

APG News

www.apgnews.apg.army.mil

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

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Post Shorts

Blood drive scheduled Sept. 30

The APG Garrison will sponsor an Armed Services Blood Drive noon to 4 p.m. at the Aberdeen Area Recreation Center, building 3326. For more information, contact HHC USAG at IMNEAP-GHH@conus.army.mil or call 410-278-3000.

To sign up, or to view appointment times, visit the Web site <https://www.militarylifeforce.com>

RAB meeting Sept. 30

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Sept. 30, at the Aberdeen Senior Center, 7 Franklin Street, Aberdeen. The topic of the meeting will be an update on Lauderick Creek (cluster 5 soils), Bush River and Military Munitions Response Program. Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

EMS Training

Garrison DPW Environmental Division will host Environmental Management System Training 10 to 10:30 a.m. in building E5771, Oct. 4. To reserve a seat, contact Barbara Seker, barbara.seker@us.army.mil, 410-436-9239.

Oct. 4 Lights On Against Domestic Violence

On Monday, Oct. 4, the community is invited to drive with their headlights on to remember domestic violence victims. Domestic Violence Awareness Month begins Oct. 1 and Aberdeen Proving Ground will

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Commentary: It takes strength to ask for help

Commentary: Basic Suicide Awareness, Use the ACE card

Suicide Prevention: Warning signs and risk factors

'Tribute to Troops' showcases APG talent



Photo by RACHEL PONDER

Jim Rapposelli, as Elwood, far left, and Trevor Biggers as Jake, far right, perform the song "Soul Man" as the Blues Brothers during the "Tribute to the Troops" variety show at the Aberdeen Area Recreation Center Sept. 24, as Sean Jamison, left, and Kirby Kelbough portray two Soldiers recalling their favorite music from back home. See next week's issue of the APG News for coverage on "Tribute to the Troops."

SJA annual Freedom Walk remembers the fallen and celebrates freedom

Story and photo by
RACHEL PONDER
APG News

Students, parents and service members participated in the St. Joan of Arc School's fifth annual Freedom Walk, held at Festival Park in Aberdeen, Sept. 10. The event remembers the victims of 9-11 and public servants who continue to protect the nation.

The event started with a four block walk from St. Joan of Arc School to Festival Park. Students, faculty and staff were joined by Soldiers, Family members and guests of the Joint Personal Effects Depot which has a partnership with the school.

"This event is a celebration of our freedom and a thank you to all those men and women

See WALK, page 16



Maj. Robert Moore, 20th Support Command, speaks to the audience about education being one of "the key to freedom," during the St. Joan of Arc School's fifth annual Freedom Walk, held at Festival Park in Aberdeen, Sept. 10. The event remembers the victims of 9-11 and public servants who continue to protect the nation.

General Dynamics opens new facility in GATE office complex

Story and photo by
YVONNE JOHNSON
APG News

General Dynamics C4 Systems officially opened its new field office in the Government and Technology Enterprise, GATE, office complex at Aberdeen Proving Ground during a ribbon-cutting ceremony Sept. 17.

The office, a business unit of the General Dynamics Company, relocated to Aberdeen Proving Ground from Fort Monmouth, N.J., and specializes in integrating command, control, communications, computers, intelligence and reconnaissance, C4ISR, technologies, products and systems. It supports the Army Team C4ISR and is responsible for several key communications programs, including Warfighter Information Network-Tactical, WIN-T, broadband wireless tactical networking system; the Joint Tactical Radio System program; and the Common Hardware/Software-3, CHS-3, program, which enables military users to access the latest commercial computer and networking advancements.

Larry Rhue, General Dynamics C4 Systems senior vice-president of Strategic Development, hosted the ceremony and introduced Ed Carnes, director of C4 Systems, who will run the office.

Rhue welcomed the program guests who includ-

ed Maj. Gen. Nick G. Justice, commander of APG and the U.S. Army Research, Development and Engineering Command; Col. Orlando W. Ortiz, APG Garrison and deputy installation commander; Garrison Command Sgt. Maj. Rodney Rhoades; Ed Thomas, deputy to the commander, CECOM Life Cycle Management Command; Bill Sverapa, from the Program Executive Office, Command, Control Communications - Tactical, PEO C3T, and chief of staff Mary Woods; Al Cunniff, director of marketing, St. John Properties; and Maryland Congressman C.A. Dutch Ruppersberger.

"As military modernization moves ahead, we will go wherever the Army goes to ensure we are supporting Army Team C4ISR to the best of our ability," Rhue said.

Chris Marzilli, president of C4 Systems, said that the General Dynamics partnership with the Army "keeps getting better."

"We're very fortunate to have an illustrious portfolio in bringing service to the Warfighter," he said, "and this facility is just one example of that investment."

"It's all about giving our Soldiers multiple advantages against a stubborn adversary."

After the ceremony, guests toured the new facility, a 10,000 square foot single-story office building located on Guardian Gateway.



Mike Amster, business development manager, right, explains the JTRS HMS system to Col. Orlando W. Ortiz, APG Garrison and deputy installation commander, left, during a tour of the General Dynamics C4 Systems office in the Government and Technology Enterprise, GATE, complex after a ribbon-cutting ceremony for the new facility Sept. 17.

Picerne Military Housing moving forward with site construction for new homes

Story by
MEAGAN MURRAY
Picerne Military Housing

Picerne Military Housing will break ground to make way for 210 new homes at Aberdeen Proving Ground during a ceremony 11 a.m., Sep. 30 at Garden Drive and Chesapeake Boulevard.

This occasion marks the beginning of site development and construction in the Bayside neighborhood.

The area where the homes will be built will eventually house junior and senior noncommissioned officers and commissioned company grade officers.

"This ground breaking marks the beginning of many exciting changes for Families at Aberdeen Proving Ground. Picerne Military Housing is committed to making a positive difference in the quality of life for service members and their Families on post," said Greg Cannito, Picerne Military Housing program director.

Picerne Military Housing assumed all maintenance and management operations for APG's homes in December 2009 and falls under the Army's Residential Communities Initiative (RCI) Program. Since assuming operations, Picerne has completed more than 2,500 work orders and 177 minor home renovations.

For more information about Picerne Military Housing, call 410-305-1076 or visit www.picernemilitary-housing.com.

ECBC graduates second MUSIP Class

ECBC

The U.S. Army Edgewood Chemical Biological Center graduated the second group of summer interns to participate in the 10-week Minority Undergraduate Student Internship Program (MUSIP).

ECBC partnered with the Oak Ridge Institute of Science and Education (ORISE) and the U.S. Army Research Development and Engineering Command's Minority College Relations Program (MCRP) to present the MUSIP program which provides undergraduate students with the opportunity to work with top scientists and engineers on challenging research projects in support of the nation's defense.

"Now in its second year, MUSIP has already yielded excellent results," said MUSIP coordinator Debbie Buckless. "With twenty-five percent of last year's participants returning and another twenty-five percent finding employment with ECBC, we believe that both the students and the center have realized a great opportunity."

In support of the center's ongoing goal to strengthen its workforce, promote diversity and encourage students to pursue careers in science and engineering, MUSIP offered 10 undergraduate students the opportunity to enhance their education by working on real-world science, technology and engineering research projects alongside ECBC's top scientists and engineers.

An ECBC employee mentored each student throughout their internship. The program activities included a tour of the Pentagon, Myers-Briggs Type Indicator assessment training, brown bag luncheons, a coffee with the technical director, a windshield tour of ECBC and a specialized research project.

"I truly enjoyed spending time with my MUSIP colleagues during lunches [and]



Photo by LISA SPATARO, ECBC

Michelle Goddard, an Edgewood Chemical Biological Center chemical engineer, left, looks on as Mahlon Monsanto, an ECBC technician, center, instructs Minority Undergraduate Student Internship Program intern Donterrius Etheridge during the 'Introduction to Protective Masks and Fielding' session.

other organized events, but everyday was a new and exciting experience with my mentor Chika Nzelibe and the Advanced Design and Manufacturing team," said Morgan State University junior Michael Bennett Jr. "When I showed up on the first day in a suit and tie and was told that I should come the next day in boots and a T-shirt, I knew I made a good decision with this internship."

"In addition to working on the Chem-

ical Air Monitoring Suite fabrication and installation plan, I was asked to present my findings at the project's Critical Design Review," added Nzelibe. "This allowed me to see the heavy-lifting and deep-thinking aspects of the work that is done here at Edgewood."

The summer program was first conceived in 2008 by ECBC's Diversity Advisory Committee and Workforce Management Office, and later staffed by

ORISE for the inaugural session in 2009. This year, the RDECOM MCRP assisted ECBC in enlisting two new students from local historically black colleges and universities.

"The MCRP mission is to develop and administer aggressive outreach strategies that promote mutually beneficial collaborative partnerships and relationships with historically black colleges and universities, tribal colleges and universities, and Hispanic serving institutions," said Neslie Etheridge RDECOM MCRP manager. "By partnering with such institutions we aim to enhance Army programs and future readiness by recruiting a highly-skilled workforce from local and national minority institutions."

The program concluded with a graduation ceremony that celebrated the students' hard work and highlighted their accomplishments during the summer-long internship. During the ceremony, many of the students expressed enthusiasm for working in an organization that supports the Warfighter and the nation.

"I have always wanted to work for the federal government," said Morgan State University junior Richard Negri. "And doing this internship has shown me how many people it takes to keep our Soldiers and homeland safe. I am thrilled that ECBC and the MCRP have given me this opportunity."

After the graduation ceremony, MUSIP participants hosted a casual poster presentation session during which they discussed and highlighted their research projects with help from their ECBC mentors.

