the stage, he spoke of the Army as not just a job, not just a profession, but a passion.

"At some point in your career, that profession changes into a passion. A passion to prepare for and execute our nation's wars in defense of our nation's freedom, and a passion to truly take care of our Soldiers and their Families," Lynch said.

He also credited Wilson for going above and beyond in his briefings about the position, saying, "I had all the right briefings, I had all the right conversations ... I'm [very] thankful for that."

Lynch comes to IMCOM after commanding III Corps and Fort Hood, Texas. He has also served as commander of the 3rd Infantry Division, deputy chief of staff for Operations at Allied Joint Forces Command-Naples and deputy chief of staff for Strategic Effects for Multi-National Force-Iraq.

His awards and decorations include the Distinguished Service Medal with Oak Leaf Cluster, the Defense Superior Service Medal with Oak Leaf Cluster, the Legion of Merit with Oak Leaf Cluster, the Bronze Star with Oak Leaf Cluster, the Defense Meritorious Service Medal, Joint Service Commendation Medal and Army Achievement Medal with Oak Leaf Cluster.

(Editor's note: Alex McVeigh writes for the Pentagon newspaper at Fort Myer, Va.)

Defender Six shares views, priorities and personality

Story by
DENNIS K. BOHANNON
ACSIM/IMCOM

"Are we doing the right things? Are we doing things right? What are we missing?" are questions resonating through the mind of the new Assistant Chief of Staff for Installation Management and Commanding General of the Installation Management Command.

Lieutenant Gen. Rick Lynch, "Defender Six," was appointed the Department of the Army's ACSIM and assumed command of IMCOM Nov. 2. However, he has already shared many of his views, priorities and a lot of personality with both staffs during non-stop meetings and briefs over the preceding two weeks.

At the IMCOM Garrison Commander's Conference in Baltimore, on his first full day in command, Lynch dove deeper into what he calls, "Asking the right questions."

Lynch said the first fundamental question is "Are we doing the right things?" He said if an action fits within the commander's intent, the answer is likely "yes." The second question is, "Are we doing things right?" He said we must increase efficiencies. "What are we missing?" He said, we need to periodically take a step back and think about what else we should be doing, that is not already being done.

Lynch said he is excited about joining ACSIM and IMCOM, reaping "the benefits of all the hard work... both at Fort Stewart and at Fort Hood," where he previously commanded. But, he noted, he is a warrior. He is honored to wear the title of the ACSIM and commanding general of IMCOM, but, the title he is most proud of is, "I am the husband of Sarah and the father of my children," a proud title, he said, he will carry long after he retires from the Army.

He also titles himself "the Family first general."

A native of Ohio, his parents were blue-collar shift workers at his hometown paper mill. He went to work at the age of 13 and applied to West Point simply because he could not otherwise afford a college education.

After struggling through to a commis-



sion, he said, "All I wanted to do was command a battalion. I did that."

At first, he said, "...the Army was a job, then it became a profession, today it is a passion."

"My passion is taking care of Soldiers and Families," Lynch said, adding Sarah, his wife of more than 27 years, shares that same passion.

"Sarah will travel everywhere I go. She will focus on Families," Lynch said. "I'm the commanding general. When we visit installations, Sarah will get information I could never get. She will be another set of eyes and ears. We will focus on fulfilling the Family Covenant. We will focus on the Family. We spend too much time fixing broken Soldiers and Families and not enough time giving them a break."

Lynch said his mission, his priority, is all about balance, finding the right balance between work, Family, health and fun.

"The road to success is: one, surround yourself with confident people and delegate; two, look down not up. Worry about those working for you, not catering to those above you; three, never compete with sister units. Share best practices; and four, have fun," he said.

"Taking care of Soldiers and Family, that's my passion," Lynch said.

APG SCHOOL LIAISON

AER offers college aid for military children, spouses

AER Office

Maj. Gen. James Ursano Scholarship Program

The Maj. Gen. James Ursano Scholarship Program is for children of Soldiers (active duty, retired and deceased) who will be full-time students at an undergraduate, technical or vocational institution accredited by the Department of Education. It is awarded annually for up to four academic years. Funds may be used for tuition, books, fees, supplies or school room and board. Students may reapply each year and must maintain a grade point average of at least 2.0 on a 4.0 grading scale.

A student applying for 2010-2011 academic year must be under the age of 23 for the entire AY. The applicant must be an unmarried dependent child of an active duty or retired Soldier or a Soldier who died in either status. All Soldiers and students must be registered in the Defense Eligibility Enrollment Reporting System. To verify the student's DEERS status, call 800-538-9552.

Applications for the 2010-2011 AY scholarships will be available online Dec. 1 through March 1, 2010, at www.aerhq.org. Online applications must be submitted by March 1, 2010. Other deadlines are in the instructions. AER will notify applicants about their scholarship during the last week of May 2010.

Stateside Spouse Education Assistance Program

The AER SSEAP is for spouses of active duty and retired Soldiers and widow(ers) of Soldiers who died either on active duty or in a retired status and are residing in the United States.

Visit children's schools during American Education Week

Harford County Public Schools will celebrate American Education Week 2009 Nov. 16 through 20. Classes will be conducted as usual on these days; parents are encouraged to find care for infants or very young children.

The theme is "Great Public Schools: A Basic Right and Our Responsibility."

• Monday, Nov. 16 – "Grandparents/Senior Citizens Day;" all classes are

All spouses must be registered in the Defense Eligibility Enrollment Reporting System which can be verified at 800-538-9552. This program does not apply to second undergraduate or graduate degrees.

Scholarship awards are based on financial need and are awarded annually for up to four academic years to attend post secondary school full time as undergraduate level students. Funds are to assist with academic expenses at the attending university/school and are disbursed equally between the fall and spring semesters or quarters to assist with tuition, books, fees and supplies. Students must maintain a grade point average of at least 2.0 on a 4.0 grading scale.

Applications for the 2010-2011 AY scholarships will be available online Dec. 1 through March 1, 2010, at www.aerhq.org. Applications must be submitted by March 1, 2010. Other deadlines are in the instructions. AER will notify applicants about their scholarship during the last week of May 2010.

Overseas Spouse Education Assistance Program

The AER OSEAP is for spouses of active duty Soldiers assigned and living at overseas commands only (Alaska, Hawaii and Puerto Rico are considered for the Stateside Program not accepted for OSEAP). The spouse must physically reside with the Soldier at the assigned command.

Spouses must be enrolled, accepted or pending acceptance as students for the entire term in post-secondary or vocational institutions under contract at the

education office and approved by the U.S. Department of Education. Spouses are not eligible if they are visiting outside the command and take correspondence courses online.

Attendance under OSEAP need not be full time but must be at institutions approved by the U.S. Department of Education and supported by a contract with the command. Spouses may participate in additional programs as defined in the OSEAP description, located on the AER Web site, www.aerhq.org. Graduate schools and off post schools are not eligible.

Financial assistance is awarded up to half the cost of tuition per term based on financial need, as evidenced by income, assets, Family size, special financial obligations and circumstances. The academic year consists of five terms. Funding of additional programs is explained in Item 6 of the OSEAP program description.

Applications for the 2009-2010 AY scholarships are now available at www.aerhq.org. Applications must be submitted online by the term deadline date, as listed in the OSEAP instructions.

open for visitation.

• Tuesday, Nov. 17 – Grades Pre-K, K, 2, 4, 6, 8, 10 and 12 visitations.

• Wednesday, Nov. 18 – Grades 1, 3, 5, 7, 9 and 11 visitations.

ATTENTION PARENTS OF 8TH GRADE STUDENTS: The Magnet Programs application deadline is Dec. 4.

For more information, see www.hcps.org.

For more information on any APG school related topic, contact Eileen Campbell, 410-278-2857 or e-mail eileen.campbell@apg.army.mil.



Health Notes

DoD challenges service members— You're tougher than tobacco!

Story by
ANDRE BELL
DoD

The Department of Defense is urging young enlisted personnel to put themselves to the test on Nov. 19. That's the day smokers worldwide join the Great American Smokeout, stomping out their butts and taking on one of the biggest internal challenges they may face.

"Our service members are famous for being the toughest bunch of men and women out there, which means they are tough enough to quit tobacco if they commit to it. November nineteenth is an excellent quit date. There's no better time to get the support and jump-start needed to succeed," said Capt. David Arday, a physician and U.S. Public Health Service officer and chairman of the DoD Alcohol and Tobacco Advisory Committee.

The initiative is part of the DoD's

tobacco cessation campaign, Quit Tobacco—Make Everyone Proud.

"When you quit smoking, you show that you are tough enough to conquer what some claim is merely a bad habit, but what science and research tell us is a strong addiction. But we can be stronger," Arday said.

Getting support is a powerful weapon in winning the battle against tobacco. In addition to the support at medical treatment facilities, prospective quitters can find cessation resources at the QTMEP Web site at www.ucanquit2.org. A special GASO section features an online pledge that enables service members to publicly announce that they can—and will—stop smoking on Nov. 19. In doing so, they connect to others on their installation, across the country and around the globe in this annual worldwide event.

Health professionals can register their installation's GASO event to publicize it locally and across the country. Free GASO materials are available for them to order or download to help stage events,

including customizable fact sheets. Visitors will find specially designed e-cards to send to encourage friends and Family to give up tobacco. Military personnel can send e-cards to announce their intention to join the Smoke Out, submit Tobacco Tales testimonials or start quit blogs to both give and seek support.

The award-winning Web site offers resources, peer support, games and live help with trained tobacco cessation coaches, as well as personalized, downloadable quit tools. Users can also find social networking links to Twitter (www.twitter.com/ucanquit2), Facebook and YouTube.

For those who want their own private area to concentrate on tobacco cessation, the campaign Web site provides users with My Quit Space, where they can create a customized quit plan and calendar.

The Great American Smokeout is the American Cancer Society's nationally recognized day when it advocates for people to put down their cigarettes, cigars, spit tobacco and other tobacco products.

Commentary: Quit during the Great American Smokeout

By
MARCIE BIRK
CHPPM

Are you a tobacco user? Are you tired of wasting money on cigarettes? Are you worried about what cigarette smoke is doing to your health or the health of your children? Are you ready to quit? Then the Great American Smokeout on Nov. 19 is for you!

Every November, you and thousands of other Americans can say goodbye to tobacco during the nation's biggest freedom-from-tobacco event.

