



Making nice on Halloween

(From left) APG's Spc. Cody Myers and Jennifer Mosely got along much better than their fabled characters, The Big Bad Wolf and Little Red Riding Hood, while passing out candy in Patriot Village Oct. 31. Hundreds of young residents trick-or-treated from 6 to 8 p.m. in housing areas on APG South and APG North. See more Halloween photos on pages 10 and 15. Photo by Adrienne Foss



Garden to pay tribute to APG's women in R&D

By RACHEL PONDER
APG News

The brisk fall weather didn't stop close to a dozen volunteers Oct. 22 as they planted hundreds of shrubs and flowers representing 22 species on the east side of Garrison Headquarters.

This effort represented Phase 1 of the Women in Bloom project, a memorial garden that will recognize military and civilian women's achievements in research and development on the installation since its founding in 1917.

During Phase 2 of the "Women in Bloom," project, a memorial will be installed that highlights the accomplishments of female researchers and scientists at APG. This memorial garden, which will be officially dedicated in March during Women's History Month, will be the first of its kind on a military installation.

"Many memorials across the nation honor the sacrifices of



Photo by Terri Kaltenbacher

Volunteer Liam Gallihue tries to find the perfect spot to plant a flower during Phase 1 of the "Women in Bloom" memorial garden project on the east side of Garrison Headquarters Oct. 22.

Soldier, civilians honored at retirement ceremony

By RACHEL PONDER
APG News

A Soldier and two civilians with 95 years of combined experience formally retired in front of Family and friends during an Oct. 27 ceremony at APG's Ball Conference Center.

The honorees included Lt. Col. Harold W. Lopez, from the U.S. Army Evaluation Center, Army Test and Evaluation Command; Robert E. Cronin, from the Civilian Human Resources Agency and Margaret L. Giffing, from the U.S. Army Garrison APG.

Lt. Col. Harold W. Lopez

Lopez was recognized for his military career spanning 22 years, culminating as senior military evaluator for the Maneuver Evaluation Directorate, U.S. Army Evaluation Center.

Lopez was awarded The Legion of Merit signed by Lt. Gen. William J. Troy, director of the Army Staff; the Presidential Certificate of Appreciation signed by President Barack Obama; and Certificate of Retirement signed Martin E. Dempsey, chief of staff. Hamilton also received the U.S. flag and pin.

Lopez's wife, Nancy, received the Department of the Army Certification of Appreciation signed by Dempsey.

During Lopez's career, he served three overseas tours including Germany, Operation Desert Storm and Operation Enduring Freedom. Other career highlights include earning a master's degree in Engineering Management from



Lopez

USAPHC employee leads charge to fitness

Story and photo by YVONNE JOHNSON
APG News

When a U.S. Army Public Health Command injury epidemiologist learned that she was gluten sensitive she put her foot down and decided to adjust not only her diet but her lifestyle.

Today, she is 30 pounds lighter, reaching her fitness goals with more energy to spare.

The good news is, says Ester Dada, you can do it too.

As an epidemiologist, part of Dada's job is to research diseases so when she was diagnosed with sensitivity to gluten,



Dada

Healthy Living

she immediately began researching the ailment. Gluten sensitivity is often mistaken for other ailments, and patients may eventually be diagnosed with celiac disease which makes a gluten-free diet essential.

Celiac disease is an autoimmune ailment in which a person can't tolerate gluten, a protein in wheat, rye, and barley. Gluten shows up in bread and pasta, but may also hide in other foods, such as cold cuts, salad dressings, beer, and even licorice.

When people with gluten sensitivity eat gluten, the lining of their small intestine becomes inflamed and damaged. That hampers the absorption of nutrients and

can lead to malnutrition and weight loss. Patients also may struggle with diarrhea, stomach upset, abdominal pain, and bloating.

Other symptoms can include migraines, tiredness, attention-deficit disorder and hyperactivity, autism and schizophrenia, muscular disturbances as well as bone and joint pain.

In some cases, this disease takes years to diagnose because it is mistaken for irritable bowel syndrome or other diseases. Gluten sensitivity can develop at any point in life, and is more rapidly evident in early childhood.

Dada said that although she didn't have

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WEATHER

Thurs.



62° | 44°

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SUPPORT THE MILITARY FAMILY

ACS hosting 2011 Holiday Sponsored Program. Find out you can sponsor a Family. **PAGE 3**

OPINION

How the military just might keep you together

My parents just celebrated their 50th wedding anniversary —the darlings. All year people have asked them how they did it—as if marriage was a craft project. As if love was a recipe.

My mom kept patting people's arms and saying, "We are so lucky. We are just so lucky." My dad just told people that their success was all due to home cooked meals and his secret cereal mix—the one my mom refers to as "twigs and rocks."



Yet I am their child. Their witness. I'm a woman whose job it is to analyze and agonize over how the demands of modern military life affect families. I can't help but see that long ago my parents went through a 25-year military career that included war and separation and lack of money and multiple moves and five kids born in eight years. I see how that should have been too much for them. They surely should have divorced in the Seventies when women were burning their bras and going on strike from the housework.

But they didn't. They didn't stay together as a mark of endurance or because they had no other choices. They didn't stay together because they were lucky or ate whole grains. Sometimes I think they stayed together because their military life taught them to respect each other. It makes me wonder how the rest of us are doing in comparison. Are we doing what they did? Can we predict 50

I can't help but see that long ago my parents went through a 25-year military career that included war and separation and lack of money and multiple moves and five kids born in eight years.

deeply good years for our own marriages? Ask yourself these questions:

Did you go with your gut?

My parents had no idea what they were doing. Really. When my dad returned from flight school the summer of 1960, he told me himself he had no intention of asking my mom to marry him. They were too young, too poor. Then she stepped out of her house wearing a yellow sundress. And he could not wait to get her alone to ask her to be his Air Force wife. They were married all of six months later.

Is war normal for you?

As an anniversary gift, we had boxes of my parents photos put on CD. In picture after picture of base housing, I am so aware of how my parents were surrounded by other couples who were raising their kids inside the military.

Here is a picture of my mom in an evening gown pregnant with me. Here is a picture of the lady who angrily scrubbed her kitchen floor every day when her husband was away on training. There go the dads in uniform. The kids in umbrellas and bathing suits playing in the rain. The ladies who traded babysit-

ting and cups of sugar and watched their husbands leave for Vietnam. This was our normal. Typical. Acceptable.

Do you understand him?

I don't think my dad ever spent a lot of time analyzing my mother's needs. But my mom never stopped trying to understand the silent serious man that she married. She said they were married 27 years before she realized that when she asked him about his day and he did not immediately respond that he was not ignoring her. Instead he was going through all possible answers and the result of each answer. If she would just wait, he would speak. And they grew closer than ever.