Aiming to build on the success of this second MUSIP session, ECBC is already preparing for a summer 2011 session.

For more information about ECBC, visit <http://www.ecbc.army.mil>.

ECBC secures new SMART students, future STEM workforce

Sponsoring two new SMART scholars this year, the Center continues to build a highly qualified and skilled science, technology, engineering and mathematics (STEM) workforce

Story by
JENNIFER CARROLL
ECBC

Looking to meet their most recent SMART student selections, members of the U.S. Army Edgewood Chemical Biological Center (ECBC) recently participated in the 2010 Science, Mathematics and Research for Transformation (SMART) Scholarship Orientation

in Monterey, Calif.

SMART — a Department of Defense workforce development program and part of the National Defense Education Program — awarded almost 300 scholarships to the incoming 2010 cohort. Some of the nation's best and brightest STEM students receive full tuition costs for their undergraduate, graduate or post-graduate degree, cash awards,

book allowance, health insurance, paid summer internships, experienced mentors as well as post-graduation employment in DoD laboratories.

During the SMART Scholarship Orientation, sponsoring DoD facilities and participants collectively met in one place to establish strong relationships with each other and exchange their experiences and thoughts on the SMART process.

"The SMART scholarship is not the typical scholarship, it is a journey," said Jeffrey Singleton, deputy director for Research in the Office of the Assistant Secretary of the Army. "We'd like to get to know you and for you to get to know each other. We care about what happens to you afterwards."

Securing 112 participants, the Army was the leading military service in the number of SMART student selections this year. ECBC secured Kyle Ford, mechanical engineering graduate student from Oklahoma State University, and Matthew Lux, biosciences Ph.D. student from Virginia Polytechnic Institute and State University.

Engaging in many conversations with his mentee Ford throughout the five-day

event, ECBC Mechanical Engineer Richard Wallace addressed the nature of Advanced Design and Manufacturing (ADM) projects at ECBC and described his team's fast-paced working environment.

"We are all very passionate about our mission of providing the warfighter and homeland with high quality, rapid response solutions the best we can," Wallace said. "I embrace the opportunity to serve as a mentor to one of our incoming SMART students. I think Kyle will be a great fit and valuable addition to our team."

Likewise, Ford expressed his enthusiasm about starting his SMART journey and contributing to ECBC's cutting-edge technology solutions. The first step towards immersing himself into the ECBC culture was bonding with his mentor Wallace, SMART student Lux, ECBC Community and Educational Outreach Program Manager Mary Doak, ECBC Research Biologist Vipin Rastogi, Ph.D. and ECBC Research Biologist Lalena Wallace.

"I am very grateful that ECBC selected me as future employee in its ADM team," Ford said. "My mentor

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APG News

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

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POW/MIA Recognition Day observed in September

DPMO

Just days before the annual POW/MIA Recognition Day observances across the country, the Defense Prisoner of War/Missing Personnel Office (DPMO) released an announcement declaring the identification of the remains of an American service member from World War II.

In a news release dated Sept. 13, 2010, DPMO announced that the remains of a U.S. serviceman, missing in action from World War II, have been identified and will be returned to his family for burial with full military honors.

He is 2nd Lt. Robert R. Bishop, U.S. Army Air Forces, of Joliet, Ill. He will be buried in Rockford, Ill. Sept. 18.

On April 29, 1944, Bishop was aboard a B-24J Liberator with nine other crewmen. They failed to return following a bombing mission over Berlin. German documents captured after the war established the aircraft had crashed near the town of East Meitze, Germany, north of Hannover. German forces removed the remains of three crewmen from the site and buried them in a cemetery in Hannover.

In 1946, The U.S. Army's Graves Registration Command located the remains of the men buried in Hannover and reburied them at the U.S. Military Cemetery at Neuville-en-Condroz, Belgium, after confirming the identities of two of the three.

In 2003, a German citizen began excavating the East Meitze crash site and turned over human remains to U.S. officials. A Joint POW/MIA Accounting Command team traveled to excavate the crash site in 2005 and 2007, recovering additional remains and crew-related equipment; including identification tags for Bishop and three other crew members.

Among other forensic identification tools and circumstantial evidence, scientists from the Joint Prisoners of War/Missing in Action Accounting Command, JPAC, and the Armed Forces DNA Identification Laboratory used mitochondrial DNA – which matched that of Bishop's nephew -- in the identification of his remains.

Of the 16 million Americans who served in World War II more than 400,000 were lost. At the end of the war, the U.S. government was unable to recover, identify and bury 79,000 as known persons. Today, more than 72,000 Americans remain unaccounted-for from the conflict.

For additional information on the Department of Defense mission to account for missing Americans, visit the DPMO Web site at <http://www.dtic.mil/dpmo> or call (703) 699-1169.

National POW/MIA Recognition Day

Observances of National POW/MIA Recognition Day were held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities Sept. 17. This year's theme is "Until Every Story Ends."

National POW/MIA Recognition Day is traditionally observed each year on the third Friday in September. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.

The POW/MIA flag is flown at major military installations, national cemeteries, post offices, VA medical facilities, the World War II Memorial, Korean War Veterans Memorial, the Vietnam Veterans Memorial, the official offices of the secretaries of state, defense and veterans affairs, the director of the selective service system and



Photo by R. D. WARD, DOD

The Stars and Stripes are joined on the Pentagon flag pole by the POW/MIA flag in observance of National POW/MIA Recognition Day, Sept. 17.

the White House.

Each year the President issues a proclamation commemorating the observances and reminding the nation of those Americans who have sacrificed so much for their country. The 2010 proclamation signed by President Barack Obama reads in part,

"Until every story ends" is a solemn promise to those who wear the uniform of the United States that they will never be left behind or forgotten. On National POW/MIA Recognition Day, we pay tribute to the American men and women who never returned home from combat, to those who faced unthinkable suffering as prisoners of war in distant lands, and to all service members who have defended American lives and liberties with unwavering devotion. As a grateful Nation, we can never repay the profound debt to our heroes, and we will not rest until we have accounted for the missing members of our Armed Forces.

History of POW/MIA flag

In 1971, Mrs. Michael Hoff, an MIA wife and member of the National League of Families, recognized the need for a symbol for American prisoners of war and missing in action.

Prompted by an article in the Jackson-

ville, Fla. Times-Union, she contacted Norman Rivkees, Vice President of Annin & Company which had made a banner for the newest member of the United Nations, the People's Republic of China, as a part of their policy to provide flags to all United Nations members states. Rivkees was very sympathetic to the POW/MIA issue, and he, along with Annin's advertising agency, designed a flag to represent the nation's missing men. After

league approval, the flags were manufactured for distribution.

On March 9, 1989, an official league flag, which flew over the White House on National POW/MIA Recognition Day in 1988, was installed in the U.S. Capitol Rotunda as a result of legislation passed overwhelmingly during the 100th Congress. In a demonstration of bipartisan Congressional support, the leadership of both Houses hosted the installation ceremony.

The League's POW/MIA flag is the only flag ever displayed in the U.S. Capitol Rotunda where it will stand as a powerful symbol of national commitment to America's POW/MIAs until the fullest possible accounting has been achieved for U.S. personnel still missing and unaccounted for from the Vietnam War.

On August 10, 1990, the 101st Congress passed U.S. Public Law 101-355, which recognized the League's POW/MIA flag and designated it "as the symbol of our Nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia, thus ending the uncertainty for their Families and the Nation."

The importance of the League's POW/MIA flag lies in its continued visibility, a constant reminder of the plight of America's POW/MIAs. Other than "Old Glory," the league's POW/MIA flag is the only flag ever to fly over the White House, having been displayed in this place of honor on National POW/MIA Recognition Day since 1982.



From left: EDGE! teens Edward Sheu, Cassandra Lujan, Mike Scales, Zavia Hayes, Tori Mitchenor and Addie Cannizzairo, program instructor, play an improvisational game during acting and theater instruction at the AA Recreation Center.

EDGE! teens learn theater and acting techniques

Story and photos by
RACHEL PONDER
APG News

During the month of August, Aberdeen Proving Ground youths and teens, ages 11 to 18, were taught acting techniques at the Aberdeen Area Recreation Center. This program was part of an ongoing Child, Youth and School Services program called EDGE! EDGE stands for Experience, Develop, Grow and Excel and is open to youth and teens of APG service members, civilians and contractors. The EDGE! program is designed for youth and teens in grades 1 through 12 to learn new hobbies using Family and Morale, Welfare and Recreation and partner facilities.

"It is all about the children having fun and learning new activities," said Chuck Rose, FMWR Partnership Specialist with CYSS and the program lead. "Now that school is back in session, these programs provide a break from the routine, and can be a stress reliever."

Rose added that skills learned in the EDGE! Acting and Theater program can be used for other FMWR productions, like FMWR variety shows and the annual "APG's Got Talent Showcase."

Teens in the program learned different acting techniques, like learning how to properly breathe and announce, and



Cassandra Lujan, left, 14, and Addie Cannizzairo, right, program instructor perform a scene from a one act play called "Fourteen."

participated in improvisation games.

The teens also worked together to put on a one act play, called "Fourteen" for Family members and friends.

Addie Cannizzairo, a CYSS summer program associate and theater student at Harford Community College served as the instructor for the program.

"Improv games are important when studying theater. It gets the students to think on their feet, which you have to do often when you are on stage," she said. "I think that drama provides a good outlet for teens, because it provides them a way to express themselves, and gives them a chance to break out of their shell, and build their confidence. It also teaches them teamwork, as they have to work together to put on a good show."

