



## Martin moves to CECOM



Maj. Gen. Randolph P. Strong, commander, U.S. Army Communications-Electronics Command, introduces Gary Martin to CECOM staff members on his first day as the command's new deputy to the commanding general, Nov. 7. Martin joins the CECOM team from his previous position at the U.S. Army Research, Development and Engineering Command, where he served as the RDECOM executive deputy to the commanding general. While there he was responsible for the direction of the Army's intensive research, development and acquisition processes for fielding technologies that sustain America's Army. Headquartered at Aberdeen Proving Ground, CECOM is the Soldier's one-stop-shop for life-cycle support of the communications-electronics systems and equipment they carry. CECOM conducts training missions; provides field support for equipment and systems modifications and upgrades; and provides logistics expertise to ensure the on-time delivery of equipment, services and capabilities to the Soldier.

Photo by Kelly Luster

## Healthy Living

### APG urged to give up for a day

Employees share the stories of how they quit smoking

By **RACHEL PONDER**  
APG News

The APG community is invited to participate in the "Walk Away for a Day" event hosted by the Community Health Promotion Council, Nov. 16 from 11:30 a.m. to 1 p.m. at Fanshaw Field.

The walk/run is designed to encourage smokers to take a

break from smoking—a habit that causes nearly a half-million deaths in America alone.

According to the National Prevention Strategy, signed by President Barack Obama this summer, cigarette smoking costs \$96 billion in medical expenditures and \$97 billion in productivity losses per year.

And when you figure that every day about 4,000 young people try their first cigarette and 1,000 of them become daily smokers, APG's Walk Away for a Day is an event

See **SMOKING**, page 17

### Pocahontas descendent to speak at cultural event

By **ADRIANNE FOSS**  
APG News

A descendant of one of America's most renowned historical figures will make an appearance at this year's Native American Heritage Celebration.

Wanda Singing Wind Fortune, the lead budget analyst at Fort AP Hill and a descendent of Pocahontas, will be the guest speaker Nov. 17 at 11:30 a.m. at the post theater.

Fortune is an active member of Virginia's Rappahannock tribe and said she'd always been told that she was related to the famed chief's

daughter who helped colonial settlers at Jamestown.

Fortune's tribe worked with a historian in the 1980's to trace their ancestry.

"The historian verified it, but I knew my family history from a very early age," she said. "When your grandparents tell you something, you just take it to heart."

Fortune said the historian certified her lineage, and that her fifth grandmother was the sister of Pocahontas' mother.

During the installation's American Indian Heritage

See **NATIVE**, page 6

### Liaison visits, advises museum council



Whitlock

By **YVONNE JOHNSON**  
APG News

The Center of Military History liaison to National Guard and IMCOM museums paid APG a visit last week, stopping by the monthly Museum Council meeting with an update on the installation's museum-in-the-making.

Guest speaker Mark K. Whitlock is the first liaison in the newly-created position by CMH. He said his role is to

serve as a conduit between 39 National Guard and 12 IMCOM museums and "provide TLC to the field."

The purpose of his stop at APG was to "gain a better understanding of where they are now and where they want to go."

APG Museum director Gail Fuller hosts the monthly gathering during

See **MUSEUM**, page 5



Photo by Sean Kief

(From right) AEC's Technical Director David Jimenez and Command Sgt. Maj. Carlton Handy roll up the DTC colors, completing the deactivation during a Nov. 1 colors casing in Bldg. 314.

### DTC now intergrated with ATEC

By **YVONNE JOHNSON**  
APG News

After nearly 50 years of supporting warfighters, the U.S. Army Developmental Test Command deactivated as an individual organization during a Casing of the Colors Ceremony at its former headquarters Nov. 1.

With the deactivation, the

organization stands down and integrates all of its elements into the U.S. Army Test and Evaluation Command headquarters and Army Evaluation Center units.

Formerly designated the U.S. Army Test and Evaluation Command (TECOM) under the U.S. Army Materiel Command in 1962, the organiza-

tion was redesignated as DTC, and became a part of ATEC, in 1999. DTC was assigned as the Army's premier organization for developmental testing of weapons and equipment.

The DTC colors will be relocated to the Army Center for Heraldry, according to a Judy

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#### WEATHER

Thurs.



56° | 38°

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Army Entertainment Division seeking APG's active duty talent for 2012 Soldier Show  
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#### HOLIDAY WORSHIP SCHEDULE

Find out the chapel happenings through December. **PAGE 14**

# OPINION

## Be aware of Boozy Bears School-age kids eating Drunken Gummies

**A**PG Army Substance Abuse Program (ASAP) wants to ensure that the APG community is aware of another trend in substance abuse and misuse.



Middle and high school children have revived an old trend – alcohol gummies. Today's youth call their gummies, soaked in vodka, Drunken Gummies or Boozy Bears.

These gummies mask the taste of the vodka and minimize the detachability of the alcohol, making it much easier to conceal and transport.

How do our youth know how to make drunken gummies?

It's as easy as a few keystrokes. They visit "You Tube," "ehow," or any number of other sites, type in drunken gummies or boozy bears and follow the step-by-step instructions.



Courtesy photo

**These gummies mask the taste of the vodka and minimize the detachability of the alcohol, making it much easier to conceal and transport.**

Alcohol poisoning is a real possibility as the fruity, chewy candy offers no gauge to judge how much alcohol they

have actually ingested. Unlike a beer, wine cooler, shot of alcohol or glass of wine, children have no idea how much

alcohol each gummy has absorbed.

Drunken Gummy Bears are being consumed at home and school, at parties and sports games, at sleepovers and youth groups.

Which youths are consuming Drunken Gummies?

Anyone from children who are described as naughty, loners, people-pleasers, to straight-A students who just want to have fun.

All youth are susceptible and need to hear respected adults explain the facts and dangers of Drunken Gummies. Whether we're talking about alcohol or other drugs, Internet safety or family standards, our children are going to learn about these issues somewhere. Wouldn't you prefer it be from you?

For more information, contact me at (410) 278-4013 or Cynthia.M.Scott4.civ@mail.mil.

**Cynthia Scott**

ASAP Prevention Coordinator  
Aberdeen Proving Ground

## 'Tis the season to indulge while watching the waistline

**T**he holidays are approaching and it is the season to indulge with food everywhere along with an almost endless number of events and things to do.

It's the time of year when we often mindlessly eat all those delicious foods showing up at parties, the office and our homes. On top of that, most of us are so busy trying to fit all the activities in during this time of year that we forget to take time to take care of ourselves. Yet, this is one of the most important times to take care of yourself due to the extra stressors and demands on your time. Knowing it can be challenging to manage how much you eat while trying to squeeze in a few extra minutes of exercise, here are some ideas:

- Keep moving

- Park the car at the back of the parking lot. Walking extra steps burns extra calories, which can really help when you just don't have time to go to the gym.