Are you self-actualized?

In the Seventies, my dad was required to take a course at Malmstrom Air Force Base. Part of the course was Abraham Maslow's Hierarchy of Needs. It shows how people have to fill their physical needs before they look for safety and then love. At the top of the pyramid is self-actualization—where you are creative and forward thinking and firing on all cylinders. My dad always said that my mom was the only truly self-actualized person he ever knew. She rolls her eyes and says, "Oh, John!"

Are you ready for your midlife crisis?

The end of my dad's military career left him adrift. He got a job as a contractor...and hated every minute. My mom urged him to quit, showing him how with his retirement pay and her income they could squeeze through. He did. A few months later he got a job at an airline where he was satisfied on a deep level—exhausted, but satisfied.

I want you to know that at my parents anniversary party, my mother stood up and said again how lucky they were. My dad stood beside her, looking down at his hand on the table, trying not to cry. Everyone else wept for him. Because we know what went into those 50 years. And we know that we are the lucky ones, benefiting in three generations from all they did for love.

Jacey Eckhart

CinCHouse.com

About Jacey

As an Air Force brat, Jacey Eckhart grew up swearing she would never enter the military or marry anyone who did. Of course, she married the first Navy guy she ever met. Eighteen years later, she and her husband Brad have moved 13 times. Tackled five deployments. Raised three kids. And Jacey has written over 400 columns that encourage, empower and entertain military Families everywhere. To read more, visit cinchouse.com, where military wives and women in uniform are commanders in chief.

Q&A: My husband's reintegration

In this Family Matters Blog post, Sheri Hall answers questions about how she supported her family while her husband, Army Maj. Jeff Hall, struggled with post-traumatic stress disorder after his second tour in Iraq, and shares how she encouraged him to seek help through the Deployment Health Clinical Center's specialized care program. The center is part of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, and offers care for those experiencing PTSD and reintegration concerns.

Q. What was your reaction when your husband returned home?

A. I noticed he had a deep, dark, hollow look in his eyes. I asked him if he needed to talk to someone. I let him know that I was supportive but he wasn't receptive at the time. I think he felt he needed to be the "macho" soldier.

Q. What was the impact of his post-combat stress on you?

A. I was never fearful for Jeff's life

while he was in combat, since I knew that he trained himself well. When Jeff returned and was having suicidal thoughts, I couldn't sleep. I was so worried I would sit in bed and watch him. I feared he would just leave. I lost 15 pounds in two weeks. When I'd take the kids to school, I would race home to make sure Jeff was where I last saw him.

Q. How did you try to communicate with your husband during this time?

A. I told him that while I didn't know the effects of combat, I knew that something was wrong. It was hard because he kind of pushed me and the girls away. Finally, I sat down with him and said, "If you kill yourself, how do I explain it to your daughters, your mother and father, and my family?" It was like a light bulb went on, and that's when we looked into the DHCC program.

Q. What would you tell military parents about how to communicate with their children?

A. Encourage children to be vocal;

tell us what's bothering you. I put on a big front when Jeff was experiencing PTSD and never told the girls about my sleepless nights. If I had, we could have communicated better.

Q. What advice would you give a military spouse experiencing similar challenges?

A. I tell military wives to keep that line of communication as open as possible. Then, if something is wrong, a spouse will immediately know. I wish I had stood firmer with Jeff and said, "No, you're going to get help" when he resisted. Don't just let things be.

Hall recommends people dealing with reintegration check out the free resources offered through the Real Warriors Campaign and the Defense Centers of Excellence, such as the Outreach Center's live chat. The feature instantly connects users with trained health resource consultants who can help with psychological health concerns.

(This post originally appeared on the Defense Centers of Excellence blog.)

MORE ONLINE

Visit <http://www.realwarriors.net/multimedia/profiles/hall.php> to view the Real Warriors and Families video profile featuring the Hall family. Or scan:

APG SEVEN DAY FORECAST



APG NEWS

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Staff

APG Commander Maj. Gen. Nick G. Justice
 APG Garrison Commander Col. Orlando W. Ortiz
 Editor Adriane Foss
 Contract Photojournalists Yvonne Johnson
 Rachel Ponder
 Graphic Designer/Web Designer Nick Pentz
 Web site www.apgnews.apg.army.mil

Eating options abound despite DFAC closure

Staff report

Due to the significant decrease in the number of enlisted Soldiers on APG after the Base Realignment and Closure, the dining facility will serve its last meal Dec. 9.

“The contract that currently accommodates both Soldiers and civilians will terminate and not be renewed,” said the installation’s deputy commander, Col. Orlando Ortiz.

In accordance with Army regulation, dining facilities are permitted to operate in order to serve enlisted Soldiers with meal cards. Virtually all Soldiers entitled to meal cards have left APG as a result of Base Realignment and Closure.

“The number of service members has and remains so low that the DFAC should have closed two years ago,” explained Ortiz, “but we made a conscious decision to renew the contract for support to the civilian population.”

Ortiz said that decision was based on the limited number of on-post dining options that existed at the time, but that is a luxury the garrison can no longer afford.

He said “every effort will be made to bring contracted food service operations into the dining facility, but that will take time.”

Due to the pending closure, the Thanksgiving meal will not be offered because of the high costs associated with the meal—several thousands of dollars.

“Unfortunately, given the strict allowance we have for food between now and Dec. 9, a Thanksgiving meal doesn’t fit within the small budget,” said APG’s Joe Balum, Chief of Supply & Services.

“The Food Service team spent a considerable amount of time looking at options to make a Thanksgiving meal work within the strict regulatory framework of operating a DFAC. They could not make it work given the pending closure.”

“We’re very appreciative of all the support the military community has shown us by allowing civilians to dine in our facility on a limited basis,” said Balum. “Sadly, due to the departure of the enlisted population, we must close.”

The installation does, however, offer the following eating options:

- The shoppette Subways
 - Commissary deli
 - Burger King (set to open in November)
 - Tim Horton’s snack bar and coffee/pastry cart (C4ISR)
 - ARGO mobile food service located throughout post
 - Bowling alley grill
 - Donna’s Pit Beef at the post theater
 - Sutherland Grill at Ruggles golf course club house
 - Southside Grill in the APG South recreation center
 - Northside Grill in the APG North recreation center
 - ISG BBQ in the parking lot of Chesapeake Challenge
 - Top of the Bay (set to open Nov. 21)
 - Anthony’s Pizza (PX Food Court)
 - the CUP building on APG South
- Upcoming eateries include a C4ISR Subway (November) and several Ufood Grills in early 2012.
- Read the *APG News* for updates.