Tori Mitchenor, a high school sophomore, who recently moved to the area from New Jersey, said that she participated in the program as a way to build on her acting skills.

"I took acting classes in New Jersey and New York, and I want to continue acting here," Mitchenor said. "A new acting technique I learned here was stage combat fighting."

"I think that it is an awesome program," said Melinda Hayes, whose daughter Zavia Hayes, 11, participated in the program. "This is her first time to try the-

ater. The EDGE! program gives children and teens something to do and lets them explore different talents and capabilities."

About EDGE!

EDGE! is a free program for youth and teens ages 11-18. School-aged children, first through fifth grade, who are not regular users of CYS Services, will be charged a \$5 per hour fee.

Five to ten hours of free monthly School Aged Services Open Recreation can be applied towards participation in EDGE! programs when available to this group.

Rose said that one of the goals of the EDGE! program is to involve youth and Families who are not currently using FMWR facilities.

"We want to encourage youth who are not currently enrolled in FMWR programs to see what we have to offer by participating in this program," he said. "Those who are already participating are encouraged to tell their friends about the program."

"Sign your kids up now for lots of fun in the EDGE! program throughout the year," Rose said.

Look for announcements about the EDGE! program in the APG News and at www.apgmwr.com/family/youth_edge.html.



Sports

APG softball wrap-up



Photos by RACHEL PONDER

Darren Yuenging, swings at an incoming pitch as catcher Jamie Till looks on during the Aberdeen Area softball championship game between Team CACI and Team HRC ATSS Bombers Aug. 31.



HRC ATSS Bombers, winners of the Aberdeen Area softball championship, pose with the championship trophy.

Front row from left: Keith Campion, Jon Dephillips, Scott Ritz, Rio Hiatt, Tyler Thomas and Chris Frazier. Back row from left: Mike Langston, Ryan Kiely, Darren Yuenging, Dan Show, Dan Holderman, Ryan Ruisard, Chris Frazier.



Catcher Jessica Brockmeyer reacts as Chris Druyor hits one into left field during the Edgewood Area softball championship game between Team MRICD and ECBC's Team WHAM Sept. 2.



Edgewood Chemical Biological Center's Team WHAM, winners of the Edgewood Area softball championship, pose with the championship trophy.

Front row from left: John Loss, Mike Manthei, Jerry Pfarr, Melissa Mullan and Dick Hughes. Back row from left: Chris Druyor, Ed Parshley, Jim Harris, Jon Sabol, Adam Baker, Brandon Dusick, Jared Tucker, Bobby Loss, Isaac Fruchey, Billy Preston.

Community Action Council highlights upcoming events and post improvements

Story by
RACHEL PONDER
APG News

Members of the Aberdeen Proving Ground community gathered at the Aberdeen Area Chapel Sept. 15 for the Community Action Council meeting, previously known as the Well-Being Action Council meeting, to discuss upcoming events and post improvements.

Col. Orlando W. Ortiz, APG Garrison and deputy installation commander, and Marni Allison, Community Recreation Division chief, led the meeting. Allison reported on the due outs from previous meetings. To see due outs, go to www.apgmwr.com/events.html#wellbeing.

DPTMS

John Kearney, director of Plans, Training, Mobilization and Security said there will be a Communications-Electronic Command uncasing ceremony at the new Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance, or C4ISR campus at 1 p.m., Oct. 22. This ceremony signifies the official transfer of the CECOM headquarters from Fort Monmouth to APG.

The APG community is encouraged to check the calendar on the APG Web site, www.apg.army.mil/apghome/sites/local/ for upcoming events. Contact DPTMS director John Kearney, at 410-278-9320 to add information to the site.

AAFES

Debbie Armendariz, manager, APG Army and Air Force Exchange Service, said that Clothing Sales has been moved to the PX main store.

Commissary

Ann Morrison, representing the Commissary, reminded attendees that cookie, fruit, vegetable and sandwich trays can be made with 48 hours notice. Morrison said that the trays are great for parties and office gatherings. For more information call 410-278-3101.

KUSAHC

Perry announced that Kirk U.S. Army Health Clinic will be closed Oct 7 to 12 for electrical upgrades to the facility. There will be no medical or pharmacy services provided at KUSAHC during the power outage. Perry said that for medical services needed during this closure, please contact KUSAHC's Staff Duty Officer by calling 410-278-1725 or 443-807-0725. KUSAHC has made arrangements with the local community Urgent Care Clinics to meet urgent medical needs.

"As always, in the event of an emergency, call 9-1-1," Perry said.

KUSAHC expects to resume regular operations on Wednesday, Oct. 13.

Perry added that patients are highly encouraged to refill any medications at KUSAHC before Wednesday, Oct. 6. The pharmacy refill line is 1-800-248-6333.

While KUSAHC is closed, TRICARE Service Center needs can be met by calling 1-877-874-2273.

Shuttle services for appointments at the Fort Meade Clinic or Walter Reed Army Medical Center on Oct. 7, 8 or 12 will pick up patients at 7:15 a.m. at the Edgewood Clinic. Due to construction equipment and barricades, the shuttle will not stop at KUSAHC during the closure.

DPW

Tom Kuchar, director of Public Works, said that there are several long term projects planned to lessen traffic congestion. Look for announcements in the *APG News* and post-wide e-mails for temporary road closures.

Kuchar added that Pat Hector, DPW housing manager, will be working with the Picerne Military Housing Office in a quality assurance role.

DES

Robert Krauer, director of Emergency Services, said that the APG police have selected another DARE Officer, Officer Kimberly Long, to assist with the growing program at the Aberdeen and Edgewood areas Child Development centers. The D.A.R.E program, which stands for Drug Abuse Resistance Education, gives children the life skills they need to avoid involvement with drugs, gangs, and violence.

Krauer asked attendees to continue to use caution when driving on APG. He said that APG has seen an increase in accidents involving deer on post. He added that deer usually travel in packs; if one deer is spotted there usually are more in the area.

Krauer asked attendees to use extra caution in the rain, as leaves get slippery when wet and become comparable to ice.

BRAC Office

Nicole Cawthern, from the APG Base Realignment and Closure Office, announced that 2,700 phased movers have moved into APG swing space, or temporary buildings.

"This is not just C4ISR," she said. "It includes other commands as well."

Cawthern said that 500 people moved into the new C4ISR buildings.

"We are finishing final inspections and preparing for the turnover of the next three buildings by the end of September," she said.

Cawthern said that the state of Maryland will begin work on the interchange at US Route 40 and Maryland Route 715 this fall. They are scheduled to begin in October with Phase 1 of the project. Phase 1 consists of widening MD 715, adding additional lanes inbound and an additional lane outbound to improve gate access. Construction will begin closest to the MD 715 gate and then work out toward US 40.

Logistics

The Aberdeen Area dining facility, building 4503 is now open to civilians and contractors, will valid ID card.

PAO

George Mercer, public affairs officer, said that the APG Public Affairs Office, including the APG News staff has moved to building 305, second floor.

Mercer told attendees that if they have a question or concern about receiving the APG News, call 410-278-1153.

FMWR

Christina Lockhart, marketing director for FMWR, announced several upcoming events. For a complete list of upcoming FMWR events, visit www.apgmwr.com.

Lockhart said that free exercise classes are being offered in the Aberdeen and Edgewood area gyms. Go to www.apgmwr.com/recreation/gyms.html for a complete schedule.

Tickets for numerous area events are available through the Leisure Travel Ticket Office located in the AA Recreation Center, building 3326. Call 410-278-4011/4907 or e-mail APGR-USAG-MWR-Leisure-travel@conus.army.mil.

Stacie Umbarger, director of the SKIES program, announced several upcoming SKIES classes for children and teens including driver's education, piano, tae kwon do and "age appropriate" hip hop dance. For more information and a complete list about SKIES Unlimited classes visit www.apgmwr.com/family/youth_skies.html, or see announcements in the *APG News*.

Umbarger added that Child and Youth School Services basketball registration begins Oct. 15.

"Our sports programs are very popu-

lar, so don't wait until the last minute," she said.

School Liaison

Elieen Campbell, APG Schools Liaison, said that Team APG K-12 garrison supported organizations logged over 1,500 hours in training, mentoring, and providing tours for students and teachers, primarily in the areas of Science, Technology, Engineering and Math programs. More than 26 subject matter experts from the Edgewood Chemical Biological Center met with 100 Cecil County Public School teachers for a Math Quest Aug. 23.

Campbell said that there will be a college fair at Harford Community College Oct. 12 from 6 to 8 p.m. This free event allows students and parents to connect with more than 100 colleges. Admission experts and alumni will be on hand to answer questions.

Picerne

Gregg Cannito, Picerne Military Housing program director, said a groundbreaking ceremony will be held in Bayside Village, at the corner of Garden Drive and Chesapeake Boulevard, Sept. 30 for the 210 new homes that will be built for military Families.

This event is really a kick-off for the transformation that will happen in military housing on APG," he said.

On Oct. 9, Picerne will host a Pumpkin Patch Fall Festival for Picerne residents in the Bayside Area, with games, light refreshments and prizes from 1 to 4 p.m.

"As always, we will have surveys. We encourage you to give feedback on how we are doing," Cannito said. "The event should be fun for the whole Family."

For more information about upcoming events, call 410-305-1076.

ICE

Tom Johnson, ICE program manager, told attendees to please use the ICE, or Interactive Customer Evaluation program.

"When you leave a comment on ICE a manager should be contacting you within three business days," Johnson said.

ICE comments can be made by going to <http://www.apg.army.mil/apghome/sites/local/>, or from kiosks on facilities on post.