- Pencil in time on your calendar to walk at least 30 minutes during the day. Break it down to 10-minute sessions to make it fit your schedule.

- Take the stairs instead of the elevator or the escalator. A 150-pound person can burn about 90 calories in 10 minutes by taking the stairs instead of the elevator. Walking down the stairs can burn about 20 calories in 10 minutes.

- Don't wait for the annual New Year's resolution to decide to exercise. Get a jump on it during the holidays and you



**Use spicy mustard instead of mayo, to make sandwiches. You will save up to 100 calories per sandwich. Add lettuce, tomato, cucumber or avocado slices to make a filling, colorful sandwich.**

will be ahead of the game when the calendar flips to 2012.

- Go for the nutrient-dense foods first.

- Buy fresh fruits and vegetables at savings of 30 percent or more at your commissary and prepare your own fruit and vegetable trays.

- Make a low-calorie dip using Greek yogurt or low-fat sour cream, taco seasoning, salsa, or use a low-fat ranch

dressing. Using Greek yogurt to make a dip provides some extra protein, which helps to satisfy your appetite for a while.

- For an easy fruit dip, try vanilla-flavored yogurt mixed with cinnamon. Eating fruits and vegetables first at the party can save you from eating lots of hidden calories in all the other foods.

- Make a holiday punch with sugar-free ginger ale, seltzer water or club soda;

and light cranberry or white grape juice.

- Drink water before and during eating as it helps fill you up.

- When shopping at the commissary, choose lean meats such as turkey, ham, chicken and roast beef. Use these meats and thinly sliced breads, along with spicy mustard instead of mayo, to make sandwiches. You will save up to 100 calories per sandwich. Add some lettuce, tomato, cucumber or avocado slices to make a filling, colorful sandwich.

**At the end of the day**

How about kicking back and relaxing with a steaming, hot cup of decaffeinated green tea? It's a wonderful, calorie-free, stress reliever that can soothe nerves, calm the stomach, and add healthy antioxidants to your body. We at the commissary hope you enjoy one of the best gifts of all during this holiday season – good health.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

**Lt. Col. Karen E. Hawkins**

DeCA dietitian

### APG SEVEN DAY FORECAST



## APG NEWS

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# APG South heralds holiday season with 24th annual food, toy and gift drive

*ECBC news release*

APG South kicks off this year's holiday season with its 24th Annual Food, Toy & Gift Drive collecting donations at nearly 30 locations across APG South (Edgewood) through Dec. 2.

Aiming to help less fortunate Families at this time of the year, sponsoring organizations invite their workforce members to support this charitable campaign with generous donations of new toys and gifts for all ages, as well as non-perishable, non-expired food items.

Collected food items will be donated to the Mason Dixon Community Services, an organization that provides emergency food and energy assistance to low-income residents in Harford County.

New toy donations will be handed over to Extreme Family Outreach, an organization that provides after-school and summer programs for elementary- and middle school-aged youth in Edgewood, Joppatowne and Havre de Grace.

In an effort to help provide military Families a special holiday season, the community is invited to sponsor Families selected through Army Community Services.

For more information about children's wish lists, visit the Sharepoint link <https://ftg.apgea.army.mil/Lists/Adoptfamily/Families.aspx> and click a family you'd like to sponsor.

Following the Dec. 6 Food, Toy & Gift Drive closing ceremony at ECBC's Berger Auditorium (Bldg. E3549),

the Mason Dixon Community Services, Extreme Family Outreach and ACS will ensure delivery of donations to recipients.

Sponsoring organizations include the Assembled Chemical Weapons Alternatives; Chemical Materials Agency; ECBC; Joint Program Executive Office for Chemical Biological Defense; Joint Project Manager Nuclear Biological Chemical Contamination Avoidance; Joint Project Manager for Biological Defense; Joint Project Manager for Guardian; Medical Research Institute of Chemical Defense; and Headquarters, Research, Development and Engineering Command.

Visit <https://ftg.apgea.army.mil/default.aspx> for more information on this year's drive.

Drop-off boxes for new toys and non-perishable, non-expired food items will be positioned at the following locations:

- ACWA: E3331
- CMA: E4405, E4517, E4585, E4588, E5141
- ECBC: E3150, E3160, E3300, E3330, E3400, E3510, E3549, E3831, E4465, E4470, E5100, E5232, E5234, E5560, E5961
- JPEO-CBD: E5101
- JPM-NBCCA: E2800
- JPM-BD: E3551
- JPM-Guardian: E2800
- MRICD: E3100
- HQ, RDECOM: E5101

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

## 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](mailto:arcelio.v.alleyne.civ@mail.mil).

# Army showcases STEM recruiting vehicle



By **DAN LAFONTAINE**  
*RDECOM*

About 500 Maryland students will soon get the first look at the U.S. Army's new STEM effort to recruit civilian scientists and engineers.

The Army is rolling out its Science, Technology, Engineering and Mathematics Asset Vehicle, a recruiting vehicle designed to attract and engage aspiring young scientists.

Elkton, Dundalk and Joppatowne high schools and Perryville, Holabrid, Parkville and Sligo middle schools will begin beta testing the vehicle Nov. 14, said Louie Lopez, STEM outreach coordinator for the U.S. Army Research, Development and Engineering Command.

Seventy to 80 students per school will participate. The testing coincides with American Education Week, Nov. 14 to 18.

**Army recruiters with the STEM Asset Vehicle will wear futuristic-looking mock body armor designed, tested and built by Edgewood Chemical Biological Center's Advanced Design and Manufacturing unit.**

Photo by Greg Thompson

**The recruiters will wear futuristic-looking mock body armor designed, tested and built by ECBC's Advanced Design and Manufacturing unit.**

A team of computer scientists, graphic artists, animators, carpenters and electricians at the U.S. Army Edgewood Chemical Biological Center is leading the transformation of the tractor-trailer into the STEM Asset Vehicle.

Equipped with high-definition TVs and touchscreen computers, the vehicle is a hands-on mobile showcase of Army technological capabilities for middle-school, high-school and college students.

Teams of Army recruiters and subject matter experts will drive the vehicle across the United States to STEM education outreach events. The recruiters will wear futuristic-looking mock body armor designed, tested and built by ECBC's Advanced Design and Manufacturing unit, said Greg Thompson, industrial designer/concept artist with ECBC's

Conceptual Modeling and Animation Team.

ECBC's team worked with Legacy Effects, a California special-effects company that has worked on movies such as "Iron Man," "Avatar" and "Real Steel," to create the recruiters' body suits. ECBC uses water clear urethane plastic, carbon fiber, fiberglass and urethane expandable foam to manufacture the suits, said Brad Ruprecht, engineering technician/senior model maker.