ACS hosts Holiday Sponsor Program

ACS Financial Readiness

As the holiday season approaches, this nation is still facing its greatest economic challenge since the Great Depression while still fighting the War on Terrorism in Afghanistan and Iraq.

The APG community is constantly reminded of the great sacrifices of our uniformed men and women. During these difficult times, some military Families are experiencing financial hard-

ship and require additional assistance. Army Community Service works closely with these Families to provide support throughout the year. To make their holidays a little bit brighter, ACS is hosting the Holiday Sponsor program.

Individuals, groups, and agencies can sponsor a military Family by contacting Arcelio Alleyne, ACS Financial Readiness Program Manager, at 410-278-2450 or arcelio.v.alleyne.civ@mail.mil.

Speakers discuss combat injuries, endurance



Photo by Sean Kief

Capt. Tammy Phipps, a physical therapist from the Walter Reed National Military Medical Center at Bethesda and Wounded Warrior Kelly Keck demonstrate one exercise used for Keck's rehabilitation during the National Disability Employment Awareness Month observance at the post theater Oct. 20.

By **YVONNE JOHNSON**
APG News

Three stories of endurance after life-altering incidents were presented during the National Disability Employment Awareness Month program at the post theater Oct. 20.

Guest speakers included medically retired Staff Sgt. Kelly Keck, Staff Sgt. Mitch Court, Capt. Scott Quilty and active duty Capt. Tammy Phipps, an occupational therapist from the Walter Reed Military Medical Center at Bethesda.

Keck and Court are government civilians with the U.S. Army Test and Evaluation Command and APG Garrison, respectively.

Jody Jackson, equal opportunity manager for the U.S. Army Test and Evaluation Command, co-hosted the program with Sgt. 1st Class Laquita Wimbley, EO advisor, U.S. Army Research, Development and Engineering Command.

Maj. Gen. Nick Justice, APG senior leader and commander of RDECOM said the mission of wounded warriors is to overcome their handicap and make themselves productive, contributing members of society once again.

"You have a chance to hear instances of trying to implement that mission," he told the audience.

Col. Orlando Ortiz, APG Garrison and deputy installation commander, told the trio of wounded warriors that he was proud to call them comrades in arms.

"We greatly admire your courage to serve our nation in times of war, deploy to those hostile environments, recover from your wounds and productively move on with your lives.

"We don't do everything perfect but one thing we do well is recognize our service members, particularly our wounded warriors, and make a conscious effort to reintegrate them into government service. For this, we are proud."

Along with Justice and Ortiz, the official party included ATEC commander Maj. Gen. Genaro J. Dellarocco, ATEC Command Sgt. Maj. Allen Fritzsching and RDECOM Command Sgt. Maj. Hector Marin.

The guest speakers shared stories of their injuries, their recovery and eventual return to society as workforce civilians.

Kelly Keck is the first wounded warrior intern assigned as an EEO specialist with ATEC after being medically retired from the Army in 2010. He was a medic for the 1st Infantry Division, 3rd Brigade, Special Troops Battalion. During his first deployment to Afghanistan in 2008 he was

wounded by an antipersonnel mine and evacuated to WRAMC where he was treated for a below the knee amputation and the loss of three fingers on his left hand.

Keck said he was proud to be a part of a program focusing on how people with disabilities can hold amazing jobs.

"We're here to remind you that we are able," he said.

Mitch Court is the first wounded warrior assigned to the Garrison's Emergency Operation Management Center. He was medically retired in 2010. A squad leader and platoon sergeant with the 3rd Infantry Division, 3rd Brigade, Court was wounded while defending Soldiers during an ambush. He was evacuated to WRAMC where he was treated for chest, back and head trauma.

Court, who suffers from short-term memory loss and other ailments due to brain trauma, considers himself lucky.

"All my injuries are internal," he said, adding that he still must write everything down. "Try not to stereotype the disabled, because I did before I became one."

He said that although he never saw himself at APG, he's grateful that the Army takes care of its own.

"Even though you don't have to be a vet to get a job here, I want people to realize there are more of us out there.

"Going to combat wasn't the scariest thing I've done in life," he added, "becoming a civilian was."

Scott Quilty became the director of business development for Fathom Creative, brand marketing company, after serving with a nonprofit organization serving survivors of war and conflict in six countries. Quilty was wounded after stepping on an IED while leading a joint U.S.-Iraqi patrol in southern Baghdad's "Triangle of Death" in 2006. He lost his right arm and leg and spent the next 18 months recovering at WRAMC.

Quilty said that life was full of calculated risks and he realized he was taking one the night of the assault into enemy area. He said that while his 18 months of recovery was difficult, he knew he had a family to support and had to aggressively seek employment.

"I had to convince a management team that what I did in the service matters," he said. "I took a risk and he certainly took a risk when he hired me."

He encouraged listeners to "always take the time to thank a veteran" and asked organization leaders to consider veterans for positions "right here on APG."

"Take a risk on a veteran," he said.

Write military essay to win Disney vacations

Special to the APG News

There's still time for U.S. military personnel to enter the Downtown Disney Resort Area Hotels essay contest to win one of two one-week vacation prize packages for a military family of four.

Active and retired U.S. military personnel are eligible to enter the contest by either submitting a link to a 90-second video on YouTube or by drafting an essay of no more than 300 words stating why their family is proud to be a military family.

Entries must be submitted via www.downtowndisneyhotels.com and must be received by Nov. 18. Winners will be announced on the website by Dec. 9.

Two military service personnel each will be awarded a seven-day, six-night vacation prize package for four that includes:

- Seven-day / six-night accommodations (for the military service person and up to three of his or her immediate family members) at one of the Downtown Disney Resort Area Hotels

- Free airfare to Orlando on AirTran Airways (for the military service person and up to three of his or her immediate family members) (only for non-Florida residents)

- Roundtrip ground transportation from Orlando International Airport to the host hotel provided by Mears Transportation

- Four free three-day Disney Magic

Your Way® Based Tickets with the Park Hopper Option

- Four free tickets to DisneyQuest Indoor Interactive Theme Park

- Complimentary breakfast and dinner at the hotel each day (for the military service person and up to three of his or her immediate family members)

"Our U.S. military personnel go above and beyond the call of duty and make daily sacrifices to serve our country. We want to do what we can to reward their hard work and dedication," said Marti Alexander, chairperson of the Downtown Disney Resort Area Hotel's marketing committee.