The next Community Action Council meeting will be held 9:30 a.m. at the Edgewood Area Chapel Oct. 20. Everyone is invited to attend.

SMART

From page 2

has already provided me with extensive insight into the team's working environment. I can't wait to get started and look forward to my first internship."

Inspiring a new cadre of scientists and engineers at the beginning of their studies and future DoD careers, the SMART Scholarship Orientation showcased an array of military aircraft, vehicles and the Navy's premier Aegis-class cruiser, the USS Mobile Bay (CG 53). Its career showcase enabled sponsoring facilities and recent SMART scholars to feature their latest research results and technology developments.

"I am very proud to represent ECBC as a sponsoring DoD facility at the SMART Scholarship Orientation," Doak said. "And, I can speak for the center when saying that we are very excited about welcoming our new selection

of highly qualified and dedicated STEM students to ECBC."

"It has truly been a pleasure to interact with our new SMART students Kyle Ford and Matthew Lux," she added.

Retired Navy Vice Admiral and president of the Naval Postgraduate School, Daniel Oliver and Knox Millsaps, professor and chairman of the Mechanical and Aerospace Engineering Department at the Naval Postgraduate School gave motivational speeches during the event.

Singleton joined them in recognizing SMART students for their outstanding accomplishments as well as the sponsoring facilities for their dedication and commitment in the process.

"The SMART orientation is designed to recognize you, your work and your achievements," he said to the audience of potential future leaders of the nation. "But also take the time to thank your DoD sponsors and service liaisons, as they got you in these seats today. We hope you push and appreciate the opportunity you have been given."

Community Notes

THURSDAY THRU SUNDAY SEPT. 30 THRU OCT. 3 17TH SIGNAL BATTALION REUNION PLANNED

The 17th Signal Battalion Association will hold a reunion Sept. 30 through Oct. 3, at the Brookshire Suites Hotel, 120 East Lombard Street, Baltimore. The hotel is dog friendly.

There will be free happy hours each night, free meeting rooms and entertainment.

For more information, call Arlo D. Janssen, 703-819-0136 call or e-mail adjanssen@aol.com.

For more information or to purchase tickets, call Brenda Conjour, 410-273-7332 or Karen Mitchell, 410-272-7098.

FRIDAY OCTOBER 1 DOWNTOWN FALL CELEBRATION – HAVRE DE GRACE

Havre de Grace Main Street invites everyone to 'Harvest in Havre de Grace – a Downtown Fall Celebration,' 5 to 9 p.m. There will be live music, games, activities, face painting and more for children, and shops and restaurants will offer specials and stay open late. There will be a beer garden on Franklin and Union Streets and a car show on Franklin Street. There will be free raffle tickets and chances will be sold to win a merchant basket filled with a sampling of the downtown stores.

For more information, call 410-939-1811.

BASKET BINGO

Basket Bingo will be held at Aberdeen Middle School, Mount Royal Avenue, Aberdeen, 7 p.m. Doors open 6 p.m. Proceeds will benefit Aberdeen Middle School Literary Magazine. Tickets cost \$12 for 20 bingo games; all paper cards, extra packs cost \$5 each. Bring a non-perishable food item for a chance on a special drawing. Needed items include peanut butter, jellies, stews, chili, chunky soups, pancake mixes and syrups. This is a non-smoking event. Food, drinks and baked goods will be available.

For more information or to purchase tickets, call Brenda Conjour, 410-273-7332 or Taryn Martin, 410-939-1152.

THE FINTON FORMULA FUN VISITING SCIENTIST SERIES

Come to the Estuary Center for exciting

hands-on chemistry and environmental science fun, guided by guest scientists from the local community. Topic this month is Filtering Water Pollution. This program will be held 4:30 to 6 p.m. for ages 10 to 13 or grades 5 through 8. Cost is \$3 per person. Registration 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.

SATURDAY OCTOBER 2 KNEE-HIGH ADVENTURES

Explore out and about on the Discovery Trail while investigating nature with songs, games and sensory activities. This program will be held 10:30 to 11:30 a.m. for ages 1 to 5 with an adult. 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.

IF A TREE FALLS, DOES IT MAKE A SOUND

Downed trees make a great place to play and a great home to lots of critters. Explore the wonderful world of fallen trees. This program will be held 1 to 2 p.m. for Families. The cost is \$5 per Family. 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.

CHILDREN'S GARDENING - CARROT SOUP

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. This program will be held 3 to 4 p.m. for ages 5 to 10. The cost is \$5 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 OCTOBER 3 BEGINNING PHOTOSHOP ELEMENTS

Learn to watermark photos, create borders and frames, add text, adjust light-

ing and color, and other basic skills in Adobe Photoshop Elements. Simple adjustments in Photoshop can dramatically improve the appearance of photos. This program will be held 1 to 3 p.m. for ages 14 to adult. The cost is \$25 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.

NATURE TALES - OWLS

Story time with a nature twist. Come listen to stories, learn new songs and move like the animals. This free program will be held at 3:30 p.m. for all ages. No registration required.

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

MONDAY OCTOBER 4 GUNPOWDER TOASTMASTERS

The Gunpowder Toastmasters will meet 11:40 a.m. to 12:40 p.m., in the Chemical Demilitarization Training Facility, building E-4516, Seminar Room. Toastmasters will help individuals

- Develop better speaking and presentation skills
- Learn to think quickly and clearly
- Build strong leadership abilities
- Hone listening skills

Learn these skills and more in a supportive, self-paced, fun atmosphere. Gunpowder Toastmasters meet the first and third Monday of each month (unless the date falls on a federal holiday). For more information, visit <http://gunpowder.freetoasthost.info> or call Heather McDowell, 410-436-7816.

WEDNESDAY OCTOBER 6 MAGNET SCHOOLS

Harford County Public Schools will introduce magnet programs offered at four schools to eighth graders and their parents, 6:30 p.m. at Edgewood High School. The Science and Mathematics Academy (SMA) at Aberdeen High School, the Global Studies/International Baccalaureate Programme (GS/IB) at Edgewood High School, the Natural Resources and Agricultural Science Program (NRAS) at North Harford High School, and the 19 career programs at Harford Technical High School (HTHS) in Bel Air will be show-

cased. Parents and students may choose to attend any of the presentations, regardless of their districted attendance area. Visit www.hcps.org for applications to each of the magnet programs.

FRIDAY OCTOBER 8 BASKET BINGO

Tall Cedars of Lebanon, HarCe Forest No. 142 will sponsor basket bingo in support of Families with muscular diseases at the Aberdeen Fire Hall, Rogers Street, Aberdeen. Basket Bingo will be held 7 p.m.; doors open 6 p.m. Cost is \$12 per ticket for all 20 bingo games (all paper cards); extra packs cost \$5 each. Bring a non-perishable food item for a chance in a special drawing. Needed items include peanut butter, jellies, stews, chili, chunky soups, pancake mixes and syrup. This is a non-smoking event. Food, drinks and baked goods will be available.

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

SATURDAY OCTOBER 9 THIRD ANNUAL GRAW DAYS FESTIVAL

Havre de Grace Main Street presents the third annual Graw Days Festival, 10 a.m. to 5 p.m. in the downtown Havre de Grace shopping district. Bring the Family to the first annual free street festival celebrating a significant era in Havre de Grace history – horse racing at "The Graw." Events include kids games, a wheeled horse parade, artisans, craftspeople, pumpkin making, live music, food, historic presentations and more.

For more information, call 410-939-1811 or e-mail hdgmainstreet@verizon.net.

KAYAK WITH YOUR KIDS

Bring the kids out to the Bosely Conservancy and learn to kayak together. This program will be held 9 a.m. to noon for ages 5 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.

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

Post Shorts

commemorate DVAM with a series of activities and events during the month.

On Oct. 1, a proclamation signing will be held in the Garrison headquarters, building 305, Conference Room, 11:30 a.m., and a DVAM information display will be available for viewing in the Kirk, U.S. Army Health Clinic lobby Oct. 1 through 30.

“Hands Are Not For Hitting” story times will be conducted in the Aberdeen and Edgewood Area Child Development centers Oct. 6 and 7.

On Oct. 23, 10 a.m. to 2 p.m., an information booth with staff from the Harford County Sexual Assault and Spouse Resource Center (SARC, Inc.) will be in the Main Post Exchange lobby.

The DVAM activities conclude with a Candlelight Vigil 7 to 8:30 p.m. at the Aberdeen Area Chapel Oct. 27.

The Department of the Army theme for Domestic Violence Awareness Month is “Imagine an Army free of domestic abuse: Prepare, Prevent and Protect.”

For more information, contact Aida Rivera, ACS Family Advocacy Program Manager, at 410-278-7478 or e-mail aida.rivera@conus.army.mil.

Blue Cross/Blue Shield visit Oct. 5

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan (Blue Cross/Blue Shield) to visit APG Oct. 5, 9 to 11:30 a.m., in building 314, Room 151E, and 12:30 to 1:30 p.m., building E4520, Chemical Demilitarization Training Facility, Edgewood Area, to discuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, 410-278-4331.

NFFE Local 178 Membership Drive

The National Federation of Federal Employees Local 178 will conduct a membership/information drive, Oct. 4 through 8, at various locations on APG. Membership is open to all employees of the U.S. Army Research, Development, and Engineering Command (RDECOM), the Edgewood Chemical Biological Center (ECBC), the U.S. Army Medical Research Institute of Chemical Defense (MRICD), CBRNE Analytical and Remediation Activity (CARA), and the RDECOM Acquisition Center, including other APG employees. Come and meet NFFE Local 178 and the national officers. Be

informed and get questions answered.