The Army will officially unveil the vehicle Jan. 6 during All-American Bowl Week, a national high-school football all-star game scheduled for Jan. 7, in San Antonio. The Army demonstrates its latest technological advancements in the Army Technology Zone, before the annual game.

## Sotera enhances support to ATC with GATE office

*Sotera Defense Solutions Inc.*

Sotera Defense Solutions held a grand opening ceremony for the company's new office at the Government and Technology Enterprise (GATE) complex located at Aberdeen Proving Ground Oct. 20.

Sotera provides mission-critical, technology-based systems, solutions and services for national security agencies and programs of the U.S. government. Its primary customer at Aberdeen Proving Ground is the U.S. Army Aberdeen Test Center.

Ceremony guests included Maryland Congressman C.A. "Dutch" Ruppersberger, Sotera President and CEO, John Hillen, and Tim Jones, senior vice-president and general manager of Sotera's Engineered Solutions.

Hillen said that Sotera has partnered with ATC the last 20 years, providing technical support to the Army's mission to design, develop, test and analyze military weapons systems and equipment that enable warfighters to achieve opera-

tional success in theater and that the new GATE location allows Sotera to provide enhanced and on-the-spot support to ATC and other organizations and customers at APG.

"Sotera and APG are natural partners because we share the same mission – to ensure that members of the U.S. military have the right tools and resources to become increasingly expeditionary and succeed in the field," Hillen said. "We are proud to serve as a longstanding partner helping ATC achieve its mission and we are pleased to be able to expand our support to our valued customer."

In addition to increasing its support to APG, Sotera is expanding in Maryland and has added 53 positions in the state in the last 12 months, he added.

Sotera Defense Solutions, Inc. was formerly known as Global Defense Technology & Systems, Inc.

For more information, visit [www.soteradefense.com](http://www.soteradefense.com).

## American Education Week celebrated throughout Army

*APG Education Center*

Army Continuing Education joins forces with educators from across the country to celebrate AEW Nov. 13-19.

This year's theme is "ACES: Improving the most important Battlefield Weapon—the MIND of the U.S." which reinforces the Army's commitment to provide quality education for Soldiers worldwide.

In 1919, representatives of the National Education Association and the American Legion met for the first time to discuss the fact that 25 percent of the country's World War I draftees were illiterate.

The representatives sought ways to generate public support for education, which ultimately resulted in the knowledge and capabilities-based force the Army is today.

The Army Continuing Education System offers a variety of programs to assist Soldiers in obtaining their college degree, GED, certification or licensure.

No longer tied to the traditional classroom style of education, Soldiers can now earn their degree through a variety of distance learning programs sponsored through their local Army Education Center.

Once a degree plan is established, Soldiers can apply for tuition assistance and enroll in classes from anywhere worldwide via the GoArmyEd portal.

These programs take into consideration Soldiers' busy career and their personal time whether leisure or with Family.

Stop by your Education Center for more information on ACES programs and services. While you are there ask about AEW related events.

■ Army Education Web Site: <https://www.ArmyEducation.army.mil>

■ GoArmyEd Portal: <https://www.GoArmyEd.com>

■ Credentialing Opportunities On-Line: <https://www.COOL.army.mil>

■ American Education Week: [www.NEA.org/aew](http://www.NEA.org/aew)

## Museum update

**Continued from Page 1**

which organization representatives receive updates on matters such as the museum's progress, its growing inventory and restoration facility activities and confer on related subjects such as its mission statement, projected opening and the facility's future name.

Whitlock said APG is not the only museum that is shifting its mission, but because it also faces the additional task of shifting from an Ordnance/military focus to a more civilian-based mission, APG's museum seems to be the one with the most challenges.

"The challenge here involves changing in understanding by a large audience. There has to be a whole reeducation approach to marketing and branding this product," he said. "Various forms of community outreach are a great way to educate the community."

Assistance from CMH can come in the form of exhibit design support and assistance in establishing a mission state-

ment, Whitlock said, adding that the certification process would not begin until after the museum's opening.

He encouraged the council to seek partnerships with local schools and to start and grow a volunteer corps once the museum is established.

"Through outreach, museums tell the past, present and future. Let people know that this is the place to learn about that," he said. "That's a special ownership."

"And you can't overlook partnering with scouts, historical societies and reenactment groups."

Whitlock said that his job is to ensure consistency, maintain open communications between the field and CMH and to build trust.

"The good news is you have three hard-working individuals, a supporting garrison and a building with the potential to be a great museum," he said. "These are major plusses and I'm leaving here feeling positive about what I'm seeing."

# ATEC hosts Nov. 3 health fair

Story and photo by  
**RACHEL PONDER**  
APG News

More than 150 U.S. Army Test and Evaluation Command employees attended the first ATEC health fair held at the new ATEC headquarters building Nov. 3.

The event featured demonstrations from 20 organizations. Highlights included free flu shots for employees, mini massages, health screenings, presentations from guest speakers and giveaways.

Guests discussed and learned more about topics like Alzheimer's disease, skin cancer, tobacco cessation, physical fitness, reflexology, medicine safety, depression, breast health, and took advantage of available health screenings for hearing, bone density, osteoporosis and body fat analysis.

"It is a big convenience to have this information brought to the work site," said Gale Sauer, a registered nurse and program manager for the ATEC Health & Wellness program. "I want to make this an annual event."

She said she received positive feedback from vendors and participants.

"The participants were pleased with the number and quality of health related business and services represented,"



(From left) Elba Keirn, an Army Test and Evaluation Command employee, gets a foot massage from Fran Thomas, a reflexologist, during the first ATEC Health Fair held at the new ATEC headquarters building Nov. 3.

said Sauer. "The vendors were pleased that they had an opportunity for a lot of one on one interaction, something that is often missing or rushed in health care settings."

Sauer said evidence shows that improving the wellness of the workforce decreases health care costs and absenteeism.

"Researchers have noted that people

are more productive while at work when they are living in a healthy body," she said. "Additional studies have shown that employees desire a culture of caring, that is, they're influenced in a positive way by a work environment that makes their sense of being cared for a priority."

Attendee Elba Keirn said that she appreciated the opportunity to getting

health information and screenings at her job site.

"Our priority in life should be good health so that we can live longer, Kern said. "I need to take care of me first so I can take care of everyone else."

Attendee Melissa Copenhagen said the event provided her lots of good information especially the bone density screening.

"According to a density screening, I have weak bones, which I wouldn't have known if I didn't attend this event," Copenhagen said.

Attendee Eric Rajkowski said that he enjoyed talking to the health care employees and volunteers about different topics.

"The breast cancer information table hit close to home because I have friends and coworkers who have struggled with this disease," he said. "The display helped me learn a little bit more about what they are going through."