Guests staying at these hotels receive privileges not available at hotels outside of the Walt Disney World® Resort, such as:

- Complimentary transportation to all four Disney Theme Parks, two Disney Water Parks and the Downtown Disney® Market Place every 30 minutes

- Advanced tee times and discounts at all four Disney championship golf courses

- Early admission or extended hours to a Disney Theme Park on select days (not available at all hotels)

- Delivery of souvenirs purchased at the Disney Theme Parks directly to their hotel room at no cost

For more information, call 407-788-7070.

Win an iPad or Kindle during FMWR Harvest Bazaar Nov 8-9

APG FMWR

APG community members are invited to attend MWR's annual Harvest Bazaar Nov. 8-9, 10 a.m. to 2 p.m. recreation center on APG South (Edgewood).

This year's grand prize giveaways include an Apple iPad, a Kindle and much more. Winners must be present.

"In addition to having an opportunity to win two of the season's hottest items, attendees can get quite a bit of holiday shopping done," said event coordinator Earlene Allen. "Vendors are offering everything from home décor and purses to baked goods and jewelry."

For more information, call 410-278-4011.



Community IDs issues during AFAP conference

By **YVONNE JOHNSON**

APG News

The 2011 Army Family Action Plan symposium kicked off at APG Oct. 25. AFAP is an Army-wide program to improve Army quality of life.

Through AFAP, all members of the Army—active and reserve forces, Family members, retirees, surviving spouses, civilians, and military technicians have a forum to voice concerns to Army leadership and make recommendations for change.

APG's AFAP, led by Marilyn Howard of Army Community Service, concluded after three days on Oct. 27 with participants presenting issues and suggestions to the installation's deputy commander, Col. Orlando Ortiz.

APG AFAP Workgroups & Issues

Workgroup 1-Community Service

- Food options on APG South
- Exchange privileges for DoD/civilian/NAF employees
- Intergenerational activities

Workgroup 2 – Family and Force Support

- Employment opportunities for relocating spouses
- Improve gate operations
- APG employee recycling program

Workgroup 3 – Housing and Relocation

- Patriot Village lighting
- Playground equipment
- Quality of housing maintenance
- Workgroup 4 – Medical
- Availability of veterinary services
- Prostate Specific Antigen testing
- KUSAHC employee health problem

Issues are resolved at the installation

If issues impact only the local community, they are resolved locally. If they have a broader scope, they are sent forward. About 95 percent of AFAP issues are retained and worked at the local level and result in ongoing community improvements.

level or forwarded as high as Department of the Army level. Participants in the APG 2011 AFAP include those familiar with, as well as those new to, the process.

"I didn't realize what went into it," said Sgt. Trent Crews, a 1st Area Medical Laboratory food inspector and single parent. Crews said that APG was her first assignment to an installation not dominated by active-duty Soldiers and that many of the suggestions she observed were "civilian-based."

"This is also my first duty station as a parent and I've found that we have similar issues," she said.

She said she likes that the installation is "Family-oriented" and would like to see "more going on on-post," such as a Single Parent network.

"I shouldn't have to go all the way to Baltimore to entertain my daughter," she said. "As a single parent, I would like to spend time with other single parents to bond together and spend more quality time with our kids."

Jeovanie Fernandez is a 17-year-old high school senior and an apprentice

with the Hired! Program headed by Jay McKinney. He is assisting McKinney with the AFAP Youth group for the second year.

A military Family member, Fernandez said his internship has given him the chance to see things from adult perspectives, which helps him communicate better with youth. He called the AFAP a "great opportunity to talk."

"I understand both sides after living on APG as a teenager and now being a role model. A lot of the kids see me as a counselor and trust me to help identify problems. This is an important time that's set aside just so we can sit down, talk and get things cleared up."

Annie Brock was an observer during APG's AFAP conference. In light of all the civilians new to the community due to base realignment and closure, she called the program an "educational process."

"Programs like this help educate civilians looking for the same things in our community," said Brock. "I

have not heard one civilian ask anything to be changed that would not benefit the military community. This is a good partnership and an important process for everyone in the community to know their voices are being heard."

For more information about AFAP, visit www.arfp.org.

Read about the 2011 APG AFAP issues and suggestions in next week's *APG News*.

How AFAP began

In the late 1970's, Army spouses wanted to improve on the standard of living for their Families. They realized they would have to get organized in order to accomplish this. They brought light to problems, suggested ways to resolve them and then volunteered their efforts to fix them. These community-minded spouses and their commitment to good standard of living within the Army formed the beginning of the Army Family Action Plan.

The AFAP was formally adopted at the first HQDA planning conference in July 1983 and the Army Family Action Plan was published in 1984. At the same time, the Community and Family Support Center was created and given the mission to continue and institutionalize the grass roots process begun by Army spouses.

If issues impact only the local community, they are resolved locally. If they have a broader scope, they are sent forward. About 95 percent of AFAP issues are retained and worked at the local level and result in ongoing community improvements.

Garden serves as women's memorial, learning tool

Continued from Page 1

women during the war effort in a Rosie-the-Riveter fashion, which is wonderful, but in our study of what actually exists on other installations, none really showcases the importance of women's brainpower in advancing our nation's defense," said Terri Kaltenbacher, an APG garrison employee who is co-managing the project with partner Deidre DeRoia, Department of Public Works environmental protection specialist. "Women made and are still making significant intellectual contributions to our military.

"Also, the garden will provide a relaxing, contemplative natural space where people can come for a break during lunch," she said.

To execute this project, APG was awarded \$6,500 grant from the Department of Defense Legacy Resource Management Program to mark the 18th annual National Public Lands Day. This event was created to bring together volunteers

to improve and restore the lands and facilities that Americans use for recreation, education, exercise and relaxation, and provides funds for NPLD projects on military lands open to the public.

DeRoia said that the 400-sq-ft garden will be beneficial to the environment because the plants that were selected for the garden are all native flowers and trees that will provide food and habitat for pollinators.

"Pollinators, animals and insects that transfer pollen grains from flower to flower, are in significant decline across the country and around the world," DeRoia said. "Declines are associated with parasites, habitat loss, fragmentation, landscape deterioration, and climate change. Because pollinators and plants are so interdependent, the decline in pollinators threatens biodiversity. Without pollinators, native landscapes might become barren or overrun by inva-

sive species. Native plant communities like pollinator gardens resist erosion, are resilient to fire, and provide realistic and safe testing and training environments on which our Warfighters depend."

DeRoia said she planned the garden so that there will be flowers blooming throughout the year. In each season the plants will attract different species of butterflies and ruby-throated hummingbirds, the only hummingbird species that is commonly found in Maryland.