Each year, more than 400,000 Americans die from cigarette smoking. In fact, one in every five deaths in the United States is related to smoking. Smoking tobacco causes chronic lung disease, heart disease and stroke, as well as cancer of the lungs, larynx, esophagus, mouth and bladder.

These long-term risks of tobacco use are deadly serious.

Tobacco damages your health from the first puff. For example, the nicotine in tobacco reduces blood flow to the muscles, therefore increasing the risk for injuries and slowing the healing process. This has a definite impact on fitness. Nicotine also lowers the level of testosterone in the blood and can lead to impotence for men. (See article on page 7.) Tobacco reduces night vision, which can be a serious problem for Soldiers.

If you want to quit using tobacco, ask your healthcare provider to recommend a local tobacco cessation program. Studies have shown that participation in a structured program significantly improves the chance for success. If you can't get into a program right away, use the following steps to get started.

Step One: Pick a quit date. The Great American Smokeout is a great day to quit. Mark Nov. 19 on your calendar. Write a list of reasons you want to quit using tobacco and get yourself ready to break free from tobacco addiction.

Step Two: Establish a tobacco-free zone. Throw away all cigarettes, matches, lighters and chew. Clean and deodorize your house, car and clothing. Get rid of the ashtrays in your house and pick

up cigarette butts in and around your yard. Ask your friends and Family not to smoke in your house, in your car or around you for at least three weeks.

Step Three: Avoid situations that lead to tobacco use. Think about those times that you use tobacco. Is it during break time at work? While driving? When talking on the phone? At a bar? If you can, avoid those places or situations for a few months. Of course, there are some places you can't avoid, such as driving your car.

In those situations, substitute a new, enjoyable behavior for smoking. For example, instead of lighting up when driving, have a lollipop. When talking on the phone, keep your hands busy by doodling on a piece of paper. During break time, take a walk around the building, bring in a favorite magazine to read or listen to the radio.

Step Four: Take care of yourself. Enjoy your meals. Sharper taste and smell will be early, noticeable benefits of your freedom from tobacco. Calculate how much money you're saving and buy something for yourself.

Use the "five Ds" to help with urges:

- *Deep breathing*—Take slow, deep breaths to feel relaxed and in control.
- *Drink water*—Drink at least eight glasses a day to flush the nicotine from your system.
- *Do something else to keep busy*—Be physically active. Chew sugar-free gum. Listen to music.
- *Discuss your urge with a friend or Family member.*
- *Delay*—Don't reach for tobacco right away. Count from 100 to 200. Think pleasant thoughts. The urge to smoke passes in three to five minutes whether a person smokes or not.

For more information about tobacco cessation, visit these Web sites:

- www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp
- www.ucanquit2.org/
- <http://chppm-www.apgea.army.mil/dhpw/Population/GreatAmericanSmokeoutResourceArchive2.aspx>

Tobacco and stress – a bad combination

Story by
MARCIE BIRK

U.S. Army Center for Health Promotion and Preventive Medicine

Soldiers face stresses unique to their occupation. Time away from home, deployments and heavy workloads cause Soldiers to feel substantial work-related stress.

The Army offers a wide variety of stress management tools ranging from recreational opportunities to behavioral health services.

In the past, smoking breaks were also offered as a stress management tool. While smoking breaks are no longer officially given, many Soldiers continue to smoke and use tobacco because they believe it helps them deal with stress.

However, research shows that nicotine does not reduce feelings of stress. In fact, nicotine-addicted individuals need nicotine simply to feel normal. Studies show

that what appears to be the relaxing effect of smoking is really a reversal of the tension and irritability that develop when nicotine levels in the blood are falling.

Because of the addiction to nicotine, regular tobacco users feel heightened stress between each use of tobacco. This negative mood is repeated throughout the day, making tobacco users feel above-average levels of daily stress. A recent study found that military members who use tobacco to specifically reduce stress reported significantly higher stress levels than those who did not use tobacco.

The physical, mental and emotional changes that result from nicotine addiction make tobacco users even more vulnerable to feelings of stress while under pressure. In fact, just the thought of losing their “fix” can cause tobacco users to feel stressed. This response could reduce a Soldier’s ability to focus and adversely impact mission performance.

Nicotine withdrawal symptoms such as irritability, anger, frustration, anxiety, depression, impaired concentration and restlessness are not compatible with military duties that depend on concentration, critical thought or alertness.

Bottom line: Tobacco use increases stress. Studies have found that former tobacco users are less stressed than current tobacco users. The first step the

tobacco user should take when trying to reduce stress is to quit tobacco.

Quit tobacco resources can be found at www.UCanQuit2.org. For more information on tobacco and stress, visit these Web sites:

- www.apa.org/releases/smokestress.html
- http://findarticles.com/p/articles/mi_qa3912/is_200803/ai_n25139850/

Smoking increases risk of impotence

Story by
MARCIE BIRK
CHPPM

It is known that smoking impacts many parts of the body, including the heart, lungs, skin, mouth and eyes. Increasingly, evidence points to a link between smoking and impotence.

Impotence, also called erectile dysfunction, is the inability of a man to maintain an erection for sexual purposes.

A study conducted in 2000 of 7,684 Chinese men (average age 47) found the following:

- Men who smoked more than 20 cigarettes daily had a 60 percent higher risk of erectile dysfunction, compared to men who never smoked.
- Fifteen percent of past and present smokers had experienced erectile dysfunction.
- Men who currently – and formerly – smoked were about 30 percent more likely to suffer from impotence.

Further research has confirmed the connection between smoking and impotence. A 2001 analysis of two decades of data on the smoking prevalence among impotent men found that tobacco use is an important risk factor for impotence.

In 2006, an Australian study of 8,367 men reported that smoking increased the likelihood of impotence by 27 percent and that the more a man smoked, the more likely he would suffer from erectile dysfunction.

Studies have established a link

between smoking and impotence. So, how can smoking cause impotence?

• Sexual functioning requires the coordination of several body functions. This includes the nervous system (mental stimulation) working in coordination with hormones, and the vascular system, which pumps blood into the muscle tissue that maintains the erection. Smoking can affect all of these.

• Many diseases caused by smoking involve blockage of the arteries, meaning that smoking inhibits the flow of blood throughout the body. Strokes and heart attacks are one result of severe blood flow blockage. Impotence is another result of arterial blockage.

• The greater the length of time spent smoking, the greater the damage to the biological systems that cause impotence.

Keep in mind that smoking is not the only risk factor for impotence. Smokers who are experiencing problems should see a healthcare provider for a complete medical assessment.

Remember—it is possible to fully or partially recover erectile function caused by smoking just by quitting. So quit today—for your health from head to toe.

For more information, visit these Web sites:

- www.ahealthyme.com/topic/smokingimpotence
- www.sciencedaily.com/releases/2007/07/070727153458.htm

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Visit www.ucanquit2.org

Community Notes

FRIDAY AND SATURDAY

NOVEMBER 13 AND 14 CHRISTMAS BAZAAR

Good Shepherd Parish will hold a Christmas Bazaar, 4 to 8 p.m., at Good Shepherd School, 800 Aiken Ave, Perryville, 4 to 8 p.m., Nov. 13, and 2 to 8 p.m., Nov. 14.

A spaghetti dinner will be served. Cost of the dinner is \$8 for adults, \$6 for children.

There will be Cash Bingo in the afternoons of Nov. 13 and 14, a Santa Shop for little ones' gifts, raffle for a 52" HDTV and pictures with Santa. Vendors include Lia Sophia, Tastefully Simple and more.

For more information, call 410-642-6265.

FRIDAY

NOVEMBER 13 MARYLAND STATE BOYCHOIR CONCERT

The Havre de Grace Arts Commission will sponsor a free concert by the Maryland State Boychoir, 7:30 p.m., at the Havre de Grace United Methodist Church, 101 South Union Avenue. The event is open to the public. The choir members are talented boys representing a variety of religious, ethnic and economic backgrounds. They will perform a variety of music including sacred masterworks, folksongs, spiri-

tuals and contemporary pieces.

For more information, call 410-939-2100 or 410-272-5516 or visit www.marylandstateboychoir.org.

BASKET BINGO

Basket Bingo to benefit the Aberdeen High School prom will be held 7 p.m. at the Aberdeen Fire Hall, Rogers Street. Doors open 6 p.m. Tickets cost \$12 each for all paper cards, extra packets cost \$5 each. Food, drinks, baked goods will be available. Bring a canned good or non-perishable food item for a bonus prize ticket. This is a non-smoking event.

For more information or to purchase tickets, call Brenda Conjour, 410-273-7332.

SATURDAY

NOVEMBER 14

CHILDREN'S GARDENING - SEED SAVING AT LEIGHT CENTER

Have fun growing food and flowers here and at home. Enjoy crafts, games and science disguised as fun, while learning about seeds, life cycles and growing food and flowers in a watershed-friendly way. Children's Gardening will be held noon to 1 p.m., for ages 5 to 10. The cost is \$4 per person. Registration is required.

For more information, to register, or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or

410-879-2000, ext. 1688.

SEASON'S END KAYAK

As the marsh and creek prepare for winter, dress warmly and "go with the flow" on the last kayak trip before winter's cold and ice. This program will be held 2 to 4 p.m. for ages 8 to adult. The cost is \$10 per person. Registration is required.

For more information, to register, or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY

NOVEMBER 15 QUARTER AUCTION

The American Legion Auxiliary Unit of Susquehanna Post 135, 300 Cherry Street, Perryville, will hold a Quarter Auction, 1 p.m. Doors open at noon. All proceeds support programs of the American Legion Auxiliary Unit 135. All organizations are 100 percent non-profit. Food and beverages will be available.

For more information, call 410-642-2771.

MONDAY

NOVEMBER 16 MILITARY APPRECIATION MONDAY

Golden Corral will honor any per-

son who has served in the U.S. military (including National Guard and reserves) with a free "thank you" dinner buffet and beverage at any Golden Corral restaurant, 5 to 9 p.m. Dine in only. No identification is required.

TUESDAY

NOVEMBER 17 AUSA MONTHLY MEETING

The Susquehanna Chapter of the Association of the United States Army will hold its monthly meeting, 11:30 a.m. at Top of the Bay. Cost of the meeting and lunch is \$20. Guest speaker will be Brian Simmons, director of the U.S. Army Evaluation Center.

Bring DVDs to ship to the 20th Support Command in Iraq; the AUSA supports the unit.

This meeting may qualify for Continuous Learning Points.