Sauer said that throughout the year ATEC also provides various education programs for employees. She is presently organizing a tobacco cessation classes for ATEC employees and a limited number of APG employees. For more information, call Sauer at 443-861-9260.

## DTC turns over 4M acres of real estate

Continued from Page 1

Matthews, longtime TECOM and DTC employee and the programs narrator.

The official party for the ceremony included ATEC Commander Maj. Gen. Genaro Dellarocco; ATEC Command Sgt. Maj. Allen Fritzsching; David Jimenez, technical director of the ATEC's Army Evaluation Center and AEC Command Sgt. Maj. Carlton Handy. Jimenez and Handy were the last DTC command team.

Guests included Maj. Gen. Nick Justice, APG senior leader and commander of the U.S. Army Research, Development and Engineering Command, former DTC commander Maj. Gen. Frank Turner and Laurie Borgna-Strong, wife of Maj. Gen. Randolph Strong, commander of the U.S. Army Communications-Electronics Command.

Noting that Matthews was nearing

retirement after a 38-year career, Dellarocco remarked on the dedication of the DTC workforce.

"That's huge dedication," he said. "It also typifies the culture and reputation of the command. It's a place where people wanted to work."

He said DTC was a highly regarded command for decades for its achievement.

"I salute each and every one of you for all that you have done," he told the assembled workers. "History will speak of the immeasurable DTC accomplishments which tested for the best and provided Army-proven, battle-ready systems for our Soldiers, Marines, Airmen and Sailors."

"We will carry on our tradition of DTC as a well-oiled machine ... in the ATEC community," he said. "Take this

moment to reflect not only on what it was, but what it can and will be."

Jimenez said the casing of the DTC colors marked the completion of an assigned mission.

"More than anything we are celebrating the start of a new journey," he said.

He shared a brief history of the Bldg. 314 headquarters building, officially known as the Ryan Building after Brig. Gen. William F. Ryan, DTC's first commander who served from August 1962 through July 1963. DTC test missions over the years included Unmanned Aerial Systems (UAS) used in Operations Iraqi and Enduring Freedom; High Mobility Multipurpose Wheeled Vehicle or Humvee; the Stryker armored fighting vehicle, and all other materiel and equipment intended for use by the Sol-

dier. Subordinate commands under DTC once included nine different test centers; some of which have since deactivated or been realigned under BRAC.

"The mission lives on," Jimenez added. "It is still our duty that every system placed in those Soldiers' hands is ready for the mission. We continue to 'Test for the Best' and we will never forget."

As DTC cases its colors, it is turning over control of approximately 4 million acres of real estate, a parcel approximately the size of Maryland, to ATEC headquarters, which also is assuming control of its annual budget of more than \$1.4 billion, and nearly 2,000 tests per year. ATEC also is absorbing a workforce comprising more than 7,000 military personnel and Department of the Army civilians and contractors.

## Native American culture alive through education

Continued from Page 1

Celebration, Fortune will talk about the history and struggles of her tribe.

Her husband, retired Col. John Swift Fox Fortune, will perform a Native American dance during the performance. Attendees can also enjoy Native American food samples and displays.

Fortune said she is hoping for a good turnout at the event.

"This is an important observance. All races of people need to join together

and understand each other's culture so they can understand each other," said Fortune.

APG Garrison's Sgt. 1st Class Stephanie Brown agrees.

"The Native American culture is slowly dying," said Brown, a Native American from the Oklahoma-based Comanche and Kiowa tribes. "Out of all of our nation's races and cultures, I think people are most unaware of the

Native American culture. For example, most people think Indians speak the same language; they don't realize that different tribes have their own unique languages."

Brown said her grandparents attended Fort Sill Indian School in the early 1900's and were not allowed to speak their native languages. "They were prevented from acknowledging their culture at a very young age."

For these reasons, event coordinator and RDECOM Equal Opportunity Advisor Sgt. 1st Class Laquita Wimbley is urging community members to attend the event.

"Education is the key, and this event is going to be very educational," said Wimbley. "As we get older, generation after generation, our histories get lost. We have to continue to educate ourselves and future generations."

# GOT TALENT? Troops urged to try out for 2012 Soldier Show

By **JASON DOMINGUEZ**  
APG FMWR

The 2011 Army Soldier Show is making its final stops throughout the U.S., and the search for next year's group of talent is already underway.

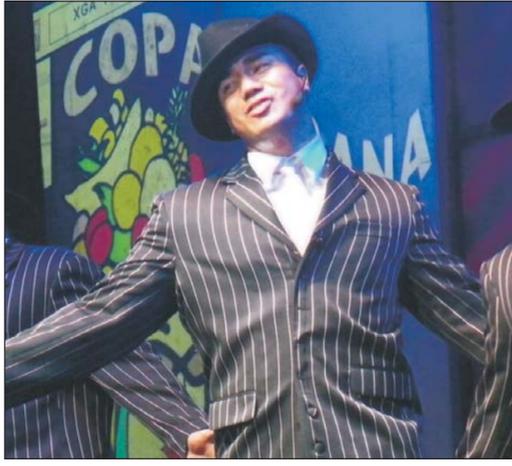
U.S. Army Entertainment Division is seeking nominations for active duty Soldiers with talent to participate in the 2012 U.S. Army Soldier Show and Army Concert Tour.

The Aberdeen Proving Ground community is encouraged to participate in the search by submitting nominations for Soldiers stationed at APG who are skilled performers (such as vocalists, dancers, musicians and specialty acts) or technicians (lighting, audio, video, costuming and stage).

The Soldier Show is a live, musical production performed by Soldiers from all Army professions and ranks at Army installations all around the world. All Soldiers who are selected for audition receive TDY orders to Fort Belvoir, Va. for a six-day live audition where they try out for a place in the show.

If selected, Soldiers are released from their current duty stations and assigned to the show from February 2012 through November 2012.

In addition to performing in the show, Soldiers are also the road crew and are responsible for assem-



FMWR photo

**Soldiers from the 2011 Army Soldier Show perform at the post theater for a packed audience. The USAED is accepting nominations to fill the ranks for the 2012 show.**

bling and dismantling all stage and lighting equipment. Because the Show performs at installations outside the U.S., all participants must be deployable and have a

minimum of 90 days time in service remaining after the show ends, around Nov. 30, 2012. Soldiers must also meet Army height and weight requirements and submit a copy of their most recent Army Physical Fitness Test, including all profiles.

Packets with all required information must be submitted for each nominated Soldier. Performers must submit a DVD or video cassette where they display musical styles, vocal range, and special talents, with special emphasis on musical versatility.

Dancers must submit a DVD or video cassette featuring their dancing style and a dance resume outlining all training. Technicians must submit a detailed resume with all relevant experience in lighting, sound, construction, stage management or carpentry.