"It takes about three years for a garden to fully develop," DeRoia said, "so I am interested to see how it will progress over time."

DeRoia said that once the garden is fully developed it should be a low maintenance project, with minimal watering.

"The pollinator garden can be used as a great learning tool for children," she said. "It will be a place where Boy and

Girl Scouts can work on earning their gardening merit badges and students can volunteer to help maintain the garden."

"And I'm hoping the memorial will serve as an inspiration to young women to pursue careers in the sciences, too," said Kaltenbacher.

For instance APG's Justin Daniels, 13, from Harford Day School volunteered to help plant the garden Oct. 22 as part of a school community service project.

Other volunteers included Lynda Hartzell, Karen Jobs, Allison O'Brien, Mark Gallihue, Liam Gallihue, Terri Kaltenbacher, Laura Franke and Hlib Hayuk (Col. Ret).

For more information on the garden, contact DeRoia at 410-278-0536 or deidre.m.deroia.civ@mail.mil. For more information on the Women's R&D Memorial, contact Kaltenbacher at 410-278-3775 or teresa.a.kaltenbacher.civ@mail.mil.

APG competes with coworkers in Slim Down Challenge

Continued from Page 1

a "serious weight problem" she did carry "a few extra pounds" and was experiencing lethargy, bloating, and other symptoms.

When she tested negative for celiac disease, she evaluated her "sedentary lifestyle" and decided to change.

"When I found out I have a gluten sensitivity I came to the decision to limit processed foods from my diet and go with whole foods that are naturally gluten free," she said, "and I continued to find ways to counteract my sedentary lifestyle. I became much more active."

In fact, Dada took it a step further. She decided to share her knowledge with her coworkers.

"Even without gluten sensitivity, most of us need to pay more attention to our diet and exercise habits," she said. "I decided to take better care of myself and I'm feeling better for it so I thought why not encourage them to do the same."

Dada enlisted the aid of Lt. Col. Sandra Keelin of the Health Promotion and Wellness Program and Malikhah Waajid of the Injury Prevention Program to lead a 12-week informal Slim Down Challenge within the organization. She said it helped

that she had cited a permanent weight-loss plan as her New Year's resolution.

"In January, several of us with weight-loss goals organized into teams with one wing of the building versus the other," Dada said.

The Slim Down Challenge served as a powerful support group, she added, noting that studies show support from a partner or buddy increases chances for successful weight loss. The challenge included a weekly bagged-lunch session during which guest speakers would come talk about stress factors, healthy food choices and other topics affecting weight loss and management.

In addition, Dada and coworkers continue to take advantage of the fitness classes and exercise options available through Morale, Welfare and Recreation at APG's athletic center and gyms.

Lifestyle change

The key, Dada concludes, is to not take on a "diet attitude."

"Diets are temporary," she said. "The problem before was that I would lose weight and feel good but I would even-

tually return to my old behavior. What I'm doing now is a lifestyle change. I am committed to a healthy lifestyle of good nutrition and exercise. This is not temporary, it's permanent."

Dada suggested the following government websites for information about weight loss and fitness.

■ www.win.niddk.nih.gov - Weight Control Information Network, NIH

National Institute of Diabetes Digestive and Kidney Diseases

■ www.cnpp.usda.gov/dietaryguidelines.htm - U.S. department of Agriculture and Department of Health and Human Services 2010 Guidelines for Americans

■ www.ChooseMyPlate.gov - U.S. Department of Agriculture's 'My Plate'

■ www.Fitness.gov - President's Council on Fitness, Sports and Nutrition

What Worked For Me

By Esther Dada

- Created a personalized weight loss plan and goals I could live with
- Identified and avoided triggers that sabotage weight loss efforts
- Eating plenty of nutrient dense foods such as fiber-rich whole grains, legumes, fruits and vegetables
- Engaging in regular physical activity to burn calories and boost metabolism
- Enlisted support of family, friends and colleagues to make reaching goals easier
- Adopted permanent lifestyle changes to maintain weight and fitness levels

FAMILY AND MWR

Activities/Events

EFMP Bowling

Exceptional Family Member Program Families and all individuals with disabilities are invited to bowl at APG bowling center from 11 a.m. to 1 p.m. every Sunday. The APG bowling center is on Aberdeen Proving Ground next to the Burger King and Post Exchange. The bowling center has plenty of video games, food, and fun for all. Please contact Ann Battaglia to reserve lanes, 410 838- 5026 or tabat@msn.com. .

BJ's Discount Membership Registration Days

The Civilian Welfare Fund is sponsoring BJ's discount sign ups Nov. 15 from 11 a.m.-1:30 p.m. at the APG South (Edgewood) Stark Recreation Center, Bldg. E4140 (South Side Grill) and Nov. 16 from 11 a.m.-1:30 p.m. at the APG Bowling Center, Bldg. 2342. New and renewal memberships will be accepted. Membership is \$40 for 15 months. This is the last sign up for 2011. Contact Patricia Harkins at 410-436-4467 or patricia.e.harkins.naf@mail.mil.

Learn to hand paint custom shirts

The Army Child, Youth & School Services will be teaching children ages 6 to 8 to hand paint custom shirts during the month of November. Classes will be held at the Aberdeen Area Youth Services building on Nov. 2, 9, 16 and 30 beginning at 5:30 p.m. until 7:30 p.m. In these classes, children will learn the basics of hand painting artwork on to shirts, use a projector, paint fabric and learn about other materials to hand paint their own shirts. The classes are open to all DoD ID cardholders. To register, call Stacie Umbarger at 410-278-7571/7479 or Stacie.e.umbarger.naf@mail.mil.

Holiday performances for the whole family

The community is invited to attend several holiday performances presented by the APG MWR Theater Group.

A stage adaptation of *It's a Wonderful Life* will be performed Saturday, Dec. 3, at the post theater at 7 p.m. and a Sunday matinee will be performed Dec. 4 at 2 p.m.

The film version of *It's a Wonderful*

Life was nominated for five Oscars and starred James Stewart as a man whose pending suicide on Christmas Eve brings about the intervention of his wingless guardian angel.

Charles Dickens' *A Christmas Carol* will be performed tentatively Monday, Dec. 19, at the APG North recreation center at 7 p.m. *A Christmas Carol* includes some of the holiday's most memorable characters—from the hard-hearted Scrooge, four ghosts, Tiny Tim and the kindhearted Bob Cratchit.

Bring the family and make it an evening to remember, or gift the gift of entertainment by purchasing a ticket for a friend.

Visit the MWR Leisure and Travel Office to purchase tickets, or buy them over the phone by calling 410-278-4011.