Anyone who registers and cannot attend can send someone in their place; an accurate head count is needed for planning and financial consideration.

For more information or to RSVP, e-mail c2402@ausa.org.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.)

Post Shorts

at 4 a.m., Monday, Nov. 30.

The Maryland Gate in the Aberdeen Area and the Magnolia Road Gate in the Edgewood Area (Route 152) will be open throughout the holiday weekend.

BRAC contract Fraud, Waste, Abuse hotline opens at APG

Anyone with knowledge of contract fraud, waste, abuse or allegations of mismanagement involving base realignment and closure related construction and maintenance operations on Aberdeen Proving Ground can speak to an agent at 410-278-0206 or e-mail cid382.maryland@us.army.mil. Calls can be made anonymously and confidentially.

CBRNIAC moves to new location Dec. 7

The Chemical, Biological, Radiological and Nuclear Defense Informa-

tion Analysis Center's, or CBRNIAC, will relocate to 1205 Technology Drive, Aberdeen, Dec. 7. Their URL, main telephone (410-676-9030) and facsimile (410-676-9703) numbers and e-mail addresses will remain unchanged, as will their services and support.

CBRNIAC welcomes donations of electronic files, hard copy documents and other materials related to CBRN Defense and Homeland Security. Contact CBRNIAC before holdings are purged.

For any CBRN Defense or Homeland Security questions, take advantage of the CBRNIAC's no-cost Inquiry Program. E-mail questions or complete the Web inquiry form at <https://www.cbrniac.apgea.army.mil/Products/Inquiry/Pages/default.aspx>.

For more information on Inquiries, Products, Technical Area Tasks and Sub-

scription Accounts, call James King, 410-676-9030, or visit www.cbrniac.apgea.army.mil.

Native American Heritage program

The APG Native American Heritage celebration will be held 11:30 a.m., Nov. 18, at the Edgewood Area Stark Recreation Center building E-4140. The theme is "Understanding Native American Heritage Now and Then."

Guest speaker will be Danny Garneau, an Oglala Lakota from Pine Ridge, S.D. Garneau is a core dance member of Red Crooked Sky, one of the most renowned American Indian performance troupes in the United States.

For more information, call Sgt. 1st Class Elwood Veney, 410-436-4810; Sgt. 1st Class David Pickett, 61st Ord-

nance Brigade, 410-278-5598; or Linda Patrick, CHPPM, 410-436-1023.

ECBC, MRICD sponsor blood drive Nov. 19

The Edgewood Chemical Biological Center and the U.S. Army Medical Research Institute of Chemical Defense will jointly sponsor an Armed Services Blood Drive, 8 a.m. to noon, Nov. 19 at the Hoyle Gymnasium, building E-4210. While everyone prepares to celebrate Thanksgiving and thinks about their blessings, remember to thank the troops by donating blood. A cornucopia of goodies (refreshments and prizes) will be available for donors.

For more information or for an appointment, visit <https://www.militarylifeforce.com/>.

Wanted: Stories about NCOs

To showcase the year of the non-commissioned officer, the APG News is looking for story ideas to publish. Anyone with a suggestion should call the editor, Debi Horne, 410-278-1150.

(Editors Note: More Shorts can be seen at www.apgnews.apg.army.mil under Shorts.)

APG Holiday Ball Dec. 18

APG PAO

Aberdeen Proving Ground is having a Holiday Ball, 6:30 p.m. to midnight, Dec. 18 at Top of the Bay, building 30. Alternate weather date is Dec. 19. The public is invited.

The event will be a tribute to the Army's celebration of The Year of the Noncommissioned Officer.

The evening will be filled with military pageantry fitting for the occasion: live dinner music by the U.S. Army Materiel Command Jazz Band, hors d'oeuvres, full service three-course dinner including desert, cake cutting ceremony, followed by dancing with music by Premier Mobile DJ.

Tickets will be sold on a first-come, first-served basis through Dec. 1. Tickets will not be sold at the door. Tickets cost \$40 per person. Alcoholic beverages will be available for separate purchase.

Dress is semi-formal for civilians and dress service uniform (with bow tie) for military. Retirees may wear military service dress blues or apply medals to proper civilian attire.

The visiting public must use the Route 715 Gate to access APG. Be prepared to show photo ID and vehicle registration to gain access.

Disabled parking at and access to Top of the Bay is available.

In case of inclement weather, call 410-278-7669 (SNOW).

To make a reservation, visit www.apgmwr.com and select the "events" menu. Tickets may be purchased via credit card on the Web site or mail a check payable to FMWR Marketing to P. O. Box 627, APG, MD 21005-0627; or, for more information, call 410-278-1364/4698.

For more information, call Maj. Mathieu Petraitis, 410-278-2104 or e-mail mathieu.petraitis@us.army.mil.



Veterans' Voices

Commentary: Taking pride in our 'Band of Brothers and Sisters' on Veterans Day

By
BRIG GEN WILLIAM T. WOLF
U.S. Army Combat Readiness/Safety Center

Veterans Day has long been held as a day to honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good. This year, the importance of this national holiday is particularly poignant as we prepare to observe our ninth consecutive Veterans Day as an Army at war.

During my many visits to our Soldiers around the globe, I have seen their deep

love of country and willingness to serve in everything they do. Whether manning a security check point in Iraq, flying an air assault in Afghanistan or organizing a fundraiser to benefit local toy drives, our 'Band of Brothers and Sisters' is doing the hard work in ways every citizen of our great country can take pride in.

As proud as I am of the hard work all our Soldiers, past and present, are doing on behalf of our nation, I know this important work cannot be done as successfully if even one member of our team is lost to a preventable accident.

Fiscal Year 2009 was a banner year for Army safety as accidental fatalities dropped to their lowest level since the terrorist attacks of Sept. 11, 2001, and I applaud each of you for your help in achieving this great milestone.

As we kicked off FY 2010, however, we have watched our team lose far too many Soldiers to preventable accidents.

As we pause to observe Veterans Day, to remember and honor those men and women who have sacrificed so we might enjoy the many freedoms of this great nation, I ask that each of you renew your

commitment to safety and risk management in everything you do. Remember, you have the power to make things safer in your corner of the world, and I encourage you to honor our veterans by doing your part to keep them safe and alive to celebrate another Veterans Day.

We at the U.S. Army Combat Readiness/Safety Center honor your service and thank you for the sacrifices you and your Families make every day. Have a safe and enjoyable Veterans Day.

Army Safe is Army Strong.

Commentary: Veterans Day is for ordinary people accomplishing the extraordinary

By
CLARENCE E. HILL
Special contributor

When then-Governor Ronald Reagan introduced returning Prisoner of War John McCain at a speaking engagement in 1974, the future president asked, "Where do we find such men?"

He was speaking of many veterans, when he answered, "We find them in our streets, in the office, the shops and the working places of our country and on the farms."

In other words, President Reagan was referring to ordinary people accomplishing extraordinary things. And it isn't just the men.

Army Spc. Monica Brown was still a teenager when she went on a routine patrol as a medic in Afghanistan in 2007. Caught under insurgent fire in Paktika Province, she and her platoon sergeant ran a few hundred yards toward a burning [high mobility multipurpose wheeled vehicle] HMMWV.

Dodging rounds by only inches, Brown helped pull injured Soldiers from the vehicle and rendered life-saving first aid. For her actions, she was awarded a Silver Star, the nation's third highest combat decoration.

When she enlisted at age 17, the native of Lake Jackson, Texas, had hopes of becoming an X-ray technician, but the Army convinced her that being a medic would offer her the greatest opportunity to help her fellow Soldiers. But to credit the Monica Browns and other brave heroes in our military with helping only their comrades is short-sighted. They are helping us. It is America, not America's military that al Qaeda and other terrorists have declared war on.

Fewer than 10 percent of Americans can claim the title "military veteran," and what a list of accomplishments can those 10 percent claim. From defeating Communism, Fascism and Imperialism, to keeping the peace during the Cold War and battling terrorism today, America owes a debt to her veterans that can

never be fully repaid.

Historians have said that President Dwight Eisenhower was prouder of being a Soldier than he was of being the president. While relatively few veterans reach the rank of general, pride in ones' military service is a bond shared by nearly all who have served.

The pride is on display on every obituary page in the country, where military service – regardless of how many decades have passed and subsequent achievements reached – is mentioned with the death notice of nearly every deceased veteran.

Can any CEO or distinguished Ivy League graduate truly claim to have more responsibility than the 20-year-old squad leader walking a patrol in Afghanistan or Iraq? While the successful real estate mogul may have sold hundreds of homes and raised a wonderful Family, what single accomplishment tops the decisive actions he took during the siege of Khe Sanh, which saved the lives of several of his fellow Marines?

As leader of the nation's largest veterans organization, it is my job to remember the brave men and women who have worn the uniform of the United States military. The Preamble to the Constitution of The American Legion calls on us to "preserve the memories and incidents of our associations in the Great Wars." But those who have not served, in fact, all Americans, should honor the patriots who have.

The American Legion, www.legion.org, supports our heroes through programs such as Heroes to Hometowns, Operation Comfort Warriors and ready-to-assist service officers. We support the Families of veterans through a Family Support Network, the American Legion Legacy Scholarship Fund and Temporary Financial Assistance, just to name a few of our programs.

We call on all Americans to thank veterans and let them know that their sacrifices are appreciated. Veterans Day is not

about sales at the local retail mall. It's about honoring our heroes.

While veterans are often ordinary people who accomplish extraordinary things, it is often an extraordinary Fam-

ily that supports the ordinary veteran. And it is the veterans that have given us this extraordinary country.

(Editor's note: Author is the American Legion national commander.)

Veterans Day events

LOWE'S OFFERS MILITARY DISCOUNT THROUGH NOV. 15

Lowe's, Inc.

Lowe's Companies, Inc. has announced it will offer all active, reserve, honorably discharged, and retired military personnel and their immediate Family members a 10 percent discount on in-store purchases made during the Veterans Day holiday through Nov. 15.

The discount is available on in-stock and special order purchases up to \$5,000 (maximum discount \$500). To qualify, individuals must present a valid military ID or other proof of service.

Excluded from the discount are sales via Lowe's.com, previous sales and purchases of services or gift cards. The offer is not redeemable for cash and is

nontransferable.

Lowe's has extended benefits for employees serving in the military and offers employment opportunities to military personnel after their service has ended. More than 12,000 Lowe's employees are veterans.