The deadline for all Soldier nominations is Dec. 31. All selections will be made by Jan. 30, 2012.

For a complete description of all nomination packet requirements and examples letters, visit [www.army-entertainment.net](http://www.army-entertainment.net). For more information about artist or technician nominations, contact Johnny Stewart at 571-218-9009 or [Johnny.e.stewart.naf@mail.mil](mailto:Johnny.e.stewart.naf@mail.mil). For all military-related questions, contact 1st Sgt. Johnny Dubose at 210-792-0994 or [johnny.dubose@us.army.mil](mailto:johnny.dubose@us.army.mil). For questions regarding Soldier submission packets, contact Earlene Allen at 410-278-3854/2621 or [earlene.allen.naf@mail.mil](mailto:earlene.allen.naf@mail.mil).

# COMMUNITY NOTES

## 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 a 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](http://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.

## SATURDAY

### NOVEMBER 19 THANKSGIVING OPEN HOUSE

Celebrate the fall harvest around the fire with colonial and nineteenth century foods during the Steppingstone Museum's 4th annual Thanksgiving Open House, on Nov. 19 from 1 to 4 p.m. The event will feature candle dipping, blacksmithing and wood-working demonstrations and colonial music by the Catherine Street Consort. Cost is \$3 for adults, members and children 12 and under free. For

more information call 410-939-2299 or 888-419-1762, or visit [www.steppingstonemuseum.org](http://www.steppingstonemuseum.org).

## SATURDAY & SUNDAY

### DECEMBER 3-4 STEPPINGSTONE CHRISTMAS OPEN HOUSE

Join the Steppingstone Museum, located on 461 Quaker Bottom Road, Harve de Grace, will hold its annual Christmas Open House noon to 4 p.m., Dec. 3 and 4. Admission is free. There will be tours of the historic farmhouse decorated for the holidays, Christmas music, cookies and cider. The museum store will be open for holiday shopping. The event will be held rain or shine. For more information, call 410-939-2299, 888-419-1762, or e-mail [steppingstonemuseum@msn.com](mailto:steppingstonemuseum@msn.com) or visit [www.steppingstonemuseum.org](http://www.steppingstonemuseum.org).

## SUNDAY

### DECEMBER 4 "A CHRISTMAS CAROL" TEA AT THE STEPPING STONE MUSEUM

Join the Steppingstone Museum for a Victorian tea that will feature "A Christmas Carol" as told by Ebenezer Scrooge's sister, played by Alisa Dupuy, a professional storyteller and historical reenactor, on Sunday, Dec. 4th at 10 a.m. and 4:30 p.m. Tickets are \$25, which includes a donation to the museum. Attendees are also invited to attend the Christmas Open House which is open noon to 4:00 p.m. For tickets call 410-939-2299 or 888-419-1762 or email [steppingstonemuseum@msn.com](mailto:steppingstonemuseum@msn.com) to reserve seating. For more information, visit [www.steppingstonemuseum.org](http://www.steppingstonemuseum.org).



**MORE  
ONLINE**   
More calendar  
events can be seen  
at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under  
Community Notes.

# POST SHORTS

## Thanksgiving Meal

BOSS and the APG Chapel will sponsor a Thanksgiving meal for all single Soldiers, military geographical bachelors and single parents. Leaders will serve the traditional meal Nov. 22 from 11:30 a.m. to 1:30 p.m. at the main post chapel. Dress is duty uniform. For information, contact HHC Garrison 1st Sgt. Sonya Jackson at 410-278-9819 or BOSS President Spc. Pardue at 410-278-4333.

## NAF Open Season until Nov. 30

All enrollment options will be available during NAF Open Season to regular fulltime and part-time employees with the exception of Long Term Care, which will be available only with Evidence of Insurability.

Additional information may be obtained at <http://www.NAFBenefits.com>.

Since employees will need a variety of information and documents, they should contact NAF Human Resources

Office, 410-278-5126/8994 to arrange an appointment as soon as possible. Changes requiring Open Season eligibility will be effective 1 Jan 2012 provided the employee is actively at work.

## Thanksgiving with a Soldier

On-post Families who would like to welcome a Soldier into their home for Thanksgiving dinner can contact 1st Sgt. Sonya Jackson at 410-278-9818 or [sonya.l.jackson@mail.mil](mailto:sonya.l.jackson@mail.mil)

## Shop for the holidays

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 Rd. Bel Air, across from Safeway. Vendors will sell jewelry, gifts for the home, purses, gourmet gifts, clothing, crafts, and artwork. A door prize raffle, and refreshments will be available. Proceeds will be used to support commu-

nity needs in the APG area. A "Holiday Cards for the Troops" station is planned. Shoppers and vendors are asked to bring a non-perishable food item for St. Matthew's food pantry. Contact [jl.blohm@verizon.net](mailto:jl.blohm@verizon.net), 410-838-2656.

## 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.

## Get your firewood now

APG has firewood available at a cost of \$15 per six foot pick-up. Permits to

buy wood are good for ten days, or until an order is filled, whichever comes first. Permits will be issued on a first-come, first served basis at APG South (Edgewood), Bldg. E4630 Monday to Thursday, 8 a.m. to 3 p.m. Call Kathy Thisse at 410-436-8789 or Scott English at 410-436-9804 for information.

## Health Clinic Closings

Kirk U.S. Army Health Clinic will be closed Nov. 11 for Veterans Day. The clinic will also be closed Thursday, Nov. 24, in observance of the Thanksgiving holiday and Friday, Nov. 25, for a training holiday.



**MORE ONLINE**

More shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.

# 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. .

### Free Showing of Rio: The Movie

Army Community Service will be hosting a free showing of "Rio" at the Aberdeen Recreation Center Nov. 17 at 6 p.m. to 8:30 p.m. The movie is free for all service members, DoD civilians and

their Families. Tickets will be available Nov. 1 at ACS Bldg. 2503.

For more information, call 410-278-2464.

### Blended Family Class

The Army Community Service Family Advocacy Program honors our diverse military and DoOD community. As part of our commitment and drive to enhance their lives, we are excited to offer a class on the blended family. The blended family is so called because it blends two Families together. Sometimes the blending of two Families present a unique set of challenges, unexpected struggles and joys. Successful blending of Families is a process that can take time but can be done effectively with knowledge and skill. The Blended Family class objectives includes: Understanding Problems and Adjustments, Learning the Different Family Composi-

tions, Understanding Impact of Past Experiences, Myths and Expectations, Family Structure, and Tasks and Issues. The class is Dec. 6, 2011, from 5:30 p.m.-7:30 p.m. at the Army Community Service Bldg. 2503. Childcare is available. Call 410-278-2435 for information.