For more information, call 410-436-3942 or 410-436-0623.

MCSC upcoming events

‘Tis the season to join the APG Military and Civilian Spouses’ Club! Spouses of all military branches – regardless of status – and all female Aberdeen Proving Ground and tenant activity active duty personnel, civilians and contract employees, active or retired, and spouses of APG and tenant activity civilians and contract employees and anyone who volunteers in an APG philanthropic organization are eligible to join. Membership information and application forms are available at www.apgmcsc.org. Upcoming events include a Welcome Coffee, Oct. 6.

For more information, contact Tiffany O’Sheal, 937-260-1647, membership@apgmcsc.org; or Annie Brock, 443-686-1484, president@apgmcsc.org.

Voting Assistance Office opens

Absentee Voters Week ends Oct. 4. The Garrison Installation Voting Assistance Office (IVAO) is located in building 4305, room 151, 410-306-2302.

Federal write-in absentee ballots will be available. For more information visit www.FVAP.gov. Send specific questions to Vote.APG@us.army.mil.

Kirk closes Oct. 7 through 12

Kirk U.S. Army Health Clinic will be closed Oct. 7 through 12 for electrical updates to the facility. During the power outage, there will be no medical services or pharmacy services provided at the clinic. Regular operations are expected to resume Oct. 13.

Arrangements have been made with the local community Urgent Care Clinics to meet medical needs. Call the staff duty officer, 443-807-0725, for authorization. During the closure, call 1-877-874-2273, for Tricare Service Center needs.

It is highly encouraged that patients refill any medications at KUSAHC before Oct. 6. The pharmacy refill line is 1-800-248-6337.

Shuttle services will pick up patients for appointments at Fort Meade or Walter Reed Medical Centers at 7:15 a.m. at the Edgewood Clinic. Due to construction equipment and barricades, there will be no shuttle stops at KUSAHC during the closure.

For medical services needed after hours, weekends or federal holidays, call 410-278-1725 or 443-807-0725. The staff

APG Fall Fest Oct. 9

The Aberdeen Proving Ground Fall Fest will be held Saturday, Oct. 9 10 a.m. to 3p.m. and include festivities for the whole Family. The annual event is held in conjunction with National Fire Prevention Week and features safety demonstrations, including a helicopter and fire rescue by the Directorate of Emergency Services’ Fire Department. Planned events include fire equipment and military vehicle displays, a Youth Firefighter combat challenge, a smoke house trailer, a helicopter demonstration by the Maryland National Guard, guest appearances by Sparky the Fire Dog and McGruff the Crime Fighting Dog and birthday cake cutting at noon, and much more. The event kicks also kicks off the Domestic Violence Awareness Month Red Ribbon campaign. This is a rain-or-shine event. For more information, contact Chris Starling, DES fire inspector at the Edgewood Area fire station at 410-436-2377.

duty officer will coordinate your care with the Referral Management Office. To avoid Point of Service copayment charges, you will need authorization and/or a referral to go to any urgency clinic.

Emergency Rooms do not require a referral.

See APG Newswatch

The APG video news program, APG Newswatch, is available for viewing online at <http://www.army.mil/media/amp/?bctid=604972674001>.

The lineup includes:

C4ISR Symposium held in Baltimore for the first time, Ordnance Center and Schools closes NCO Academy on APG as they move to Ft. Lee, Va., Women’s Equality Day is observed on post, Local chapter of AUSA looks at the latest in Combat Feeding, and a look at the Army Environmental Command’s history on APG as it moves to San Antonio, Texas.

Filing for Reimbursement of Real Estate Expenses at APG

The Office of the Staff Judge Advocate, Client Services Division, will perform the customary and reasonable review of expenses incurred for real estate claims for PCS moves of DA civilians transferring into and away from the APG area. Employees wishing to file a reimbursement request are required to access the APG Real Estate Reimbursement Guide for APG specific information and structure their requests IAW with the APG guide. Guidance obtained from any other website is not applicable to the APG Program. Employees should read the APG guide, those resources cited in the guide, and the Part II, Chapter 5 of the JTR, prior to incurring real estate expenses so they have a full understanding of what is reimbursable and what is not before these expenses are incurred. These resour-

ces can be found at www.apg.army.mil, Services Directory, Installation Support Offices, then Legal. Employees must currently be making the daily round-trip commute to and from the new dwelling to the new duty station prior to submitting a request for reimbursement.

Transportation suggestions needed

As the population of APG continues to grow, traffic congestion and delays will increase and affect the quality of life of the APG workforce.

APG, working with Army leadership and the surrounding communities to find a solution to mitigate these effects, needs your help. The Transportation Demand Management Council asks that you participate in a survey which will assist APG officials in determining the demand and interest in alternative forms of transportation at APG. This includes carpools and vanpools as well as mass transit options such as buses and trains. The survey will allow APG to identify the characteristics of the typical APG commuter and thus identify the most effective solutions to prevent traffic gridlock and long commutes.

One potential solution is better access to train and bus service in the Aberdeen and Edgewood areas. However, in order to establish trains and commuter bus routes to APG, we need to demonstrate to the state and local communities that there exists a demand. We cannot achieve this goal without your help.

Using your AKO account, fill out the survey at: <https://www.us.army.mil/suite/page/640015>.

For more information, call Eric Pils-maker, 410-278-8607, or email, eric.pils-maker@us.army.mil.

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

APG Armed Services Blood Drive gives back to the Warfighter in a meaningful way

Story by
RACHEL PONDER
APG News

On Sept. 2, an Armed Services Blood Drive was jointly hosted by the U.S. Army Edgewood Chemical Biological Center, the U.S. Army Public Health Command (Provisional) and the U.S. Army Medical Research Institute of Chemical Defense. The event was held at the Chemical Demilitarization Training Facility in the Edgewood Area.

According to the ASBD Web site, www.militaryblood.dod.mil, the ASBD is the official U.S. military blood program. ASBD provides an opportunity for service members, their families and civilians to support the military in a definitive, meaningful way.

Mary Doak, Program Manager for Community and Educational Outreach for ECBC, who helped organize the event, said that the blood drive had 97 participants who attended and wanted to donate. From the 97 participants 64 good units of blood were collected.

"Several participants were deferred due to low-iron, fever, or other medical conditions," Doak said. "I would like to say thank you to all of those individuals who came out to donate. Whether they were successful or not, they tried and made the effort to support the collection of much needed blood."

The drive featured a Fiesta themed thank-you, gifts and Spanish music in honor of September being National Hispanic Heritage Month. The ASBP Coordinator, Jerrick Alexander, gave free T-shirts and light refreshments to participants.

"In my experience, if you plan a fun and relaxing blood drive, donors will come out to donate," Doak said. "ECBC workforce members support the Warfighter in developing the best chemical and biological defense solutions possible. With every research and development project it takes time to design, build, and test products that are field-ready for our Warfighters. By donating blood, they can provide a 'personal' gift to the Warfighter in a very short time since the blood collected can be in theatre within 3 days."

According to the ASBP Web site, over 40 units of blood may be needed for a single injured Soldier.

"From cancer patients to service members, injured on the battlefield, blood is needed for our Warfighters and their Family members," Doak said. "Donating blood is one small way that we can give back to our Warfighters for their selfless service."

Several attendees said that they wanted to give blood because they felt it was "the right thing to do."

"I am donating today because blood is so needed by Soldiers. I wanted to help any way I could," said Chris Haynes, who works for the USAPHC (Prov.).

Doak said that ECBC, MRICD and USAPHC (Prov.) hosts Armed Services Blood drives on post about every eight weeks.

Look for announcements about upcoming blood drives in the APG News. For more information, contact Doak, 410-436-7231.



Claudia Gonzalez, right, a phlebotomist, with the Armed Forces Blood Drive draws blood from Sue Procell, of the Edgewood Chemical Biological Center, left, during an blood drive jointly hosted by ECBC, the U.S. Army Public Health Command (Provisional) and the U.S. Army Medical Research Institute of Chemical Defense, at the Chemical Demilitarization Training Facility Sept. 2.

APG Employee runs 100-mile race in California desert

Story by
MIKE CAST
Developmental Test Command

For one employee of the U.S. Army Evaluation Center on Aberdeen Proving Ground, extreme physical challenges are something to be mastered and taken in stride, and he proved that this summer by finishing with a good showing in an ultra marathon that only a very select group of well-trained athletes ever finish.

David Ploskonka, a live-fire evaluator at AEC, crossed the finish line in 17th place in the Badwater Ultramarathon in July, a notoriously difficult footrace across inhospitable desert terrain in intense summer heat, sponsored by AdventureCORPS, Inc., a firm that specializes in ultra-endurance and extreme sports events.

The Badwater event is billed as the world's toughest footrace, and for very good reason. The course takes runners across 135 miles of harsh landscape, from Death Valley, Calif., to Mount Whitney. As if the heat of summer in Death Valley were not extreme enough, with daytime temperatures that can climb as high as 130 degrees Fahrenheit, runners must ascend several mountains and drop back down again, with a total elevation change of some 13,000 cumulative feet of ascent and 4,700 cumulative feet of descent. Runners finish at Mount Whitney Portals, at nearly 8,300 feet above sea level.

Ploskonka's finishing time of 34:28:04 earned him the right to wear the coveted Badwater Belt Buckle, a prize that few ever earn and a testament to human endurance and gritty willpower. Ploskonka said he was confident he could finish the race because he had a "good endurance base," but though he didn't worry about not finishing, he realized things can always go wrong in such a demanding event.