VETERANS DAY DANCE FRIDAY, NOVEMBER 13

American Legion Susquehanna Post 135, 300 Cherry Street, Perryville, will hold a Veterans Day Dance, 8 p.m. to midnight in the hall. Local band LIX will perform. Come out for an evening of relaxation, great music and dancing. Cost is \$5 donation per person. There will be a cash bar. Donations will support programs of the American Legion.

For more information, call 410-642-2771.

Show

From page 2

to remember the military who are serving in harms way.

"Pray for them and their Families," he said.

After the show many attendees said that they look forward to the show every year for performances and commented on the overall talent of the cast and crew.

"I like that they feature a variety of music and perform current and older songs," said Judith Moon who attended the show with her Family. "We attend every year."

Sergeant Dawn Florence, who is on this year's Soldier Show cast, said that she is grateful that she was able to have the chance to perform with her cast mates.

"We have a great cast this year," she said. "We put a lot of hard work into the show, but it is worth it in the end."

Sponsors

The 2009 U.S. Army Soldier Show is made possible through the generous support of I. A.M. STRONG, the Army's Prevention of Sexual Harassment and Sexual Assault Program and supporting sponsor, AT&T.

Picerne

From front page

signing event.

The Family housing privatization is part of the Residential Community Initiatives, which is an Army program that privatizes on-post housing in order to build and improve housing and the quality of life for military Families. For the next 50 years, Picerne Military Housing will be responsible for the construction, renovation, maintenance and management of APGs on-post housing.

Picerne Military Housing is Family owned and operated and has been building and managing residential communities for 85 years.

ARMY FAMILY COVENANT

SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS

Amanda's story: Escaping the clutches of domestic abuse

Story by
YVONNE JOHNSON
APG News

Courted and captivated, a young Cecil County girl, caught up in a whirlwind relationship, married a U.S. Army Soldier who seemed to be everything she wanted. Unfortunately, not all Soldiers embrace Army values, and before long, a fairy tale existence gave way to a brutal reality.

Her name is Amanda and this is her story.

Amanda's father was a career Army officer. She grew up a typical 'Army brat' moving from installation to installation throughout the United States and Germany.

Amanda said the transitory lifestyle made it difficult to develop strong relationships or emotional attachments to people or places. Although she adjusted to the lifestyle, in retrospect, she said it inhibited her in ways she didn't realize until later.

"The installations where we lived seemed to be designed to promote conformity and a strict adherence to military values," Amanda said. "Personal privacy seemed to be a foreign concept.

"My home life was characterized by a strong patriarchal authority, and frequent absences of my father. I eventually came to perceive these traits as normal," she said.

When she was 15 years old, Amanda's Family moved from Germany to Cecil County. For the first time in her life, she was exposed to a lifestyle not under the shadow of the military. The transition was not easy.

"I was having difficulty adjusting to civilian culture after having spent my childhood living on or around military installations," Amanda said. "I struggled to connect with my non-military peers. After graduation, and a time of uncertainty and confusion, I met a guy who I thought would be my knight in shining armor. I will refer to him as DV."

Amanda said the relationship moved swiftly. The young man overwhelmed her with declarations of love and his desire to spend the rest of his life with her. He wanted to get married and raise a Family right away, she said.

"The only problem was that



he had recently enlisted in the military and was scheduled to move out within a few months," she said. "He insisted upon us getting married before he flew to Germany. We had only been dating for three months but I didn't want to let him down by saying no. I also felt a strong connection to life in the military, despite the frequent moves and threats of loss in times of war."

Amanda agreed to DV's proposal and the couple married in the summer of 2005. She became pregnant soon after but lost the baby in her second trimester.

"I was absolutely devastated by the loss. I was neither physically nor emotionally prepared to try for another child but DV insisted we try again right away. I gave birth to our son less than a year later," she said.

Amanda became a young wife and mother living far from home under a military system that she had only experienced as a "military brat." This new perspective stunned her. Her parental responsibilities and her inability to make friends led to feelings of isolation. Insistent that she not socialize with other wives, her husband began spending less time with his Family and more time with his friends. Soon, a darker side of him began emerging, starting with verbal abuse that eventually escalated.

"Within the first few months, I realized that DV was far from the knight in shining armor I believed him to be," Amanda said. "Along with isolation from Family and friends, I experienced threats, intimidation, verbal and physical abuse, destruction of property, coercion and harassment. His behav-

ior became unpredictable and dangerous. Over time I started to think I was the problem, and I consciously tried to change my behavior so as not to upset him."

Amanda kept quiet for the sake of her son and enjoyed a short reprieve when DV deployed to Afghanistan with his military police unit. When he returned, however, he picked up where he'd left off.

"His abusive behavior got worse when he came back from Afghanistan," she said. "The physical abuse resumed to the point where I felt I was not in a marriage but on a roller coaster from hell. He spent the bulk of his paychecks on video games and alcohol which left little to no food for me and my son."

DV's most severe attack on Amanda occurred in the summer of 2007 while they still were in Germany. During a heated argument, she sensed his anger approaching a dangerous level and she tried to leave their military housing apartment.

"I could feel the tension building. I instinctively knew that I had to remove myself from the situation as quickly as possible. This only made him angrier. He grabbed me by my arm, threw me against the wall and started choking me," she said.

Amanda was left with multiple bruises and abrasions and badly shaken by the attack. DV left and Amanda called a friend to come get her and her son. Hours later, she contacted DV's first sergeant. She then began receiving conflicting reports from other sources as to her husband's whereabouts. The first sergeant said he'd call her back but never did. The mili-

tary police then showed up at the door, took her statement and photographed her bruises. Amanda went to the emergency room to be examined and before she left there, she learned that DV had been apprehended and then released after a couple of hours. Amanda said that that was all the disciplinary action he received. Because DV was assigned to the same MP unit that picked him up, Amanda suspects preferential treatment.

"That was his only punishment for this behavior," she said. "Due to concerns for our physical safety, the military police quickly arranged for my son and I to return to the states. This was the last time they advocated on my behalf. I've spent the last two years fighting not only for full custody of my son but for the military to hold DV accountable for his acts of violence. The abuse I suffered at his hands would be a felony under civilian law."

Amanda eventually returned to Cecil County with her son and has since been awarded full custody. She still is seeking to have charges brought against DV "on principle" and because she wants his actions on record should he show back up in her life again. DV is still on active duty, currently serving with his unit in Iraq.

"I am struggling to raise my son with absolutely no physical, emotional or financial support from his father. My heart breaks every time he cries out for his daddy. DV has moved on with his life as if nothing occurred. My life and my son's life, however, are forever altered. Because of this, I feel like it is my duty to speak out on behalf of myself, my son, and all other victims of domes-

tic violence," Amanda said.

She has found assistance through the Army Community Service Family Advocacy Program.

"Amanda's experience is a clear example of the dynamics involved in domestic violence situations," said Aida Rivera, ACS Family Advocacy Program manager. "Abusers charm victims, their Families and the system into a false sense of security. They target victims' insecurities, they say the right things, they isolate them and then they strike. Most of the time these abusers are good Soldiers, but behind closed doors it's a totally different story."

Rivera said that the Department of Defense has a strict policy on domestic violence: Zero Tolerance. She said that they have established guidelines for the implementation of a victim advocacy component designed to advocate on behalf of victims of domestic abuse. Advocacy services include safety planning, command, legal and court advocacy, emergency shelter placement, options counseling, information and referral, and other services as needed.

"Victims have rights," she said. "They first and foremost have the right to live free from harm and the threat of harm. Victim advocates are there to ensure these rights are observed and that command is on board to assist at victims' requests where needed."

It takes time for victims of abuse to step out and seek help. This is mainly due to the psychological aspects of the abuse and the fact that despite the battering, they love and need to believe in their abusers, Rivera said.

"No one goes into a relationship or marriage expecting their home, the place where they are supposed to feel the safest, to be a battle zone." "When it becomes that, victims need to know that they are not alone.

"If you or someone you know is a victim of domestic violence, help is available," Rivera said. "Contact the ACS Family Advocacy Program at 410-278-7478/2435, or the National Domestic Violence Hotline at 1-800-799-SAFE."

Housing Services Office offers support to the Army Family

ACS

Persistent economic problems are hammering the real estate market at military installations. Many people within the Army community, service members and their Families, along with Department of Defense civilian employees, are finding themselves unable to make monthly payments, rent homes or have loans where the appraised value of the house is less than the mortgage.

The Housing Services Office at Aberdeen Proving Ground can help with solutions, information, and provide assistance to Soldiers and Families in a housing crisis. Housing services specialists can provide assistance and guidance in finding available resources for homeowners as well as renters.

The following services are available:

- Army Housing Referral Network, www.ahrn.com - AHRN is an official Web site sponsored by DoD that offers listings of available housing in the area.
- Army Housing OneStop, <https://onestop.army.mil/> - This official Army Web site provides comprehensive information about Family housing, unaccompanied personnel housing and off post housing for Army installations worldwide.
- Local apartment guides with listings of authorized rental facilities in the local area.
- Liaison with local property managers, real estate agencies and other community agencies and organizations.



Additionally, a new benefit is available for Soldiers and their Family members that provides payment for a local move from leased or rented private housing due to foreclosure action against the landlord.

In a recent meeting of the APG Housing Market Crisis Team (the combined resources of Army Community Service, APG Housing Services Office and the Legal Office) Cecilia Howard, chief, APG Housing Services Office, expressed her concerns.

"We are in the middle of a housing crisis, and we recognize that military Families cannot generally choose when to move," Howard said. "The current housing situation continues to affect Soldiers who have purchased homes; those living in rentals; (those making) government-directed moves for permanent change of station and base realignment and closure relocations, but we are aggressively working programs to provide help, information and support during these challeng-

ing times."

The American Recovery and Reinvestment Act of 2009 has two such programs to assist people, including those affiliated with the military: the Homeowner's Assistance Program, or HAP, and the Making Home Affordable Program, or MHAP.

HAP is a DoD initiative with the Army as the executive agent and operated by the Corps of Engineers. Since 1966, HAP has assisted service members and civilian employees whose home values dropped because of BRAC announcements.

In February, President Barack Obama signed the American Recovery and Reinvestment Act of 2009, which contains funding of \$555 million. Additionally, ARRA authorizes the expansion of HAP to three homeowner groups to provide them partial reimbursement for home-sale losses. The groups are:

Warriors in Transition: Wounded service members relocating for treatment or medical retirement, and for surviving Family members of those who have died while on deployment.