### Mixed Martial Arts Seminar

Brazilian Jiu-Jitsu and wrestling extraordinaire James Brasco is coming to APG Athletic Center Nov. 30 at 11:30 a.m. to 1 p.m. to conduct a Mixed Martial Arts seminar. Brasco will demonstrate various martial arts techniques including the latest Jiu-Jitsu and MMA quick winning moves. A seminar demonstrating anti-bullying and self-defense techniques will also be taught by Brasco. The seminar is free to members of the APG community. For more information, call 410-278-4011/7934.

### Dutch Apple Dinner Theatre Christmas show

The Civilian Welfare Fund is sponsoring a charter bus trip to the Dutch Apple Dinner Theatre Friday, Dec. 2. Enjoy the magic of the season at this wonderful performance of "It's Beginning to Look a Lot Like Christmas" based on the classic "Miracle on 34th Street." Pricing is \$86 for adults, \$58 for youth ages 13-18 and \$54 for children 12 and under.

Price includes a round-trip charter bus service from APG, ticket to the show, and dinner buffet ticket, including tax and waiter's gratuity. The bus will depart from APG post theater on Frankfurt Ave. at 4:30 p.m. and then pick up additional passengers at Beard's Hill Plaza.

For information, call Patti Harkins at 410-436-4467 or patricia.e.harkins.naf@mail.mil.

## Tickets for Sale\*

All tickets can be purchased at the Family and MWR Leisure Travel Services. For more info, call 410-278-4011/4907

Discounted tickets from Family and MWR Leisure Travel Services will make great stocking stuffers for Family, friends and co-workers. Save money this holiday season when you purchase these tickets at the Family and MWR Leisure Travel Office.

### A Christmas Carol

Members from the APG Theater Group will perform a live production of "A Christmas Carol" Dec. 19 at 7 p.m. in the Aberdeen Recreation Center Ballroom. This adaptation of Charles Dickens' classic Christmas story tells the tale of Ebenezer Scrooge and his emotional transformation after visits from some very unexpected guests. General admission is \$5 and free for active duty military and children 12 and under. Bring the whole family and experience the holiday spirit.

### Colonial Williamsburg in Virginia

The public is invited to see scores of original buildings, hundreds of homes, shops, and public buildings re-constructed over 301 acres - most on their original foundations- and rare animal breeds. Trades and gardens add layers of authenticity to the re-created

town. Tickets are \$30.25 for two adult consecutive day passes and \$15.25 for children ages 6-17.

### Eight-hour do-it-yourself trips to Times Square in New York.

Trip dates are Nov. 12 and 19, departing from the Mountain Road park and ride - Exit 74 at I-95 - in Joppatowne at 7:55 a.m.

Tickets are \$46 per person.

### Harlem Globetrotters

1st Mariner Marina Dec. 30 at 2 p.m. and 7 p.m. Tickets are \$18.50 per person.

\*All gate prices include tax.

\*Prices subject to change without notice.

## Looking for a job?

Visit FMWR Jobs available at [www.apgmwr.com](http://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.



## November bowling specials

■ Early Bird Special: From 7am till 10am bowl for \$1.50 a game.

■ Friday night after 9 p.m. Rent a lane for \$12 an hour. Includes up to six people and shoes.

■ Pizza & Bowling Special: 1 Hour of bowling, 1 whole cheese pizza and a pitcher of soda of for \$34

■ Football special, Every Sunday in the month of November. Each

game of bowling is \$1.50, shoe rental-\$1, wings-\$.50 each, Jr. hot dogs-\$1, Reg. Soda \$.50 and 16- ounce Draft Beer \$1.50.

### Bowling rates

Bowling costs \$3 per game, Monday to Friday from 7 a.m. to 5 p.m.; games cost \$3.50 each on Fridays, 9:30 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

### Week of November 7

Special #1: Turkey Club with chips, cookie and regular soda for \$7.45.

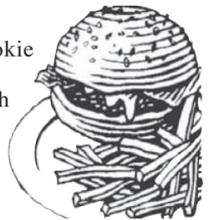
Special #2: Italian sausage with french fries, cookie and regular soda for \$6.50.

### Week of November 14

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

Special #2: Double bacon cheeseburger with french fries, cookie and regular soda for \$7.55.

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.



# Holiday Worship Services

There will be a combined Christmas Eve Candelight Service, Saturday, Dec. 24 at 7 p.m. at the Main Post Chapel. Everyone is welcome to attend. For Information call 410-278-4333.

## Main Post Chapel (Aberdeen Area)

### Catholic Mass

Wed., Nov 23	Mass of Thanksgiving	1730
Sun., Nov 27	1st Sunday of Advent	0845
Sun., Dec 4	2nd Sunday of Advent	0845
Thur., Dec 8	Holy Day/Obligation	1145/1730
Sat., Dec 10	Hispanic Mass/Social	1700
Sun., Dec 11	3rd Sunday of Advent	0845
Sun., Dec 8	4th Sunday of Advent	0845
Sat., Dec 24	Christmas Caroling	2330
Sat., Dec 24	Midnight Mass	2400
Sun., Dec 25	Christmas Mass/Pageant	0830
Sat., Dec 31	Holy Day/Obligation	1830
Sun., Jan 1	Holy Day/Obligation	0845

### Protestant worship

Sun., Nov 7	1st Sunday of Advent	1015
Sun., Dec 4	2nd Sunday of Advent	1015

Sun., Dec 11	Christmas Cantata	1015
Sun., Dec 18	4th Sunday of Advent	1015
Sun., Dec 25	Christmas Day Service	1015

### Gospel workshop

Sun., Nov 29	1st Sunday of Advent	1200
Sun., Dec 4	2nd Sunday of Advent	1200
Sun., Dec 11	3rd Sunday of Advent	1200
Sun., Dec 18	Dance/Drama Play	1900
Sat., Dec 24	Christmas Eve	1900
Sun., Dec 25	Christmas Day Service	1200
Sat., Dec 31	Watch Night Service	2200

## South Post Chapel (Edgewood Area)

### Catholic Mass

Sun., Nov 27	1st Sunday of Advent	1045
Sun., Nov 27	Thanksgiving Lunch	1200
Sun., Dec 4	2nd Sunday of Advent	1045
Thur., Dec 8	Holy Day/Obligation	1200