"What I did worry about were the number of other things that might go wrong, such as not having the right foods, or not drinking enough water, or drinking too much water," he explained. "Paradoxically enough, in a race as long as Badwater, even a small thing, which seems silly in comparison to the magnitude of the race, can become a huge issue over time if it's not taken care of right away. I believed that if all of these things were in order, I could finish well."

When asked if he ever reached a point in the race where he found it difficult to keep going, Ploskonka said he was plagued by digestive problems.

"At around mile seventy-five, the fact that I had been eating more than I could process in the heat finally caught up to me, and I was too sick to my stomach to continue," he recalled. "I had to lie down on a cot for nearly an hour, because I couldn't make myself move forward anymore. Fortunately, I had a good crew consisting of my fiancée, Sara MacKimmie, and other ultra-runners and athletes, Andrew Marsh, Jason Wara, and Tricia Jackson, who worked together to help me with my stomach issue,



Photo courtesy of DAVID PLOSKONKA
David Ploskonka runs at a brisk pace through the California desert in the heat of summer to compete in the Badwater Ultramarathon.

and also to keep me motivated. I gradually started moving forward again, and thanks to their physical support – food, change of clothes, ice, water; and moral support – walking and running with me – I was eventually able to run again, and I finished the race strong, with one of the fastest climbs to the base of Mt. Whitney of any of the finishers."

No one running the Badwater race can escape the impact the July desert heat has on runners, and Ploskonka was no exception.

"I couldn't process nearly as much food as I normally could," he said. "I was well-trained for the temperature, but the fact that there was no shade, so that the sun was constantly beating down on my skin, made the race more uncomfortable than the temperature alone. The climbs and descents were, for the most part, long, but relatively gradual, so they took more of a mental toll than a physical toll. Getting into a comfortable rhythm on the climbs and descents was critical to being successful."

The physical and mental conditioning that enabled Ploskonka to triumph in the Badwater Ultramarathon began long before he was ready for that event. He started running when he was 13, and over

time he increased the distance and speed he ran, graduating from 5- and 10-kilometer races to marathons and ultimately ultra marathons. He may seem to the average person to be a glutton for physical punishment because he has competed in eight 100-mile races, a 24-hour race in which he ran 111 miles and finished second overall, and more than 20 marathons. He says he has lost count.

"The 100-mile races, such as the Western States 100, which I finished in under 24 hours this past June, are often on difficult trails in remote locations, with significant climb and descent along the way, and runners are often subjected to such hazards as snow, ice, rain, flooding, river crossings, and extreme heat, all in the same race," Ploskonka explained. "I've gradually improved my finishing times and my places in these races."

At the 2009 Sun Trust National Marathon in Washington, D.C., an annual event that starts and finishes at RFK Stadium, his personal-record finishing time was 2:56:32. During the weekend of Aug. 21 through 22 this year, he won the Beast of Burden 100-Mile race that commences from the Buffalo suburb of Lockport, N.Y., with a time of 16 hours, 19 minutes, and 5 seconds, a new per-

sonal record for the 100-mile distance.

He has piled up most of these accomplishments in a relatively short period of time because he didn't even know ultra marathons existed until recent years.

"As recently as three years ago, I didn't know that ultra marathons existed," Ploskonka said. "About three years ago, in the summer of 2007, a friend of mine, Collin Anderson, who I ran marathons with, talked me into coming with him to a 24-hour race, as many miles as you can run in 24 hours, because there was a marathon associated with the race. I came along for the marathon, but the marathon didn't go well, and I had traveled a long way to be there, so I decided to keep running with my friend to keep him company. By the time the event was over, I had run 65 miles in 18 hours – unofficially, my first ultra marathon. The following weekend, I ran the North Face Endurance Challenge 50-mile race in McLean, Va., my first official ultra marathon. I finished in just over 9 hours and was 9th overall. A month later, I ran my first 100-mile race, Lean Horse, which I finished in 22 hours and 39 minutes."

The Lean Horse 100-Miler that begins at Hot Springs, S.D., was the brainchild of Jerry Dunn, known to many as America's "Marathon Man" because of his tremendous running record. Ploskonka placed 16th during the Lean Horse race that commenced on Aug. 25, 2007.

The training regimen for a race as difficult as the Badwater Ultramarathon is not for the faint of heart. Ploskonka ran up to 100 miles per week in the weeks leading up to the race, and each week included one long run of 20 miles or more in addition to a speed session on a track and one "hill" session on a treadmill. The treadmill was set at an incline, and Ploskonka ran on the incline for an extended period of time.

"To prepare for the heat, I drove to and from work with my car windows up and my heater on full blast," he added. "The interior temperature of the car would reach nearly 140 degrees. As I got closer to the race day, and the weather started getting hotter, I went out of my way to run during the hottest times of the day."

Ploskonka will need to reprise that routine in the not-distant future, or one similarly masochistic, because he is planning to repeat the Badwater ordeal in 2011, and this time he plans to improve on his finishing time and place. He also plans to run in the Grindstone 100 in October, a race that takes place in the Shenandoah Mountains of Virginia and is billed as the toughest 100-mile ultra marathon on the East Coast. He intends to follow that up with the Oil Creek 100-mile run two weeks later, over a course in Pennsylvania that is advertised to have a cumulative elevation gain of 17,785 feet, making its completion quite a feat indeed. Last but not least, he has his eye on completing the Arrowhead 135-Mile Winter Ultramarathon in February, a race across the Arrowhead Region of Northern Minnesota. The event sponsor's official Web site warns, "Only the toughest dare apply!"



FAMILY AND MORALE, WELFARE & RECREATION

Activities/Events

Autism support group

Army Community Service support group will host Autism Network and Support Group at APG, 5 to 7 p.m., Oct. 13, at Ruggles Golf Course Club House. Aberdeen Proving Ground EFMP Autism Spectrum Disorders (ASD) Network and Support Group will join meetings with the Autism Society of Harford County. Shelly McLaughlin of Pathfinders for Autism, will speak about programs and what Pathfinders does for the community. PATHFINDERS FOR AUTISM is a parent sponsored, non-profit organization dedicated to improving the lives of individuals with autism and their Families.

More information, call 410-278-2420.

New York City shopping trip

Leisure Travel will offer eight hours of shopping in New York City Oct. 16. Enjoy the city without the driving or parking problems. Cost is \$36 per person and includes roundtrip bus transportation.

The bus will depart 7:55 a.m. from the Edgewood Best Western parking lot on Route 24 and return 10:30 p.m.

For more information or to reserve a seat, call MWR Leisure Travel Office, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907 or email APGR-USAG-MWR-Leisure-Travel@conus.army.mil.

2010 White House ornament sale

FMWR Leisure Travel Services is selling the latest White House orna-

ments for \$17, but supplies are limited. The 2010 White House Christmas Ornament is in honor of William McKinley's 25th presidency and celebrates the role of music in the traditions of the White House. Visit <http://www.whitehouse-history.org/> for more information.

For more information or to purchase an ornament, call 410-278-4011/4907, MWR Leisure Travel Services at the AA Recreation Center, building 3326 or email APGR-USAG-MWR-Leisure-Travel@conus.army.mil.

Special Education Law

Aberdeen Proving Ground EFMP Autism Spectrum Disorders (ASD) Network and Support Group will join meetings with the Autism Society of Harford County. Mark Martin and Lisa Frank will be guest speakers on Special Education Law, 5 to 7 p.m., Nov. 8, at Ruggles Golf Course Club House.

Martin, is an attorney with extensive experience advocating for the rights of children and individuals with disabilities. Lisa Frank, with The Special Kids Company, is an educational and behavioral consultant serving children, Families, and schools throughout Maryland.

For more information, call 410-278-2420.

Greens Keeper Revenge at Exton Golf Course

A four-man scramble/Greens Keeper Revenge will be held Oct. 16 at Exton Golf Course, start time is 8:30 a.m. Play

APG Fall Bazaar Oct. 7

Find that special gift or complete your holiday shopping early at the APG Fall Bazaar. A multitude of vendors will display their wares during this Family and Morale, Welfare and Recreation event in the Aberdeen Area Recreation Center ballroom 10 a.m. to 2 p.m. Tuesday, Oct. 7. Purchase crafts, jewelry, custom t-shirts, baked goods and more from local crafters and businesses. Visitors can register to win incredible door prizes and enjoy a live jazz performance by Rare Pleasure. Complimentary light refreshments will be provided and lunch is available for purchase. For more information, call Earlene Allen, FMWR programmer, at 410-278-3854 or visit the MWR Web site at www.apgmwr.com.

the hole challenges the greens keeper has created. Refreshments and awards will be provided upon completion of the event.

Cost to participate is \$20 for annual patrons; \$35 for value card and authorized patrons; and \$40 for guests.

For more information or to register, call 410-436-2213.

Hearts Apart hosts "Harvest Celebration"

The Army Community Service Hearts Apart support group will host a Harvest Celebration, 6 to 7 p.m., Oct. 6, at ACS, building 2503 High Point Road. This get together is designed for Hearts Apart Families to network with each other during the harvest season. Hearts Apart is just another way to stay connected in the community and learn what ACS has to offer members and their Families as part of the ongoing commitment to support the Army Family Covenant. There will be light refreshments for all who participate.

Hearts Apart seeks to empower Fam-

ilies (military and DOD civilians) with information to help prepare the Families for the separation during deployments and TDYs. ACS offers a comprehensive array of programs and services dedicated to maintaining the readiness of the Total Army Family by fostering self-reliance, stability and resilience.

For more information, call 410-278-2464.