BRAC05: Military and DoD civilian employees impacted by BRAC - without the need to prove whether the base closure or the general housing market decline caused the loss.

PCS: Normal permanent change of station moves, but only on a retroactive basis that covers moves that occurred from July 1, 2006, through Dec. 31, 2009.

The Recovery Act dramati-

cally expanded what once was a fairly small program, assisting Families forced to relocate due to base closures or normal assignment rotations. The other initiative boosted by the Recovery Act, the Making Home Affordable Program, might fill the gap for people who are affiliated with the military but are not eligible or do not qualify for HAP. MHAP helps homeowners with refinancing.

For more information on specific program criteria or to apply online if eligible, visit: www.myarmyonesource.com/SoldierandFamilyHousing/ for links to HAP and MHAP.

For more information on the installation, visit the Housing Services Office, located inside building 4305, second floor, room 258, Susquehanna Avenue or call 410-306-2002/2003. The fax number is 410-306-2019. The e-mail address is APGR-USAG-APGHousingOffice@conus.army.mil.

Eligibility requirements are outlined on the links below.

Information on the expanded housing program can be found at:

- <http://hap.usace.army.mil>
- www.defenselink.mil/recovery/
- www.whitehouse.gov/the_press_office/Vice-President-Biden-Announces-Expansion-of-Pentagon-Homeowners-Assistance-Program-Under-Recovery-Act/
- <http://myarmybenefits.us.army.mil>
- www.myarmyonesource.com



FAMILY AND MORALE, WELFARE & RECREATION

Activities/Events

FMWR Holiday Bazaar

FMWR will hold a Holiday Bazaar, 10 a.m. to 4 p.m. at the Aberdeen Area Recreation Center, building 3326.

- 6-by-6 space with table and two chairs, \$15
- 6-by-6 space with table, two chairs and electric outlet, \$20
- 8-by-8 space with table and two chairs, \$20
- 12-by-12 space with table and two chairs, \$25
- 6-by-6 entrance lobby space with table, two chairs and electric outlet, \$35
- 6-by-6 side lobby space with table, two chairs and electric outlet, \$30

For more information, call 410-278-4011, or visit www.apgmwr.com to complete Table Registration Form and make payment as indicated.

Volunteer today

Explore a new career, develop new skills, network with other professionals and create opportunities. Army Community Service has many opportunities and needs support for its various programs.

For more information, call Army Community Service, 410-278-2453.

Holiday Gift Wrap Program begins soon

Sign up today to volunteer with your organization or Family readiness group to make this upcoming holiday season even more special by donating some time to wrap gifts for our Soldiers, Families and civilians at the Army and Air Force Exchange.

Gift wrapping will start Nov. 28 and run through Christmas Eve Dec. 24.

The group's representative should attend a meeting with Wilfredo Cruz, Army Community Service volunteer coordinator, 1 p.m., Nov. 17, in the ACS Conference Room, building 2754.

For more information, contact Cruz, 410-278-2453.

Free dinner and a movie

Celebrate Military Family Month with Army Community Service. ACS will present a free dinner and a movie, 6 to 9:30 p.m., Nov. 18, at the Aberdeen Area Recreation Center, building 3326. "Ice Age: Dawn of the Dinosaur" will be shown.

This is a free ticketed event. Pick up tickets 8 a.m. to 5 p.m., Monday through Friday, at the Aberdeen Area ACS, building 2754. This event is open to all service members, Family members and civilians.

For more information, call 410-278-7572.

2009 White House ornament sale

FMWR Leisure Travel Services is selling the latest White House ornaments for \$16, but supplies are limited. The 2009 White House Christmas Ornament

Cooking on the EDGE!



Photo by RACHEL PONDER

Instructor Doug Tillman, a volunteer who works at Swan Creek Inn, shows students how to properly fold a cloth napkin during an EDGE! cooking class held at Top of the Bay. During the current EDGE! cooking class students are learning how to cook a variety of dishes as well as proper serving techniques. Students will cook and serve their parents during the last EDGE! cooking class Nov. 23. From left, Paige Reynolds, 13, Paul Miller, 17, Nicole Smith, 13, Jamie Colopietro, 14, and Sarah Richardson, 14.

is in honor of Grover Cleveland's 24th presidency, which was his second non-consecutive term. Cleveland was the only president elected for two non-consecutive terms in U.S. history.

The ornament is also in honor of the first Christmas that used electric lights in 1894.

For more information or to purchase, call FMWR Leisure Travel Services, 410-278-4011/4907, visit AA Recreation Center, building 3326, or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Leisure Travel Services available at EA Recreation Center

Limited services are available at Leisure Travel Services, 11 a.m. to 6 p.m., Wednesdays, at the EA Recreation Center, building E-4140.

For more information, visit or call 410-436-2713.

For full services, visit or call the APG Leisure Travel Office located in the AA Recreation Center, 410-278-4011 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Radio City Christmas Spectacular

See the Rockettes perform in the Radio City Christmas Spectacular at the 1st Mariner Arena, 201 West Baltimore Street, Baltimore. There will be two shows, 4 or 7 p.m., Dec. 17. Tickets cost \$76.75 for adults and \$67.75 for children ages 2 through 12. Children ages 2 and under do not need a ticket if seated on a parent's lap. All tickets must be pre-ordered. Tickets are limited and are available on a first-come first-serve basis. Seats are located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

For more information or to purchase tickets, visit FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

The Great Russian Nutcracker

The Lyric Opera House, located on 140 West Mount Royal Avenue, Baltimore, will present the Nutcracker, 7:30

p.m., Dec. 19 and 5 p.m., Dec. 20. Tickets cost \$70.50 for all ages and must be pre-ordered. Children under the age of 2 do not need a ticket if seated on a parent's lap. Tickets are limited and are available on a first-come, first-serve basis. Seating is located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

For more information or to purchase tickets, visit the FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Looking for a job?

Visit FMWR Jobs Available at www.apgmwr.com.

All jobs for Aberdeen Proving Ground are listed at <http://acpol.army.mil/employment/naf.htm> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail stacie.umbarger@conus.army.mil.

Driver's Ed

Driver's Education classes will be held Nov. 16 thru Dec. 2; and Dec. 7 thru Dec. 22 (There is no class on federal holidays). Classes will be held Monday thru Thursday, 2:30 to 5:45 p.m. and 6 to 9:15 p.m. Cost is \$315 per student.

All Drivers Education classes are conducted by Rules Driving School, Inc. Classes will be held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304.

Classes include 30 hours classroom instruction and 6 hours behind the wheel instruction.

The last day to register for class is one week prior to the first class. Students must

be between the ages of 15.9 and 18 years old. Parents must attend the first day of class. Open to all DoD ID card holders.

Prices subject to change without notice.

Free babysitting course

Become a certified babysitter after taking the free 4-H/Army Child, Youth and School Services babysitting class for ages 13 to 18.

The class will be held 9 a.m. to 3 p.m., Jan. 19, at the Aberdeen Area Child, Youth and School Services, building 2522. The objective is to familiarize participants with the responsibilities of babysitting.

Class is open to all DoD ID card holders.

Private piano lessons

SKIES Unlimited private piano lessons will be given for ages 4 thru 18, 3:30 to 6:30 p.m., on Tuesdays or Fridays, Jan. 5 through Feb. 12 (no class on Jan. 15) and Feb. 23 through April 2.

Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Parents choose which time frame session they want to sign-up for when they register their child.

Students will be responsible for purchasing the required books for the course as recommended by the instructor.

Private Voice Lessons

Ages 6 through 18 can register for private voice lessons, 3:30 to 7 p.m., Mondays, Jan. 5 through Feb. 2, at the Aberdeen Area Youth Center, building 2522.

No experience is necessary. Singing lessons cost \$96 per student and includes one 30-minute session per week for six weeks. Students are required to purchase books required for the course as recommended by the instructor.

Parents choose which time frame session they want to sign-up for when they register their child.

Private Flute Lessons

Private flute lessons for ages 8 through 18 will be held 3:30 to 7 p.m., Mondays, Jan. 5 through Feb. 2, at the Aberdeen Area Youth Center, building 2522.

Cost of the lessons is \$96 per student and includes one 30-minute session per week for six weeks.

Students must provide their own flute and also are required to purchase books required for the course as recommended by the instructor.

Books are a one-time purchase. Parents choose which time frame session they want to sign-up for when they register their child.

Youth Bowling League forming

The Youth Bowling League has openings for youths ages 18 months to 20. Youth leagues will bowl on Tuesdays and Thursdays during the day. No open bowling until 1 p.m. Evening leagues will bowl on Wednesdays, Thursdays and Fridays. There

is no open bowling on Thursday after 5 p.m. and no open bowling on Friday until after 9:30 p.m. On Wednesday, bowling lanes may be available on a first come/first serve basis. Call 410-278-4041.

Bazaar

From front page

A jazz trio and other local entertainment will also be in attendance to provide music for the event.

Earlene Allen, an FMWR special event coordinator who is organizing the event, said that the Holiday Bazaar will provide an enjoyable environment for members of APG to do some of their holiday shopping, and serves as an alternative to shopping in a crowded mall.

"This event will be a great time to pick up holiday gifts and purchase food

for special holiday dinners and parties," Allen said. "Please come out and browse."

The event will feature jewelry, handbag, wreath, ornament, and photography vendors as well as a baked goods vendor.

Vendor applications are still being accepted. Registration Forms are posted at apgmwr.com/events. Respond by Nov. 13. Set up begins 7 a.m., Nov. 19.

For more information and to register, visit the Leisure Travel Office, building 3326 or call 410-278-4011/4907.

Local entertainment acts who are interested in performing at the event can contact Allen at 410-278-3854.

November bowling specials

- Each Friday, 9:30 to 11 p.m., bowl for \$1.25 per game. Shoe rental costs \$2.
- Purchase a special from the snack bar and receive one free game.
- On Nov. 22 through 25, for anyone who bowls three strikes in a row (a turkey), that game is free.

- Anyone that bowls three turkeys in one game wins a gift certificate up to \$25 for a free turkey.
- Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza (toppings extra) and one pitcher of soda for \$32.

APG Bowling Center Snack Bar specials

Building 2342

The Bowling Center hours are 7 a.m. to 3 p.m., Monday and Tuesday; 7 a.m. to 10 p.m., Wednesday and Thursday; 7 a.m. to 11 p.m., Friday; 1 to 11 p.m., Saturday; and 1 to 6 p.m., Sunday.