It's A Wonderful Life tickets cost \$10 for the general public, \$5 for active duty service members and children 12 and under. *A Christmas Carol* tickets are \$5 for the general public and free to active duty service members and children under 12.

(A dinner theater performance of *A Christmas Carol* will also be presented at the Clarion Hotel in Aberdeen. Call 410-273-6300 for information on the dinner theater.)

Day Trip to New York City

The Civilian Welfare Fund is sponsoring a trip to New York City Nov. 26 departing at 6 a.m. The charter bus will depart from Aberdeen and arrive in New York City where guests can catch a Broadway show, shop or just sight see.

The return time is approximately 10 p.m. Round-trip tickets are \$45 per person. The seats fill up fast, so reserve seats early. Call Patti Harkins at 410-436-4467.

Looking for a job?

Visit FMWR Jobs available at www.apgmwr.com.

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



Laugh Out Loud Comedy Tour: It's a Laughing Matter

Army Entertainment presents the Laugh Out Loud Comedy Tour: *It's a Laughing Matter*. The show will be held 5:30 p.m. at the APG post theater Nov. 9. Doors open 4:30 p.m. The show will feature Danny Cho from "Mad TV" and Emmy Award winners *A Pair of Nuts*.

Cerrone from BET's "Hell Date" will host the event.

Admission is \$10 for the public and \$5 for active duty military. Guests must be 18 or older to attend. For tickets, visit the Leisure Travel Office, Bldg. 3326, or call 410-278-4011; visit the APG South Stark Recreation Center, Bldg. E-4140, or call 410-436-2713.

Concessions will be available in the theater lobby.

For more information, call 410-278-3854 or email earlene.allen.naf@mail.mil.



APG Bowling Center Snack Bar specials

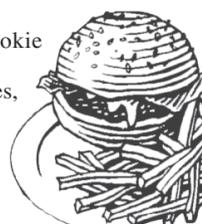
Building 2342

Week of October 31

Special #1: Tuna salad sandwich with chips, cookie and regular soda for \$6.75.

Special #2: Pepperoni Pizza Sub with french fries, cookie and regular soda for \$6.50.

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.



Post Shorts

UMUC spring startup

Get a jumpstart on your education by starting classes this spring. University of Maryland University College is sponsoring a startup event Dec. 7 from 9 a.m. to 4 p.m. at UMUC'S APG office, Room 210 of the Janet M. Barr Soldier Support Center on Susquehanna Avenue.

Advisors will be available to help put together a degree plan and start on the path to reaching your educational goals. As an added incentive, students who make application at this event will have their \$50 application fee waived (not available for doctor of management applicants). Call 410-272-8269.

WACVA meeting Nov. 5

The Aberdeen Freestate Chapter 70 of the Women's Army Corps Veterans Association meets 11 a.m. at the Aberdeen Senior Center on Franklin Street, near the library. Use rear parking lot and entrance.

Membership is open to women who are serving or have served in the U.S. Armed Forces, including the National Guard, Reserve and Coast Guard.

Upcoming civic projects including the Christmas party for hospitalized women at Perry Point VA Medical Center in Perryville will be discussed. After the meeting, all are welcome to attend a pay-as-you-go lunch at the Bayou Restaurant in Havre de Grace.

For more information, contact Connie Murphy at 410-272-5805.

Wegmans Food Markets recalls Turkish pine nuts

Wegmans Food Markets, Inc. is recalling approximately 5,000 lbs. of Turkish Pine Nuts sold in the Bulk Foods department of most Wegmans stores in New York, Pennsylvania, New Jersey, Virginia, and Maryland between July 1 and October 18, 2011 due to possible Salmonella contamination.

For detailed information pertaining to this recall, visit <http://1.usa.gov/tGU4CW>.

Shop for the holidays & help the community

The Aberdeen Proving Ground Community Women's Club is having a Fall Treasure Bazaar Nov. 12 from 10 a.m. to 4 p.m. at Saint Matthew Lutheran Church, 1200 East Churchville Road in Bel Air, across from Safeway. Vendors selling various items such as jewelry, gifts for the home, purses, gourmet gifts, clothing, crafts, and artwork are planned.

There will be a door prize raffle, and refreshments will be available. Proceeds from the bazaar will be used to support community needs in the APG area. A "Holiday Cards for the Troops" station is planned for shoppers to write to military serving overseas. Shoppers and vendors are asked to bring a non-perishable food item for St. Matthew's food pantry. For more information or to reserve a table, contact Jane Blohm at jl.blohm@verizon.net, 410-838-2656.

DFAC closes in December

The last meal will be served at the APG Dining Facility Dec. 9, 2011. The dining facility will be closed permanently on 10 Dec. 10, 2011. The facility is being closed due to the changes in the Soldier population as a result of BRAC. Breakfast, lunch and dinner options on post include the shoppette Subway, commissary deli, the PX food court, Burger King (set to open in November), Tim Horton's (C4ISR), Top of the Bay (operating out of recreation center and set to reopen in December), mobile food carts located throughout post, and the bowling alley grill.

Thanksgiving meal

The installation's annual Thanksgiving meal will not be offered in the APG dining facility year. Call 410-306-1607

Blood drive dates

APG will host blood drives on the following dates:

29-Nov-2011 TUE 10 a.m. - 2 p.m.
Recreation Center
5-Dec-2011 MON 10 a.m. - 2 p.m.
Recreation Center

Dental Clinic Closings

The U.S. Army Dental Clinic on APG North will be closed Friday, Nov. 11 and will reopen Monday, Nov. 14 from 7 a.m. to 3:30 p.m. Sick call hours will be from 7 to 9:10 a.m.

The U.S. Army Dental Clinic on APG South (Edgewood) will be closed Friday, Nov. 11, for Veteran's Day and Monday, Nov. 14 for a training holiday.

For medical services needed, after hours, weekends, or on federal holidays, contact the staff duty at 443-807-0725. The staff duty officer will coordinate your care with the dentist on duty.

In the event of a medical emergency, 911 or go to the nearest emergency room. Emergency rooms do not require a referral.

FY 11 Annual Hydrant Flushing

The annual hydrant flushing at APG is Oct. 24 to Nov. 28, Monday to Friday weekly, 7 a.m. to 3 p.m. The schedule is tentative Call APG's Dennis Overbay at 443-206-8910 or City of Aberdeen rep Curtis Ball at 410-278-2335.