Three new Fitness classes added

Sports and Fitness added three new classes to its fitness schedule: body-blast, cardio kickboxing and cardio/core fusion. Classes will be held at lunch time and after work at the Aberdeen Area Athletic Center and Edgewood Area Hoyle Gymnasium. The fitness classes are free and no registration is required. Participants must be over 18 years of age and have valid identification to participate. Ages 13 to 18 may participate with parent or guardian present.

For more information, call Dan Dolce, 410-278-7934/7933.

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 classes start up again

Driver's Education classes are scheduled Oct. 4 through 19; Oct. 25 through Nov. 8; and Nov. 29 through Dec. 13. There is no class on federal holidays. Classes will be held Monday thru Friday, 5 to 8 p.m. by The Ultimate Driving School, LLC, located at 13 North Parke Street, Aberdeen.

Classes include 30 hours classroom instruction and six hours behind the wheel instruction. The last day to register for the first class is one week prior to the first class. Students must be between the ages of 15.9 and 18 years old. Open to all DoD ID card holders. Driver's Ed costs \$335 per student. Prices are subject to change without notice.

Jazz Hip-Hop

Learn age-appropriate dances and hip-hop themed routines from popular mov-

ies and music including Miley Cyrus, High School Musical, Camp Rock, and more in a fun filled workshop that will have everyone up on their feet and feeling the groove. Cost of the dance class is \$45 per student

Dance classes will be held at Aberdeen Area Youth Services, building 2522 on Thursdays, Oct. 7 to Nov. 18, 5:30 to 6:30 p.m. for ages 6 to 9 and 6:30 to 7:30 p.m. for ages 10 to 11; or Saturdays, Oct. 9 through Nov. 13, 9 to 10 a.m. for ages 6 to 9 and 10 to 11 a.m. for ages 10 to 11.

Students must wear comfortable clothing and shoes they can move in. No jeans or denim.

Tae Kwon Do

Join the Unity Tae Kwon Do School of Martial Arts at APG. Tae Kwon Do promotes discipline, as well as muscle toning and conditioning.

Classes will be held for ages 6 to 14, Mondays and Wednesdays, through Oct. 6 at the Child, Youth and School Services building 2522. Classes will be held 6 to 6:45 p.m. for White Belts through Yellow Belts and 6:45 to 7:30 p.m. for Yellow with Green Stripe belts and above.

Cost is \$65 per student for a four week session. Students must wear a white t-shirt and sweat pants. Class size is limited so register early.

Private Piano Lessons

Private piano lessons will be given for ages 4 through 18, Oct. 4 through Nov. 13, on Tuesdays or Fridays, 3 to 9:30 p.m., and 9 a.m. to 1 p.m., on Saturdays at the AA Youth Center, building 2503.

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 Guitar Lessons

Private guitar lessons for ages 7 through 18 will be held Oct. 4 through

Nov. 13, on Tuesdays or Fridays, 3 to 9:30 p.m., or 9 a.m. to 1 p.m., at the AA Youth Center, building 2503.

No experience is necessary. Cost of the lessons is \$102 per student and includes one 30-minute session per week for six weeks.

Students also are required to purchase books for the course as recommended by the instructor. Books are a onetime purchase. Students must also provide their own guitar.

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.

September and October bowling specials

September

• Early Bird special: Bowl from 7 a.m. to 10 a.m. for \$1 per game. Shoe rental costs \$1.50.

• Dollar Night: Each Friday, 9:30 to 11 p.m., bowl for \$1 per game. Shoe rental costs \$1.

• Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza and one pitcher of soda for \$32; rent a lane by the hour for up to six people for \$22 per lane per hour. Rental shoes are included.

• Sunday through Friday, rent a lane by the hour for up to six people for \$18 per lane per hour. Rental shoes are included.

October

• Early Bird special: Bowl from 7 a.m. to 10 a.m. for \$1 per game. Shoe rental costs \$2.

• Monday through Friday, 2 to 4 p.m., bowl for \$.75 per game. Shoe rental costs \$2.

• Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza (toppings extra) and one pitcher of soda for \$32.

• Each Friday, 9:30 to 11 p.m., bowl one game for \$3.50 and bowl one game

free. Shoe rental costs \$2.

New bowling leagues to choose from

Sign up today for fall and winter leagues. There also will be a youth league on Saturday mornings for ages 18 months through 21.

Sign up for Monday lunch league beginning the third week of September. The Monday league will cost \$10 per person and will include lunch and two games. Shoe rental costs \$2.

Bowling leagues will be held Tuesday through Thursday, 11 a.m. to 1 p.m.; 5 p.m. to closing, Monday through Thursday; and 5 to 9:30, Friday.

There will be no available lanes during this time.

If anyone is interested in joining a morning bowling league, the Bowling

Center staff is taking names to start a breakfast league. The morning league will start at 7 a.m.

New bowling rates

Bowling rates now cost \$3 per game, Monday through Friday from 7 a.m. to 5 p.m.; games cost \$3.50 each on Fridays, 9:30 p.m. to 11 p.m.; Cosmic Saturdays cost \$3.75 per game; and \$3 per game on Sundays.

APG Bowling Center Snack Bar specials

Building 2342

The Bowling Center hours are 7 a.m. to 8 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. Lunch delivery is available for all orders \$25 or more. Call for delivery before 11 a.m.

Week of Sept. 27

Special #1: Crab cake with French fries, coleslaw, cookie and regular soda for \$10.50.

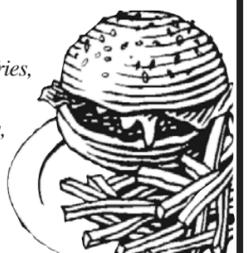
Special #2: Pork bbq with French fries, cookie and regular soda for \$6.25.

Week of Oct. 4

Special #1: Double bacon cheeseburger with French fries, cookie and regular soda for \$7.95.

Special #2: Chicken salad sandwich with potato chips, cookie and regular soda for \$6.25

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



HIRED!

HIRED!, a new Family and Morale, Welfare and Recreation program for teens ages 15 to 18, is an apprentice program where teens can explore positions in FMWR facilities.

The program will give teens guidance on preparing a resume, and teach them interview techniques as well as give them work experience in their chosen field. Teens will receive a stipend for their work at the end of the term.

For more information, call Jay McKinney, 410-278-3250, or email jay.a.mckinney@us.army.mil.

UMBC College Tour rescheduled from Oct. 30 to Oct. 9

The University of Maryland, Baltimore County Campus College Tour has been rescheduled for 9:30 a.m., Oct. 9. The tour is for high school teens ages 15 to 18 only. Register at the Aberdeen Area CYSS administrative building 2503. Bring money for lunch. Spaces are limited.

Overcoming Test Anxiety and Stress Reduction for teens

This class will be held for teens ages 13 to 18, 6 to 7 p.m., Oct. 28 at the CYSS Administration building, 2503, room 214. Participants will learn how to assess their own level of stress in particular situations. They will be taught research proven techniques for dealing with stress and anticipatory anxiety before major tests, classroom presentations, or other daily stressors. The facilitator will be a Child and Youth Behavioral Military and Family Life Consultant.

To register, sign up at the CYSS Central Registration, building 2503. For more information, call Jay McKinney, 410-278-3250, or e-mail jay.a.mckinney@us.army.mil.

Dress for Success

Dress for Success for Teens will be held 6 to 7 p.m., Oct. 21. Teens will learn how to dress appropriately for an interview and a job.

Education After High School College Fair

An Education After High School College Fair for high school students

will be held Oct. 12, at Harford Community College. High school students will have the opportunity to visit over 100 colleges and universities with representatives in one setting. Admission experts and college alumni will be on hand to answer questions. Spaces are limited. Transportation will be provided. Students will depart AA Youth Services, building 2522 at 5 p.m. and return 8:45 p.m. Registration deadline is Oct. 8.

To register, sign up at the CYSS Central Registration, building 2503. For more information, call Jay McKinney, 410-278-3250, or email jay.a.mckinney@us.army.mil.

Resume Writing 101

A Resume Writing Workshop will be held for teens ages 15 to 18, 6 p.m., Oct. 7, at Aberdeen Area Youth Center, building 2522. Students will identify and script their skills, knowledge and character traits to develop a personal resume.

Teens explore their true colors

Exploring True Colors will be held for ages 15 to 18, 6 to 7 p.m., Oct. 14, at the Aberdeen Area Youth Center, building 2522. The True Colors Personality Assessment provides easy to understand insights into participants behavioral style and personality type and those of others. Participants can have better communication and build rapid rapport, whether it is in their personal life, professional life or in the areas of relationship, sales, leadership, team effectiveness and management.

Commentary: It takes strength to ask for help

By **MAUREEN ROSE**
Army News Service

Watching Soldiers carry the coffin of a warrior who has been killed in action is a tough story to cover.

Seeing a uniformed brother struggle to maintain his professional composure as he renders a salute, then follows the coffin to its destination, makes my throat tighten with emotion. Hearing the sobs of a bereaved mother starts the tears down my own face.

It's a fairly predictable sequence of events, but the predictability doesn't make it any easier to observe. The grief that comes with burying a child is absolutely unimaginable for me, the mother of three.

But I suspect that at some

point, the bereaved will feel a sense of pride.

Pride that the Soldier gave his life for a worthwhile cause - he died honorably, making a sacrifice that would make a difference for others.

Unfortunately, there is another kind of death that offers no pride to balance out the grief in the ultimate scale of justice: Suicide.

It's a word we're hearing more and more in the armed forces. Unfortunately, there are statistics to prove it's happening more often among all the uniformed services.

Suicide speaks of painful burdens borne by those who've ended their own lives and perhaps even more pain for those loved ones who will ask themselves "why?" every day for the

rest of their lives.