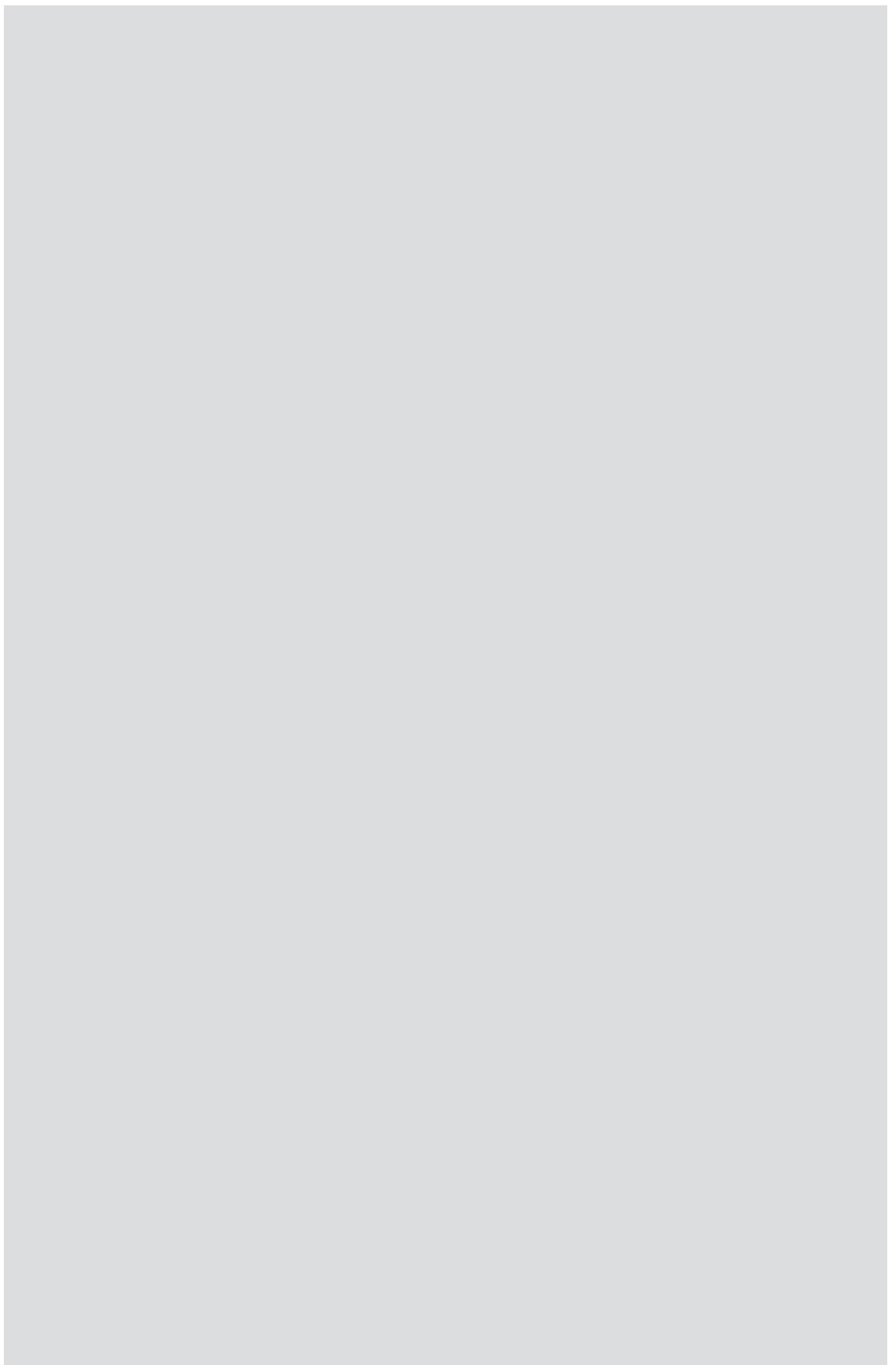
Sun., Dec 11	3rd Sunday of Advent	1045
Sun., Dec 18	4th Sunday of Advent	1045
Sun., Dec 25	Christmas Day Mass	1045
Sun., Jan 1	Holy Day/Obligation	1045

### Protestant worship

Sun., Nov 27	1st Sunday of Advent	0915
Sun., Dec 4	2nd Sunday of Advent	0915
Sun., Dec 11	3rd Sunday of Advent	0915
Sun., Dec 18	4th Sunday of Advent	0915
Sun., Dec 25	Christmas Day Service	0915

### Ecumenical events

- Advent Wreath Social, Sun, 27 Nov, 1200 at Edgewood Chapel. Please bring a dessert to share
- Ecumenical Christmas Special, Sun, 4 Dec, 1500 at Main Post Chapel



# HEALTH PAGE

## Be good to your diabetic feet

By **JENNIFER DAVIS**

U.S. Army Public Health Command

Diabetes sufferers may have many negative health effects, and foot problems are among the issues that affect this population.

Conditions like nerve damage (also called neuropathy), skin changes, calluses, foot ulcers and poor circulation can lead to a host of other health complications and even result in amputation of the leg or foot. Ensuring proper foot health is essential in effectively managing diabetes.

According to the National Diabetes Information Clearinghouse, almost everyone knows someone with diabetes. In the United States, approximately 25 million adults and children suffer from diabetes. Most of these individuals (18 million of them) are aware that they have the disease; however, about six million people have yet to be diagnosed.

Put simply, diabetes is a disorder of the metabolism, which is the way the body uses food for growth and energy. Diabetics produce little to no insulin (a hormone produced by the pancreas), or don't respond well to the insulin that is produced by the pancreas. As a result, the body has difficulty retaining its fuel.

Simple daily foot care can prevent serious problems. According to the National Diabetes Information Clearinghouse, the following 10 steps will help prevent serious complications from diabetes:

### 10 Ways to Be Good to Your Feet

1. Take care of your diabetes; work with a healthcare team to monitor blood glucose levels.

2. Check your feet every day; look for red spots,



cuts, swelling and/or blisters.

3. Keep blood flowing to your feet: exercise and be active!

4. Don't smoke; smoking affects small blood vessels and can cause decreased blood flow to the feet.

5. Ask your doctor about orthopedic shoes to improve circulation in your feet.

6. Wash your feet every day and dry them carefully, especially between the toes.

7. Keep your skin soft and smooth; use lotion to keep your feet moisturized.

8. Keep toenails trimmed and filed.

9. Wear comfortable shoes and socks at all times and try to never walk barefoot.

10. Remember to schedule annual comprehensive foot exams with your podiatrist.

11. People with diabetes should work with their healthcare providers and support network of family and friends to take steps to control the disease. Ensuring proper foot health means lowering the risk of complications and helps to ensure one can live a happy, healthy and active life.

For more information about Diabetes Foot Health, visit the American Diabetes Association, <http://www.diabetes.org/>, Centers for Disease Control and Prevention, <http://www.cdc.gov/diabetes/> or National Diabetes Information Clearinghouse, <http://diabetes.niddk.nih.gov/index.aspx>.

## Smoking cessation options abound

Continued from Page 1

worth participating in.

Walk for a Day will be held in conjunction with the nationwide Great American Smokeout Day, sponsored by the American Cancer Society and held the third Thursday of each November to encourage Americans to give up smoking.