Week 2: 31 Oct to 4 Nov 4000,5000 and 6000 block

Week 3: 7 Nov to 11 Nov 4000,5000 and 6000 Block

Week 4: 14 Nov to 18 Nov Plumb Point Loop

Week 5: 21 Nov to 25 Nov ARL Compound and Restricted Area

Week 6: 28 Nov to 2 Dec Spesutie Island and Restricted Area

Flu vaccine now available

Flu vaccines are available for all Tricare beneficiaries. Obtain vaccines at the APG North Immunization Clinic Monday to Friday, 7:30 a.m. to noon and from 1 to 3:30 p.m., on a walk-in basis. Or at the General Medicine Clinic during routine appointments (if patient has

no flu symptoms). Call 410-278-1746.

Chapel happenings

The APG North (Aberdeen) main post chapel holds contemporary worship services Fridays from noon to 12:30 p.m., except four-day weekends. The themes are built on spiritual fitness and followed by a 30-minute cookout. The chapel also offers AA meetings every Wednesday at 7 a.m.

Education Center news

Fall semester classes are being offered by on-post SOC College's: UMUC, Harford Community College, Florida Institute of Technology and Central Michigan University. Classes are conveniently located APG North, Bldg. 3147, on Raritan Avenue for all military personnel, Family members, DA civilians, retirees and contractors.

■ The Strong-Campbell and Career Assessment Inventories are available on the web to military personnel and civilians. The education office will provide customer assistance with the career search.

■ To register to take the Graduate Record Examination, log on to www.gre.com. The fee is \$150. Military will be reimbursed. The nearest testing location is the Prometric Center in Baltimore. Visit <http://www.gre.com>.

■ To register to take the Graduate Management Admission Test, log on to www.gmat.com. The fee is \$250. Military will be reimbursed. The nearest testing location is with the Prometric Center in Baltimore. Visit <http://www.gmat.com>.



MORE ONLINE

More shorts can be seen at www.apgnews.apg.army.mil under Shorts.

COMMUNITY NOTES

FRIDAY

NOVEMBER 4 BIRD BANDING

Bird banding is a universal and indispensable technique for studying the movement, survival and behavior of birds. Join Mark Johnson and Les Eastman at the Eden Mill Nature Center as they band birds. Banding will take place at the Joe Vangrin Memorial Pavilion with intermittent walks to check the nets. The next event is tentative, weather permitting: Nov. 4 from 7 a.m. to noon.

SATURDAY,

NOVEMBER 5 FALL FEST

Celebrate the final days of fall at a free event at Eden Mill Park Saturday, Nov. 5 from 1 to 4 p.m. A park-wide scavenger hunt, live animals, honey extraction and dipped candle demonstrations, live music, mill tours, crafts, games and much more will be enjoyed by all ages. The Nature Center will be open and the unique Gallery of Pumpkins will

be on display. No fee or registration. Overflow parking will be at the Jarrettsville Christmas Tree Farm. Buses start running at 12:30 p.m. The last bus leaving Eden Mill will be at 4:30 pm. Visit www.edenmill.org for more information.

MONDAY

NOVEMBER 7 GUNPOWDER TOASTMASTERS (APG SOUTH):

Going on a job interview? Giving a presentation? Toastmasters can assist! Toastmasters will help you develop better speaking and presentation skills, learn to think quickly and clearly on your feet, build strong leadership abilities, and hone your listening skills.

You will learn these skills and more in a supportive, self-paced, fun atmosphere. Visit the Gunpowder Toastmasters Nov. 7 and begin to discover your confidence. The Gunpowder Toastmasters meet the first and third Mondays each month (unless the date falls on a federal holiday), 11:40 a.m. to 12:40 p.m., in

the Chemical Demilitarization Training Facility in Bldg. E-4516 Seminar Room. Visit <http://gunpowder.freetoasthost.info> for directions or contact Heather McDowell at 443-207-0275 or Dave Garcia at dave.garcia@us.army.mil, or 410-436-5013 for more information.

THURSDAY

NOVEMBER 10 MARINE CORPS BIRTHDAY LUNCH

Are you a Marine who works on APG? You're invited if you are active, Reserve, retired, FMF Corpsman, veteran, Army civilian or DoD contractor.

A luncheon will be held on APG at the Ruggles Golf Course at 1:30 p.m. ceremony. Cost is \$13, paid in advance. Come and celebrate the Corps birthday, as is our tradition.

For more info, visit www.MarylandMarines.org. RSVP to Craig Reeling at 443-477-0670. Once a Marine, Always a Marine.

FRIDAY

NOVEMBER 11 VFW VETERAN'S DAY POKER RUN SLATED 11/11/11 IN BEL AIR

Get out and tour the local VFW posts and attend the 11th hour, 11th day of the 11th month Veterans Memorial Service of your choice.

The Poker Run starts and ends at the Darlington-Dublin Memorial VFW Post #10146 on Route 1 (Conowingo Road). Registration starts Friday 11/11/11 at 9 a.m., the Veterans Day parade in Bel Air MD starts at 10 a.m., and several Veterans Day memorial services start at 11 a.m. Find us on Facebook. Everyone is welcome. \$20 entry fee. The event benefits VFW Youth Scholarship programs.



MORE ONLINE

More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.

Retirees honored

Continued from Page 1

the University of Missouri while attending the Engineer Officer Advance Course at Fort Leonard Wood, Mo.

His awards and decorations include: Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, South West Asia Service Medal, Afghanistan Campaign Medal, and Global War on Terrorism Service Medal, Kuwait Liberation Medal, and the Kuwait Liberation medal.

He will stay in the area with his wife and three children; Mireya, 14, Adriana, 10, and Andres, 8. He plans to pursue a job as a government civilian.

"I will miss the people I worked with," Lopez said. "But I feel good about retirement. I am ready to begin a new phase in my life."

Lopez will officially retire from the Army March 1, 2012.

Robert E. Cronin

Cronin retired with 39 years of dedicated service, culminating as a course manager for the Civilian Personnel Operations Center Management Agency.

Cronin was awarded the Department of the Army Certificate of Appreciation, signed by Civilian Human Resources Director Barbara P. Panther; and the Department of the Army Certificate of Retirement, signed by APG Garrison Commander Col. Orlando W. Ortiz. Cronin's wife, Deborah, also received the Certificate of Appreciation signed by Panther.

During Cronin's career, he taught Civilian Human Resources training programs sponsored by CHRA. Courses he and his colleagues taught provided professional development for HR specialists working for the U.S. Army around the world. Cronin has taught classes at numerous Army installations and Corps of Engineers districts in the United States as well as Germany and South Korea.

"I am grateful that the Army has given me lots of opportunity to travel," Cronin said. "I also plan on doing some traveling during retirement."

Cronin added that during retirement he plans to focus more on music. He plans

to teach guitar lessons and enjoys singing with his wife at their church. He also plans on spending more time gardening and playing with his four grandchildren.