They'll ask, "What could I have done?" or "Why didn't I see the signs?" "Why was I so afraid to say something?" or "Why didn't I listen longer?" "Why didn't I take them seriously?" "Why did I rely on an impersonal professional who didn't know my kid like I did?"

The stream of guilt-laden questions will continue to flow - sometimes in a torrent, other times barely a trickle - but never dry up.

I've interviewed several people whose loved ones have ended their own lives. The circumstances surrounding the deaths and the victims vary widely, but there is a common thread among those left behind.

They all said they would

never be able to "recover" from the grief; they would never stop asking why, and they would never forget their child, sister, or brother.

They all felt they could have and would have done more if they had only understood the gravity of the symptoms being displayed. They each said they should have schooled themselves to recognize the signs of depression and suicide.

As a parent observing their grief - even those who are now a decade past the awful day - I swore an oath that I will not make the mistake they made. I will learn and I will listen so I never have to own the kind of grief and guilt they share.

I have never marched onto a battlefield or held a weapon in

combat, but I'm convinced that the toughest wars are waged in our minds.

The strength it takes to reach out for help is a different kind of courage, but it's still courage.

Please don't cast your loved ones into that heart-wrenching tide of grief. Tell someone - your battle buddy, your platoon sergeant, or yes, maybe even your mom - but talk to someone if you're in trouble.

Don't wait until depression pulls you under.

You think you're Army strong? Prove it!

Get help!
(Maureen Rose is the associate editor of the Turret newspaper at Fort Knox, Ky., and she wrote this commentary for Suicide Prevention Month.)

Commentary: Basic Suicide Awareness, Use the ACE card

By **CHAPLAIN (MAJ.) STEVEN SIMPSON**
Deputy Command Chaplain, APG

For many people, suicide is a taboo subject that no one likes to discuss. However, most of you know of someone who has either attempted suicide or taken their own life. Suicide is a leading killer in the United States, claiming over 23,000 people each year. The youngest recorded case was committed by a 5 year-old. This issue puts us all at risk. So, who is at risk of suicide? The fact is many factors can lead a person to contemplate suicide. For some, suicide is the "only way out of a bad situation" It's easy to get tunnel vision when you have major negative events going on in your life. A failed relationship, unwanted job change, financial pressures, depression, and just the hardships of life tend to get us down. The good news is suicide is preventable under most circumstances.

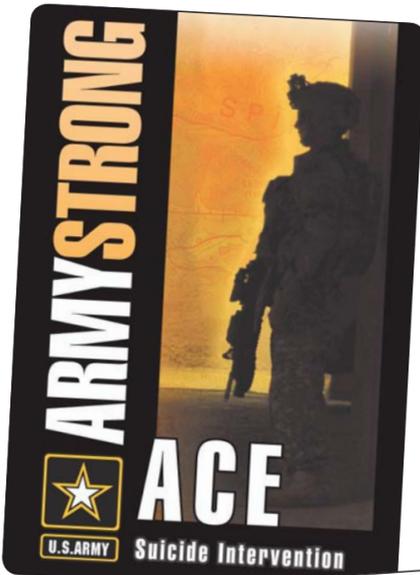
Let's face it, we all need more hope in our lives at times and someone contemplating suicide needs hope even more. Most suicides and suicide attempts are reactions to intense feelings. According to the U.S. Army Public Health Command, (Provisional) it is important to recognize suicide warning signs when they occur. Warning signs include talking about suicide, giving away personal property, withdrawing from friends and routine activities, acting bizarre, and experiencing a failed relationship. If a person is abusing a substance like alcohol while they are depressed, the risk grows even greater since alcohol lowers a person's inhibitions. The bottom line is if you think someone is suicidal, just come out and ask them if they are.

The Army has come up with the "ACE" program in combating suicide. It is very simple and to the point. ACE stands for "Ask-Care-Escort"-Ask your buddy. Care for your buddy. Escort your buddy. "Ask" means listen carefully. "Care" includes removing any objects that could be used for self-injury. "Escort" means never leaving a person who is suicidal alone. Get them to a professional for help. Escort them to a chaplain, the health clinic, or even to a local hospital emergency room. Just remember we all have that ACE card to play if we think one of our friends or Family members might be in trouble.

Everyone feels down from time to time and that is a part of life. However, suicide is not the right solution to a problem. Suicide is in fact a permanent solution to a temporary problem. Our problems will eventually pass, and will improve with time. Just remember ACE: Ask. Care. Escort. You can make a difference in someone's life and help them to see hope on the horizon.

Suicide Prevention resources:

- APG Chaplains, 410-278-4333
- Kirk U.S. Army Health Clinic Behavioral Health, 410-278-1715
- Harford County Health Department, 410-879-8322
- Health Net Federal Services, 877-874-2273
- Military One Source, www.militaryonesource.com, 1-800-432-9647
- National Suicide Hotline 1-880-784-2433



Suicide Prevention: Warning signs and risk factors

USAPHC (Prov)

Suicide warning signs

Soldiers presenting any combination of the following, the buddy or chain of command should be vigilant and secure help for the Soldier. Suicide warning signs include but are not limited to:

- Talk of suicide or of killing someone else
- Giving away property or disregard for what happens to one's property
- Problems with girlfriend/boyfriend or spouse
- Withdrawal from friends and activities
- Bizarre or unusual actions (based on personal knowledge of the person)
- Soldiers in trouble for misconduct (Article 15; UCMJ, etc.)
- Soldiers experiencing financial problems
- Soldiers who have lost their job at home (Reservists)
- Soldiers leaving the service (ETS, retirement, etc.)

Soldiers presenting any of the following concerns should be seen immediately by a health provider:

- Talking or hinting about suicide
- Formulating a plan to include acquiring the means to kill oneself
- Having a desire to die
- Obsession with death (music, poetry, artwork)
- Themes of death in letters and notes
- Finalizing personal affairs
- Giving away personal possessions

Suicide risk factors

Risk factors are those things that increase the probability that difficulties could result in serious adverse behavior or physical health. The risk factors only raise the risk of an individual being suicidal; it does not mean they are suicidal.

Risk factors often associated with suicidal behavior include

- Relationship problems (loss of girlfriend/boyfriend, divorce, etc.)
- History of previous suicide attempts
- Substance abuse
- History of depression or mental illness
- Family history of suicide or violence
- Work related problems
- Transitions (retirement, PCS, discharge, etc.)
- A serious medical problem
- Significant loss (death of a loved one, loss due to natural disasters, etc.)
- Current/pending disciplinary or legal actions
- Severe, prolonged and/or perceived unmanageable stress
- A sense of powerlessness, helplessness and/or hopelessness

Suicidal risk is highest when:

- The person sees no way out and fears things may get worse
- The predominant emotions are hopelessness and helplessness
- Thinking is constricted with a tendency to perceive his or her situation is all bad
- Judgment is impaired by use of alcohol or other substances.

Walk

From front page

defend our country," said Principal Dr. Jane Towery.

The program began with the posting of the colors and the Pledge of Allegiance by Aberdeen Boy Scout Troops 800 and 810 and Cub Scout Packs 802 and 965. The national anthem was performed Saint Joan of Arc eighth graders sang the national anthem; Patrick Collins played a guitar instrumental and Juan Cajigas sang a solo.

Maj. Robert Moore, from the 20th Support Command spoke to the children about education being the key to freedom.

"A good education gives you skills, these skills give you freedom," Moore said.

Moore told the children that it is important to take their education seriously as it will give them the tools they need to succeed. He added that the students in the audience are America's future.

Moore told the children that they had the potential to be leaders or even the president of the United States when they grow up.

"Your teachers are teaching you the skills it takes to become a leader," Moore said.

Billy Boniface, president of the Harford County Council spoke to the children about the importance of public service.

"These people (that go into public service) do it because they care about their community," he said. "It is very important to thank those in public service."

Boniface told the children that they

can get involved in public service by volunteering in their community.

"Each one of us has a responsibility to give back to our community, that is the price of freedom," he said.

Sgt. Mark Novello, U.S. Marine Corps, spoke to the children about patriotism. Novello acknowledged that many of them either weren't born or were too young to remember 9-11.

He told the children that there were many heroic acts at the World Trade Center, the Pentagon and aboard the plane that crashed in the Pennsylvania field and added that there are many patriotic people that protect the nation every day.

"Being patriotic means not only being proud of your country, it also means you are willing to stand up and fight to protect the rights of your country," he said. "Be proud of yourself and know that you have the right to be whoever you want to be because of patriotic people, people that believe in the United States of America and all that it stands for."

Throughout the program the students performed and sang songs. The kindergartners, first and second graders sang "My Country Tis of Thee," and the third, fourth and fifth graders sang "God Bless America."

Five middle school students gave their thoughts on 9-11, heroism and what freedom means to them.

Abby Webster, an eighth grader, remarked that a true hero is selfless. Webster said that there were many people that were heroic on 9-11, risking their own lives to try to save others.



Photo by RACHEL PONDER
Boy Scouts from left: Dominic Trulli, Michael Sanphillipo, Joe Paolucci and Rusty Dodson serve as the color guard during the St. Joan of Arc School's fifth annual Freedom Walk, held at Festival Park in Aberdeen, Sept. 10. The event remembers the victims of 9-11 and public servants who continue to protect the nation.

"The tragedy has only made America stronger," she said. "If we didn't have some of the heroes of 9-11 this would be a much different country. We should remember these special heroes each and every day of our lives."

The program closed with a prayer from Kristin Pinkowski, a sixth grade teacher at St. Joan of Arc School.

"Teach me true generosity," she said. "Teach me to give without counting the cost."