Wendy LaRoche, the installation's community health promotions officer, said the APG event is designed to give smokers an alternate activity during their lunch break.

"Many people use smoking as a stress reliever and they smoke on their lunch breaks out of habit" she said. "Attending this event is one small step for someone who wants to quit smoking. We are encouraging smokers and nonsmokers to come to the event to support each other."

The event will also feature information handouts and healthy lifestyle giveaways like gym bags and fruit baskets.

LaRoche urged APG employees to encourage friends, family and coworkers to give up smoking for a day by sending a free e-card at <http://1.usa.gov/rvGMr7>.

### A slow decline

According to the World Health Organization, more than 70 percent of deaths from lung, trachea and bronchus cancers are attributable to tobacco use. Among the five greatest risk factors for mortality, it is the single most preventable cause of death.

"I feel that smoking steals from the future. Smokers will not see the effects of smoking right away but slowly over

time it damages the body in practically every system," said Col. Heidi Warrington, chief nurse executive at the U.S. Army Public Health Command.

As part of her duties, Warrington provides recommendations to policy within the U.S. Army and Department of Defense pertaining to tobacco-free living.

The military community is not immune to the smoking problem. According to Combating Tobacco Use in Military and Veteran Populations, a report by the Board on Population Health and Public Practice, more than 30 percent of active-duty military personnel and about 22 percent of veterans use tobacco. According to TRICARE, the health care program for U.S. service members, and an estimated 19 percent of 18-24-year-old men in the armed forces use smokeless tobacco, more than double the national rate. Smoking rates among military personnel returning from Iraq and Afghanistan may be 50 percent higher than rates among nondeployed military personnel.

"When you put people in harm's way in a highly stressed environment you increase the likelihood of them smoking or increasing their smoking behavior," Warrington said.

Warrington added that tobacco use affects the Soldier's ability to accomplish their mission, and negatively impacts force readiness by increased numbers of sick call visits and training injuries. Other health hazards of tobacco use include

reduced fine motor coordination, reduced night vision, slower wound healing, and greatly decreased stamina.

### Help for quitting

"Nicotine is such an addictive drug, it traps you. You feel like you can't function without a cigarette. A lot of my smokers have smoked for 20 years or more, and it's something they do almost unconsciously," said Community Health Nurse Susiana Singh, who teaches a free tobacco cessation class at Kirk U.S. Army Health Clinic. "I encourage smokers to take small steps to be successful. I tell my patients smoking is like a bad relationship, it takes all your money and it's bad for your health."

Warrington agreed, comparing tobacco cessation to going on a diet.

"Quitting tobacco is extremely difficult so any reduction in tobacco products should be considered a success with the ultimate goal being tobacco free," Warrington said.

Resources are available at APG and in the Harford County community for those that have the desire to quit.

"The classes give people the tools to quit," She said. "Patients share their experiences and support each other by talking about what to do when they get the urge to use. I guide them through this process. I also talk to them about relaxation techniques, since many people use tobacco as a stress reliever."

Singh said free over-the-counter tobacco medications are available to

Soldiers, retirees and their Families who attend the class.

For more information about upcoming tobacco cessation classes, call Singh at 410-278-1771.

The Harford County Health Department also provides free classes and tobacco cessation medication for residents and those who work in Harford County.

"Over 20 percent of adults living in Harford County smoke, and over 19 percent of youth ages 14 to 18 smoke. This is slightly higher than the national average," said Dottie Ruff, a representative from the Harford County Health Department.

For classes offered through the Harford County Health Department, call

## Health benefits of quitting:

(Information from TRICARE)

### 20 minutes after quitting:

- Blood pressure drops
- Hands and feet warm up to normal temperatures

### 8 to 24 hours after quitting:

- Carbon monoxide levels in the blood drop to normal
- Heart attack risk decreases

### 2 weeks to 3 months after quitting:

- Circulation improves
- Lungs work up to 30% better

### 1 year after quitting:

- Excess risk of heart disease is half that of a smoker's

### 10 years after quitting:

- Risk of dying from lung cancer is half that of a smoker's

## Quitting for me was a life-saver

### Brigit McGill

Brigit McGill, an administrator assistant for Kirk U.S. Army Health Clinic, has been tobacco free for six years. She said she began the habit at age 13 and smoked for 33 years, sometimes up to packs a day.

"It made me feel like I was cool and everyone else around me was doing it," McGill said. "Smoking became such an important part of my life. I began and ended the day by smoking. It felt very natural for me to drink my coffee and have a cigarette."

McGill said she decided to quit after a 2005 doctor's visit, in which they found, and later removed, a polyp from her throat.

"It was very scary, I am glad that it wasn't cancer," McGill said. "I had been thinking about quitting for a few years but didn't have enough motivation to decide to quit for good. The health scare was a big wake-up."

McGill said she kicked the smoking habit by attending smoking cessation classes and taking tobacco medication.

"It was difficult for me to quit, and in

some ways I think I will always have an urge to smoke," she said. "I had to break habits that I had for years."

McGill said that she also struggled with her weight after quitting.

"I had to find other ways to relax," she said. "Now I try to make better choices by walking to relieve stress instead of eating."

McGill added that Family also played a big role in journey to being tobacco free.

"They wanted me to quit for years, so they are very proud of me," she said.

### Karen Schlehr

Karen Schlehr, a dental assistant who works at the APG North Dental Clinic, has been tobacco free for six years, after smoking for 39 years.

Schlehr smoked a pack-a-day and said she finally decided to give up the habit after observing her mother's struggles with lung cancer, which was eventually the cause of her death.

Schlehr decided to attend classes tobacco cessation classes at KUSAHC during the spring of 2005.

"Quitting smoking was one of the

hardest things I have done in my life," she said. "One of the most difficult obstacles was when I was in a group of people and they would light up and offer me one. I had to develop strategies in advance so I would know what to do in those situations. Usually I would just excuse myself from the group."

Schlehr said that in the fall of 2005 she was diagnosed with head and neck cancer that was caused by smoking.

"I was scared to death, but now I feel fortunate that I am in remission," she said. "I also feel fortunate that I stopped smoking before I was diagnosed with head and neck cancer, because it would have been more difficult to quit then, dealing with all of the stress."

Now Schlehr shares her story with the tobacco cessation patients at KUSAHC.

"I show them the feeding tube that I used while I was in recovery as a reminder of how damaging tobacco can be," she said. "I try to give them encourage to stay strong and break those negative habits. I consider myself a success story."

Schlehr added that now she cannot stand the smell of cigarette smoke.

"When I smoked everything smelled like an ashtray," Schlehr said. "That smell is disgusting to me now. Another bonus, my sense of smell and taste has returned to normal. Now food tastes so much better."



McGill



Schlehr