Cronin officially retired Oct. 3, 2011.

Margaret "Marty" L. Giffing

Giffing retired with 34 years of dedicated service. Her career culminates with a position as management analyst team leader for the Directorate of Plans, Training, Mobilization, and Security.

Giffing received the Commander's Award for Civilian Service; Department of the Army Certificate of Appreciation; and the Army Certificate of Retirement signed by Ortiz. Giffing's husband, Walter, also received the Army Certificate of Appreciation signed by Ortiz.

Giffing began her federal career with the Department of the Navy where she was instrumental in the standup of the Navy's prototype Word Processing Center in New Orleans, serving enlisted personnel world-wide. She received numerous awards and commendations from the DoD and foreign dignitaries.

Some noteworthy accomplishments include development and execution of the Army Evaluation Center, New Employee Orientation Program, a four-day training toolkit dedicated to newly arriving military and civilian personnel in the APG, Alexandria, Va., sites. As protocol officer for ATEC and the garrison commander's office, she was instrumental in showcasing APG at various stages of its BRAC completion to high-level DoD and other government agency officials, United States and state congressional leaders, foreign dignitaries, local civic leaders and private industry partners.

Giffing said although she will miss working, she looks forward to spending time with family. She will continue her volunteer work to include Perry Point VA Hospital and travel. "My husband and I plan to hit the road," Giffing said. "I will finally have time to take long road trips." Giffing officially retires Nov. 3, 2011.

For more photos visit www.flickr.com/photos/usagapg/.



Giffing



Cronin



Photos by Corrine Williams



Congratulations!

APG Garrison and Picerne Military Housing leadership selected the single best decorated home for Halloween from each of the installation's housing areas: Plumb Point Loop, Bayside, Patriot Village and Edgewood. Each winner receives a \$100 gift card. The winners are (from top): Joseph Paramore (Patriot Village), Maj. William Sumner (Plumb Point Loop), Sgt. 1st Class Christopher Currie (Bayside Village) and Lt. Col. Rodney Faust (Edgewood).



ARL celebrates National Chemistry Week

Story and photos by
RACHEL PONDER
APG News

Chemistry came alive when a team of volunteers from the U.S. Army Research, Development and Engineering Command's Army Research Laboratory presented experiments to children that coincided with National Chemistry Week theme: Chemistry-Our Health, Our Future! at the Aberdeen Proving Ground Youth Center Oct. 28.

National Chemistry Week is a nationwide effort by the American Chemical Society to bring the importance of Chemistry in our everyday lives to young students. ACS develops a theme and a 'Celebrating Chemistry' newsletter each year. This year's theme gave the ARL scientists a chance to show how chemistry plays an integral role in the health field.

"It's never too early to get young children excited about doing experiments and thinking about the world around them," said Dr. Lisa Marvel who helped organize the event.

Groups of youths ages 4 to 11 rotated through six stations set up by the ARL team in the center gymnasium.

At one station, youths were asked to measure the amount of sugar in foods and beverages with a small scale.

ARL scientist Dr. Chi-Chin Wu, who led the demonstration, showed the children how to read the nutrition labels on a bag of chips, a granola bar and a large and small bottle of soda.

"At the beginning of the demonstration I asked the children what food they wanted. Most children picked the large bottle of soda, which has the most sugar," she said. "Hopefully, as a result from this experiment they will think about how much sugar they are putting into their bodies. Maybe they will choose the small bottle of soda next time."

Wu, who was a college professor before working at ARL, said that the purpose of Chemistry Week is to illustrate that chemistry is all around us.

"Chemistry sounds so tough," But it isn't as scary as you might think."

At another station the children compared how much vitamin C was in Tang drink mix or orange juice by using iodine.



(From left) Koya Keck, Savana Belsan, Madison Collins, Genessa McGill-Moore, Kylie Bannister and Lucinda McDowell listen to Dr. Aaron Jackson talk about how lab technicians test for diseases in urine samples during the Chemistry Week celebration held at the Aberdeen Proving Ground (North) Youth Center, Oct. 28. Replicating how lab technicians test for diabetes, he then asked the children to use testing strips to determine which cup of water had high amounts of sugar.

"I enjoy teaching kids about chemistry because it gets them thinking about things that they do/use every day and the underlying science that makes it possible," said Dr. Matthew Bratcher. "Chemistry is all around us, and National Chemistry Week events give me a chance to talk to kids about the chemistry involved with everything from toothpaste to touch-screens.

Some of the demonstrations had a "gross" factor which held the children's attention.

Al Marvel, a retired volunteer, talked to the children about how easily germs and viruses get spread around. He demonstrated this by putting glow lotion on the children's hands and then asked them to shake their friend's hand. The friend whose hand was shaken was shown how much glow gel was transferred under an ultra violet light.

"Washing hands is the first line of defense," he said.

Dr. Aaron Jackson led a dem-

onstration called "What Does Your Pee Say About You?" He discussed with the children why patients are asked to urinate in a cup at a doctor's office. He then asked the children to use testing strips to determine what cup of water had high amounts of sugar. This experiment demonstrated how lab technicians test for diabetes using urine samples.

"It is exciting to see when children learn new concepts," he said. "Children can understand chemistry; they are smarter than most people give them credit for."

Other experiments demonstrated the fat and protein in milk and how mucus is beneficial to the body.

During National Chemistry Week, Oct. 16-22, ARL scientists and engineers also worked with approximately 2,000 students in Baltimore City, Baltimore, Harford, and Howard Counties.

For more photos see www.flickr.com/photos/usagapg/.



Nicholas McDuffie, 4, eyes the imitation mucus he created during a Chemistry Week celebration hosted by scientists and engineers from the Army Research Laboratory at the APG North (Aberdeen) youth center Oct. 28. Wendy Kosik Chaney, a research engineer from the U.S. Army Research Laboratory, talked to the children about how mucus protects the body against viruses and germs.

APG SNAPSHOT

A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/> or <http://www.flickr.com/photos/rdecom>.



Photo by Adrienne Foss

HARD ROCK HOUND

Ashley Nahrgang carried her punk rock pooch, Chico, Halloween Night in Patriot Village. The Jack Russell-Chihuahua mix was one among the many decked out trick-or-treaters during the installation's annual holiday event Oct. 31.



HALLELUJAH HARVEST

Erynn Sanders, 7, was one happy fairy and Ebony and Daniel Sexton made a new scarecrow friend during the Hallelujah Harvest – a fun and safe alternative to Halloween – at the Post Chapel Oct. 31. See more photos at flickr.com/photos/usagapg.

Photo by Yvonne Johnson