Week of Nov. 9

Special #1: Hot turkey sandwich, French fries, cookie and regular soda for \$8.25.

Special #2: Two hot dogs, potato chips, cookie and regular soda for \$4.25.

Week of Nov. 16

Special #1: Chicken tender sub, french fries, cookie and regular soda for \$6.96.

Special #2: Pork BBQ, French fries, cookie and regular soda for \$5.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



Hallelujah Harvest brings fall Family fun to Main Post chapel

Story and photos by
RACHEL PONDER
APG News

Members of the Aberdeen Proving Ground community gathered for the 11th annual Hallelujah Harvest Celebration at the Main Post Chapel Oct. 31.

Gerri Merkel, director of Religious Education, organized the event with help from the members of the Protestant, Catholic and Gospel congregations.

"The Hallelujah Harvest offers an alternative to Halloween trick or treating," Merkel said. "The event offers a safe fun place for Families to bring their children."

Merkel added that part of the fun of the event was that participants were asked to dress up as Biblical characters or saints.

Master Sgt. John Wade, from the 22nd Chemical Battalion (Technical Escort), dressed up as one of the three wise men who attended the birth of Jesus.

"I am part of the APG Gospel congregation, and I attend every year to support this event," he said. "I like how all the congregations work together to offer this event to the community."

"This event has treats you can trust," added Wade's daughter, Kisha Wade.

Paul Miller, 17, who dressed up as Saint Michael the Archangel, said that the chance to dress up was one of the reasons he attended.

"I wanted to see everyone's costume tonight," he said. "I like dressing up. I chose to dress up as Saint Michael because he is a warrior."

Saint Michael the Archangel is the patron saint of police officers, emergency medical technicians and paramedics and is known for casting evil angels out of heaven.

Attendees participated in activities inside the fellowship hall, and outside the chapel. Some of the activities includ-



Paul Miller 17, plays bean bag toss while Pvt. Dakota Olson, a Company A 16th Ordnance Battalion Advanced Individual Training student, watches during the Ecumenical Hallelujah Harvest Nov. 12. Miller is dressed up as Saint Michael the Archangel.

ed face painting, bean bag toss, Bible Bingo and a cake walk. Attendees also dined on "kid-friendly" food like cotton candy, hot dogs and pizza. Everyone received a bag of candy when they left the event.

Cathy Davis who works for the Civilian Personnel Operations Center at APG said that she wanted to bring her son, Jamari Davis, 2, because of the safe, relaxed environment.

"My son doesn't like the scary activities of Halloween. I thought that he would enjoy this more than trick or treating," Davis said. "I think it is great that this event offers an alternative."

Cathy Davis' mother Dolly

Davis added that the event was also educational.

"I think the event is fantastic because it gives children a chance to learn more about the Bible from seeing church members dressed up as Biblical characters," she said. "They get to learn and have fun. I think all churches should do this for their children."

Another educational activity offered was tours of fire trucks by APG Directorate of Emergency Services personnel.

"We go to events on APG as a community outreach. We want to give attendees a chance to see our trucks, and talk to them about our equipment," said Matthew Cochran, an APG

firefighter. "We want children to get to know us and feel comfortable and safe if we ever have to come to their house."

Lamont Lee, 10, said that he was glad he had a chance to tour the fire truck.

"I liked seeing the equipment. It was my first time being inside a fire truck," he said.

Merkel said that she is grateful to everyone involved who helped make the event a success.

"I would like to thank all the volunteers who helped with the Ecumenical Hallelujah Harvest planning, shopping, food preparation and with the games. I would like to give special thanks to Sergeant Dave Rib-

ar, Main Post Chapel noncommissioned officer in charge, and six AIT [Advanced Individual Training] Soldiers who helped with the games.

I would also like to thank the twelve firefighters who brought the ambulance and fire trucks to show the children and Families. Thanks also to the parents who brought their children despite the rain."

The winners of the basketball toss were Careen Williams, first place; John Couch, second place; and Aman Lackdon, third place. Gwen Gazu won the guessing game for the amount of candy corn in a glass jar.

"Congratulations to all," Merkel said.



Danny Johnston, 2, plays a fishing game while Joyce Del Cruz, a chapel volunteer watches.



Desiree Edgerton, 1, shows off her angel costume.



Master Sgt. John Wade from the 22d Chemical Battalion, dressed as a wise man, poses with his daughter, Kisha, who dressed up as someone who would have lived during Biblical times.



Aberdeen Proving Ground firefighter Matthew Cochran, right, shows the Jaws of Life, a hydraulic rescue tool used by firefighters, to Aaron Kittok, 4, left; Staff Sgt. Joseph Kittok, 143rd Ordnance Battalion; and Joey Kittok, 9.

Chapel News

Commentary: Remembering the reason for Thanksgiving

By
**CHAP (CAPT)
JONATHAN K MORSE**
APG Chapel Ministry

As the stores are putting up their Christmas decorations and Santa is on sale at AAFES, it is good to remember the history of the first Thanksgiving.

The pilgrims had begun their journey full of hope and expectations for a new life of religious freedom in a warm and welcoming land - Virginia. Oops. Instead they landed at Plymouth Rock on Dec. 21, 1620, not the best time of year in Massachusetts.

Until they could build houses and establish themselves on the land, they made their home on board the tiny Mayflower, the vessel in which they had sailed. The men went ashore every morning to work, returning to the little ship at night. They built a "common house" to which the sick and dying were transferred, placed their four little cannons in a fort, which they built on a hill close by, built two rows of houses with a wide street between and finally landed their provisions. Then the whole company came ashore toward the last of March, and in April the Mayflower sailed away.

The winter was hard and bitter. For those of you who have been to Fort Drum N.Y., you

know what a cold and hard winter is like. These Pilgrims were not used to that weather.

At one time all but six or seven of the pilgrims were sick. Eighteen women denied themselves food so that their children could eat. Thirteen of them died. Half of the 102 pilgrims died of malnourishment, disease and exposure. Only about 30 of those who survived were over the age of 16. Those who died were buried in unmarked graves because the pilgrims did not want the natives to know how small their numbers had become.

In the spring they planted three crops; English Peas, barley and Indian corn. The peas were planted too late - though they came up beautifully, the hot sun parched the blossoms and the plants died.

One of the pilgrims described their barley crops as "indifferent." Apparently the barley was not worth harvesting either. Only the corn survived. Of course, not the corn we are used to with big, plump yellow kernels; this was "Indian Corn" with ears only two to three inches long and kernels of different colors. The pilgrims harvested only 20 acres. (Now you know where the custom of candy corn comes from.)

And to top it all off, a second shipload of 35 settlers

arrived without any provisions because they expected to live off the crops the first settlers had raised.

By the end of their second winter in Plymouth, food had to be rationed again: five kernels of corn for each person per day. (Now you know why those small little packages containing five pieces of candy corn are available.)

It was a hard life. In fact, some proposed a day of mourning to honor all those who had perished. But the others said no, a day of thanksgiving would be more appropriate. After all, even though half had died, half had not--reason to give thanks. Good for them.

As time went on, a day of national Thanksgiving was occasionally observed. In 1789, President George Washington declared in the flourishing verbiage of his day,

"Now, therefore, I do recommend and assign Thursday, the twenty-sixth day of November next, to be devoted by the people of these States to the service of that great and glorious Being, who is the Beneficent Author of all the good that was, that is, or that will be, that we may then all unite in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this coun-

try, previous to their becoming a nation, for the signal and manifold mercies, and the favorable interpositions of His providence, in the course and conclusion of the late war; for the great degree of tranquility, union, and plenty, which we have since enjoyed; for the peaceable and rational manner in which we have been enabled to establish constitutions of government for our safety and happiness, and particularly the national one now lately instituted; for the civil and religious liberty with which we are blessed, and the means we have of acquiring and diffusing useful knowledge; and, In general, for all the great and various favors, which He has been pleased to confer upon us."

For whatever reason, a Thanksgiving observance in our nation did not become an annual event until a most determined lady, Sarah Josepha Hale, the editor of a prominent magazine for women, the author of the poem we have all memorized, "Mary Had a Little Lamb," and a widow with five children, began a campaign in 1846. It took 17 years for her dream to be realized, but in 1863, in the midst of the most devastating war our nation has ever encountered, President Abraham Lincoln issued the following and as

you read it think about how far we have gone into a new concept of separation of church and state:

"...I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next as a day of thanksgiving and praise to our beneficent Father who dwelleth in the heavens. And I recommend to them that while offering up the ascriptions justly due to Him for such singular deliverances and blessings they do also, with humble penitence for our national perverseness and disobedience, commend to His tender care all those who have become widows, orphans, mourners, or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the interposition of the Almighty hand to heal the wounds of the nation and to restore it, as soon as may be consistent with the divine purposes to the full enjoyment of peace, harmony, tranquility, and union..."

Is that what you need to hear this Thanksgiving? Be thankful even in the midst of adversity. As the pilgrims did, look at the glass as half full rather than half empty.

Protestant Service hosts Marine Corps Sunday

APG Chapel Services

The Protestant Worship Service of the Aberdeen Area Chapel dedicated its Sunday morning worship to the members of the U.S. Marine Corps Detachment Nov. 1.

Master Sgt. Jason Parker led 60 of the detachment's Marines who conducted much of the service, reading Scripture lessons, ushering and collecting the offering.

Chaplain (Maj.) Young Kim, senior pastor, and Dr. Eugene Edgerton, congregation president, presented Parker

with a plaque honoring the detachment's service to the nation, and each Marine received a leather bound bible with a gold embroidered U.S. Marine Corps emblem.

Also, Kim presented an Installation Command Chaplain's Coin to Parker for his leadership and support of the Unit Sunday. A special luncheon followed the service.

The congregation will host the Free State Challenge Academy cadets during the next themed Sunday, 10:15 a.m., Dec. 6, at the Aberdeen Area Chapel.

Chapel Events

Family Advent Wreath Workshop

A Wreath Workshop will be held 5 to 8 p.m., Nov. 28 at the Post Chapel, building 2485. Come together as a Family and discover this traditional way of preparing for Christmas. Each Family will make their own wreaths.



The children will also have the opportunity to make ornaments for a Jesse Tree. Explanation of the wreath and the tree will be given.

Following the workshop, there will be a soup supper. It does not have to be homemade - but each Family should bring a crock pot full of soup to share. Participants may also bring bread for sharing.

For more information or to sign up, participants should see their pastor or Chaplain (Capt.) Jonathan K. Morse, 410-436-0187.

Pollution

From page 3

him. In urban areas, pet excrement is a known cause of water quality impairments. Excrement contributes nutrients and bacteria generally known as fecal coliform bacteria. Pet owners should pick up after their pet, place the waste into a plastic bag and deposit it into a sealed trash receptacle.

Ice, snow removal

Roadways and sidewalks are cleared of ice and snow and made safer by the application of road salts and sand. Salts lower the melting point of ice, allowing roadways to stay free of ice buildup during cold winters. Sand and gravel increase traction on the road, making travel safer. However, salts are very soluble when they come into contact with storm water. They can migrate into fresh water ecosystems impacting fish, corrode and damage exposed metal on bridges and cars, prematurely age asphalt and cement and affect ground water quality. Salt runoff and spray/splash can cause leaf scorch and browning several feet away from roads and sidewalks; such vegetation is a vital buffer between land and water.

The planting of salt tolerant native vegetation (e.g. high bush blueberry, bayberry, green ash, black locust, sycamore, sweet gum, pin oak, hemlock and bald cypress) in drainage swales can help to preserve this buffer.

Impacts can also be minimized by reducing the usage of sand or salt usage during the winter months, and using alternatives such as calcium chloride, magnesium chloride, and calcium magnesium acetate, which are equally (or more) effective and less harmful than salt, although more expensive. Salt storage piles should



"No dumping. Drains to Chesapeake Bay" signs are affixed to storm drain inlets through Aberdeen Proving Ground. Anyone who knows of any storm drain sign that needs to be replaced should call 410-278-2279.

be covered, any runoff should be directed away from storm drain inlets, and any salt spills cleaned up promptly.

Street sweeping to remove excess residual salts during spring snow melt can also minimize run off into surface water.

Winterizing vehicles

When winterizing a vehicle, take it to an authorized shop or dispose of the antifreeze at a designated drop-off site. Do not dispose antifreeze (or any other automotive fluids) into or near storm drains. Antifreeze and automotive fluids can be toxic and harmful to humans and the environment.

Residents living on APG can work on their vehicles at the Auto Crafts Shop. At the shop, fluids are recycled and spills are prevented from entering the storm drain system.

Do not wash vehicles near storm drain inlets; instead, wash salt and road grime off of vehicles at a local car wash where the water is often treated and reused.

Storm drain signs

Throughout post numerous "No Dumping: Drains to Chesapeake Bay" signs are affixed on storm drain inlets. The maintenance and replacement of such signs is an ongoing work effort. Anyone who knows of any storm drain signs that need to be replaced should contact Richard Wiggins of the Directorate of Public Works Environmental Compliance Branch, 410-306-2279.

Learn more

Find more information about the APG storm water program and what can be done to help reduce storm water pollution at www.apg.army.mil/apghome/sites/directorates/ecd/StormDrain/index.htm.

Training courses

The APG Environmental Compliance Branch offers classroom courses in storm water management for APG employees. The courses are offered in the ECB training room in the Aberdeen Area and are open to APG employees

who work in buildings with the potential to contaminate storm water. Contact an activity environmental coordinator or the storm water program manager at ECB to find out what buildings are affected, or if interested in attending further storm water training.

The ECB has also developed online Web-based training on storm water pollution prevention, which is available through the Army Learning Management System. The training features animated graphics and video with a final quiz to test skills.

The development of the on-line storm water training came about as a function of examining how APG delivered training. Listening to customer issues/concerns and making the appropriate changes, ECB developed a process consistent with Lean 6 Sigma principles. The 6 Sigma principles are a step wise quality process to improve product quality.

The previous APG model was centered on instructor led

classroom training which works for some but not all. The solution was the development of on-line training that provides APG personnel with the flexibility to complete the training at a time conducive to their work schedule.

After successfully completing the course, employees can print out a certificate to keep with his/her training records. Successfully completing the course counts as the required annual refresher training for APG employees.

Anyone interested in learning more about this subject, can log in to ALMS with their AKO username and password. To register for the APG Storm Water Refresher course, click on Advanced Search on the right side at the top of the screen, then enter APG in the course name field, and click on Search. After locating the course, click on register. After registration, launch the course. For more information, call the storm water program manager, at 410-306-2279.

FORT MONMOUTH HISTORY CORNER



World War II outpost laboratory operations

Story by
FLOYD HERTWECK
CECOM LCMC Staff Historian/APG

A major event on this country's road to World War II occurred 70 years ago when on Sept. 8, 1939, President Franklin D. Roosevelt declared a limited national emergency.

That increased the enlisted strengths of all armed forces and authorized retired officers, men and nurses to be recalled to active duty to the Navy and Marine Corps.

It would be a major turning point for the Signal Corps that would give way to unprecedented growth and expansion.

There are numerous accounts of Signal Corps activities located in Monmouth County, N.J., that was known as the "Fort Monmouth Sector." Lesser known is the fact that numerous training, laboratory and support facilities were located outside Monmouth County.

Outpost locations placed signal scientists in areas where they were needed. For example, scientists involved with vehicular radios would be located near vehicle manufacturers.

Bethlehem Field Office

The General Development Laboratory activated the "Bethlehem Field Office" in August 1942 in Bethlehem, Pa. It operated until August 1943. It was located at the Holland Furnace Company in "Plant No. 3."

"Plant No. 3" included three buildings with about 120,000 square feet of space. Railroad sidings for the Lehigh and New England Railroad ran inside the main building.

By the time the office was operational it would be renamed the "Bethlehem Field Section," and became part of the Toms River Signal Laboratory of Toms River. There were two major activities at Bethlehem, Project S-58 and raw quartz inspection.

Project S-58 involved the design and construction of Radio Sets SCR-696 and SCR 698.

The SCR-698 was a mobile broadcast transmission system used for propaganda purposes. The SCR-696 was the intercept unit for the SCR-698. This project employed approximately 50 people.

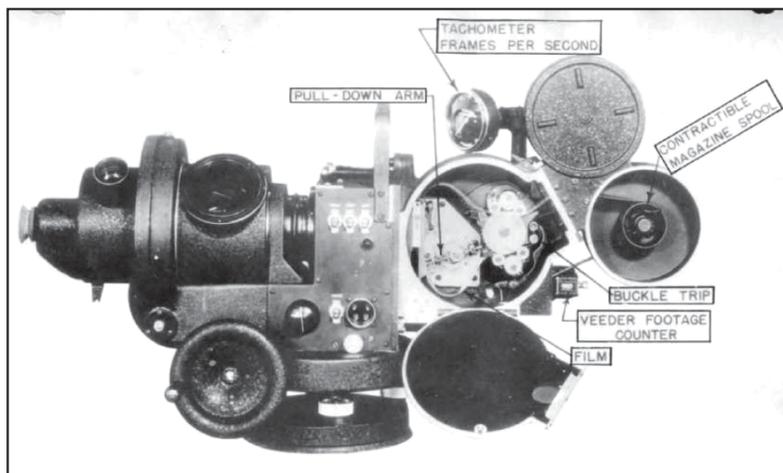
Formerly managed by the U.S. Bureau of Standards, the quartz examination project included two activities.

First was the examination of a backlog of raw quartz. The second activity included re-examination of a large quantity of quartz rejected by bureau inspectors. The project involved 119 people. Learning to inspect quartz included a three-week training program.

The program's primary purpose was to identify usable quartz crystals. Thin sections of quartz were a major component of oscillators. Oscillators controlled mechanical vibration and controlled the frequency of radio transmissions.

Quartz, vital to the war effort, was in short supply. The majority of the quartz at the time came from Brazil.

Other quartz-related projects took place. Bethlehem and sci-



Example of a World War II era Theodolite PH-BC-33 showing the camera mechanism. Photos courtesy of CECOM LCMC HISTORICAL OFFICE



Weather observers' shelter at Dugway Proving Ground, 1942.



Personnel located in Mobil Weather Station analyze weather data at Dugway Proving Ground, 1942

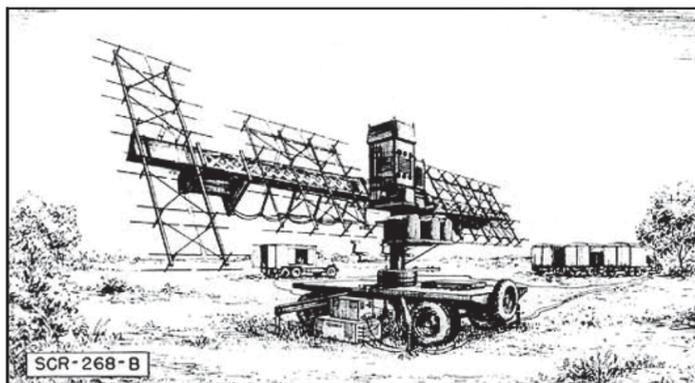


Illustration of the SCR-268B Radar Set used at the Florida Field Station for training.

entists at Lehigh University in Bethlehem also carried out experiments on smoky quartz. Workers also took field trips to nearby areas in search of suitable quartz.

In addition to those two major projects, this station was also involved in other special radio communication projects.

One of those programs included sound ranging experiments. Another included observation flights of meteorological balloons. Bethlehem was also involved with radio-relay communication systems using Radio Set AN/TRC-1.

Florida Field Station

The Florida Field Station was activated in March 1943. It was located in Clermont, Fla., on leased property. It consisted of one permanent building and a series of metal buildings.

The metal buildings came from the Signal Corps Area at Fort Hancock, N.J. Initially, temporary facilities were also located in various buildings in Clermont.

Clermont was also the headquarters of the Army Air Force. The station fulfilled two main purposes. First, it provided members of the Army Air Force with quick introductions to new signal equipment. Second, it introduced equipment modifications and improvement kits.

The Florida Field Station, when started, relied upon the administrative capabilities at Fort Monmouth. As the station grew, hiring focused on people from nearby communities.

Deactivation came in 1945 and the Army turned the facility over to the Air Corps.

Detroit Field Office

The Detroit Field Office was activated in February 1942. It performed liaison activities "with the Ordnance Department

and vehicle manufacturers." It also made available civilian radio technicians to manufacturing sites in Detroit. Deactivation came in 1945.

The installation was responsible for the design and development of radios in vehicles. It also handled preparations for radio installations, drawings, parts lists, suppression systems and generators.

Initially, the office relied upon Fort Monmouth for administrative services. That caused a burden on Fort Monmouth that included staff travel between locations. Eventually, local people filled the administrative positions.

By the fall of 1942, there were nearly 1,000 people employed at this location. In 1943, employment leveled off, and began to drop. Decreases came due to program realignments. Realignment included transfer of the "Field Installation" mission from Detroit to Philadelphia. Employment levels dropped to about 500.

The Detroit Field Laboratory included a number of leased buildings. Those included the Curtis Building, Harpers Garage, Weil Building, Goodrich Garage, Brown Barn, and the Walker Barn. The Weil Building was the administration building.

Goodrich Garage included a parking area. As noted in an era document, "Vehicles were acquired and drivers employed to provide transportation between buildings and to manufacturer's plants."

Other activities also took place at the installation. One example was developing a standardized method for suppression testing. Scientists in Detroit also developed inspection methods for filters, capacitors and other components. They also

designed and tested trailers, van bodies and shelters.

The Detroit facility also assumed responsibility for the Radio Noise Elimination Subsection. That group was located at Fort Monmouth.

There were no ready-made "noise meters" available. So, Radio Noise Elimination Subsection engineers redesigned existing equipment to use as noise meters.

A World War II report attests to the value of work by this subsection.

The report states "the finest radio equipment obtainable is valueless if the interference level from the ignition system and other components of the vehicle is so high as to make reception unintelligible, or if the equipment is not installed in such a manner that it will operate properly."

Dugway Field Section

The Dugway Field Section was located at the Dugway Proving Ground in Utah. Operations began there in April 1942.

The field station had one purpose: to carry out "Project 743A." That project involved determining weather effects on droplets of chemical agents released from high altitudes.

As organized, the proving ground's commanding general was responsible for coordination of the project.

Project 743A partners included the Air Corps, the Chemical Warfare Service and the Signal Corps. The Signal Corps was responsible for developing techniques used to determine wind effects.

Another responsibility of signal scientists included determining other "pertinent meteorological factors above distant target areas."

An example of their work included determining the distance a droplet of a chemical agent would "miss the center of a target when sprayed from 20,000 feet."

Preliminary work with Project 743A took place at the Eatontown Signal Laboratory. Early work at Eatontown included meetings and conferences.

Preliminary testing for Project 743A took place at Edgewood Arsenal in February 1942. The work involved developing a technique to track a plane in flight with standard balloon "theodolites."

A theodolite measures horizontal and vertical angles used to determine locations. The test at Edgewood was unsuccessful and the theodolite was returned to Fort Monmouth for modification.

To support this project, the Eatontown Signal Laboratory constructed a complete mobile weather unit.

Signal Corps personnel were also present at Dugway for the installation of a weather teletype. They also installed radio station WVCH for communications during the project.

The project was completed in 1943. Upon project completion, Signal Corps personnel trained chemical warfare personnel to operate the equipment. They then turned the project over to the Chemical Warfare Service.

The widespread expansion of the Signal Laboratories headquartered at Fort Monmouth during World War II was not confined to Monmouth County.

Even 70 years ago there was a sense of "life-cycle" management that drove the laboratory administrators and the predecessors in the workforce to expand their operations well beyond the confines of New Jersey.

Benefits

From front page

Plans reducing servicing areas

Delaware: Coventry Health Care will no longer serve Delaware, codes 2J, LK. Employees must select a new plan if they wish to retain FEHB coverage in 2010.

Plans reducing servicing areas – enrollees will have to travel for care if they wish to remain in plan

Pennsylvania: Aetna Open Access, code P3

Virginia: MD IPA, code JP

Plans dropping coverage options

Pennsylvania: HealthAmerica; codes SW, PN

Plans expanding service areas – new servicing counties added

Virginia: Aetna Health Fund, Optima Health Plan

Family

From front page

comes from the strength of their Families, and sustaining Soldiers is critical to sustaining an all-volunteer force.

Through the commitments represented by the Army Family Covenant, the Army will continue to standardize and fund existing Family programs and services, increase accessibility and quality of health care, improve Soldier and Family housing, increase excellence in schools, youth services and child care, expand education and employment opportunities for Family

members and continue to provide Families a strong, supportive environment where they can thrive.

Why is it important to the Army?

Army Families are important as the strength of Soldiers comes from the strength of their Families. They are a vital connection between Soldiers and the Army's ability to remain strong. All Army Families, active, Guard, Reserve, veterans and retirees are giving back in this time of need.

With thousands of Soldiers deployed, recognizing the daily sacrifices made by Army Families has never been more important.

Justice

From front page

His joint service experience includes a two-year assignment at the Sixth Allied Tactical Air Force as chief, Project Management for Command and Control Systems. During this assignment, he participated in Operation Desert Storm, as part of the North Atlantic Treaty Organization. During Operation Iraqi Freedom, he served as commander of the Information Management Task Force in Kuwait and Iraq.

Justice, a graduate of the U.S. Naval War College, has a bachelor's degree in his-

tory from the University of Maryland, a master's degree in institutional management from Pepperdine University and a master's degree in international relations from Salve Regina College.

His awards and decorations include the Legion of Merit with two oak leaf clusters, the Bronze Star Medal, the Defense Meritorious Service Medal, the Meritorious Service Medal with three oak leaf clusters, the Army Commendation medal with one oak leaf cluster, the Army Achievement Medal and the Army Staff Identification Badge. Justice was inducted into the 2009 Officer Candidate School Hall of Fame at Fort Benning, Ga.

BOSS HAUNTED HOUSE GIVES APG SPOOKY ENTERTAINMENT

Story and photos by
RACHEL PONDER
APG News

The Aberdeen Area Youth Center was turned into a haunted house Oct. 24 and Oct. 25 to raise money for the Aberdeen Proving Ground Better Opportunities for Single Soldiers program.

BOSS holds the fundraiser each year to raise funds for trips for single and unaccompanied Soldiers, also known as "geographical bachelors." BOSS also frequently participates in community service projects.

"One of the goals of the BOSS program is to get the single Soldiers out the barracks and to have some fun," said Spc. Sharia Leal, the vice president of BOSS.

Leal said that BOSS wanted to make the event fun for the whole Family. Many attendees and BOSS members wore costumes in keeping with the theme of the event.

"I thought the haunted house was fun and scary, especially the creepy clown," said Amber Crowell, 14.

"I thought it was funny when my friend screamed," added Crowell's friend, Sabrina Creel, 13.

In addition to having the haunted house, the gymnasium had Halloween-themed games and activities for attendees, like face painting, magic show and bean bag toss.

During one activity attendees were asked to put their hand in a bucket and to keep a straight face for five seconds. In the bucket, food was used to represent "gross" items like cat brains, dog livers and a cow bladders.

Another popular activity gave participants an opportunity to put a pie in the face of a willing volunteer.

Lieutenant Col. Mark Ireland, commander of the Kirk U.S. Army Health Clinic who volunteered for the pie in the face activity, said that he was happy to support the Soldiers.

"It is all about supporting the Soldiers," he said. "BOSS gives the Soldiers a chance to engage in positive activities. The BOSS program also supports our community by having events like these."

Ireland's daughter, Emma Ireland, 9, said that she enjoyed being able to throw a pie in her father's face.

"I would do it a thousand times if I



Private James Jackson of the U.S. Army Center for Health Promotion and Preventive Medicine, left, laughs as Emma Ireland, 9, center, throws a pie in the face of her father, Lt. Col. Mark Ireland commander of the Kirk U.S. Army Health Clinic who volunteered for the pie in the face activity, during the Better Opportunities for Single Soldiers Haunted House fundraiser that was held at the Aberdeen Area Youth Center Oct. 24 and 25.

could," she said. Another activity that all ages enjoyed was seeing magic tricks by Bernardo Rodriguez, 16, who performed card and coin tricks at the event. Rodriguez is the son of retired Command Sgt. Maj. Pedro Rodriguez.

"I thought his card tricks were really on point," said Pfc. William Spencer who works for the 143rd Ordnance Battalion. "I think he is talented."

Rodriguez said that he has been doing magic tricks for six years and does magic tricks for parties.

"I wanted to learn how to do magic after seeing David Blaine and Chris Angel," he said.

For more information contact Rodriguez at Bernardorodriguezmagic@gmail.com

Leal said that she appreciates the support that the APG community provided for the event, including the Advanced Individual Training Soldiers who helped by manning the activity booths.

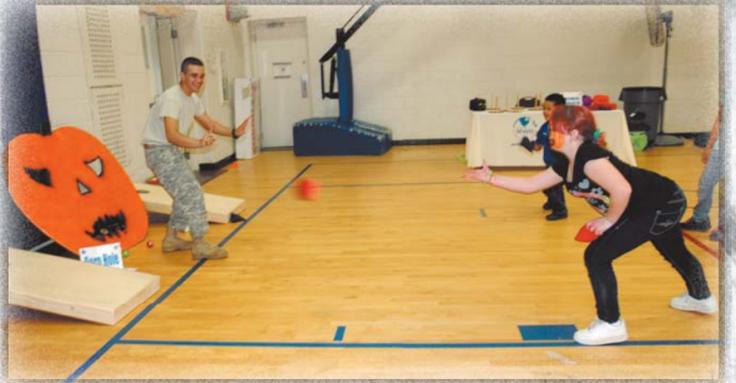
For more information about the BOSS program, including upcoming trips, call Leal, 410-436-8587, or e-mail her at sharia.leal@us.army.mil.



Private Robert Ruttle from the 143rd Ordnance Battalion, right, looks on as John Kilby 4, searches through a bucket of "gross" items for a prize.



Bernardo Rodriguez, left, performs magic tricks for Pvt. John Torres of the U.S. Army Center for Health Promotion and Preventive Medicine; Pfc. William Spencer of the 143rd Ordnance Battalion and youths Brooke Shaw, 10, and Xavier Mason, 4.



Amber Crowell, 14, forefront, and Xavier Mason, 4, rear, play the bean bag toss game while Pfc. Anthony Amezola, 143rd Ordnance Battalion, left, watches.



Grace Babbington who dressed up as "Alex" from the Disney Channel's Wizards of Waverly Place looks at her face painting by Pfc. Amanda Rose, CHPPM BOSS Representative



Specialist Mathew Beach, from the 61st Ordnance Brigade plays a scary character for the BOSS haunted house.