

APG NEWS



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Aberdeen salutes vets



(From left) Officer of the Day Robert Hanson escorts Nick Guerra, commander of Korean War Veterans Chapter 271, during the placing of the wreaths to honor the Veterans of Homeland Defense during a Nov. 11 ceremony at Aberdeen's Memorial Park.

Story and photo by
YVONNE JOHNSON
APG News

On the eleventh day, of the eleventh month, at the eleventh hour of the year 2011, the citizens of Aberdeen received thanks for selfless service and encouragement to keep long-standing traditions in place during the Veterans Day ceremony at Memorial Park.

Col. Orlando Ortiz, Aberdeen Proving Ground Garrison and deputy installation commander, thanked local veterans for inspiring those who followed in their footsteps while praising local citizens for honoring their deeds with annual ceremonies.

Aberdeen Memorial Veterans of Foreign Wars Post 10028 co-hosted the event with American Legion Bernard L. Tobin Post 128, Fitzgerald-Moore Catholic War Veterans Post 1841 and Korean War Veterans Chapter 271.

Robert Brown of Post 10028 was the ceremony host and Dave Johnson of Post 128 was the master of ceremonies. Guests included members of the Aberdeen and Harford County councils. The Aberdeen High School band provided music and Post 128's honor guard gave a memorial salute.

Ortiz said how proud he was that the APG community regularly comes together to honor its veterans and servicemembers.

"I know that I appreciate your service and I am proud to consider you my brothers and sisters and I thank you for your service," he said.

He commended them for inspiring "those in the midst of battle," and said that as a result the nation is close to prevailing in today's fight, adding that the country's survival depends on the willingness of its people to defend traditions.

"That is what you do here in the Aberdeen community which is why I am very proud to be a part of you."

Attendees agreed and remarked on the importance of honoring those who have served and are serving the country.

"We had greatness in every generation of America but I know of none greater than those in Iraq and Afghanistan fighting for us all," said county

See **VETERANS**, page 8

AMC launches Bold Ideas campaign

AMC news release

The U.S. Army Materiel Command is soliciting Bold Ideas from AMC personnel from Oct. 31 to Dec. 30, as part of an effort to transform the command into being more cost-effective, creating leaner processes and becoming more energy-efficient command-wide.

The campaign is designed to rapidly gather bold ideas and provide recognition for participants contributing ideas that have potential to be implemented across the command. The program will be implemented in three phases: Preparation; Analysis and Tracking; and the Awards and close-out phase. Subject-matter

See **SUBMIT**, page 8



Photo by Adriane Foss

Rich Delbrook will perform as Scrooge in A Christmas Carol Dec. 19 at the post theater.

Theater group to perform Christmas classics

By **RACHEL PONDER**
APG News

The APG community is urged to get into the holiday spirit by attending two classic Christmas plays, "It's a Wonderful Life," and a "Christmas Carol," performed by the APG Theater Group, and sponsored by Family and Morale, Welfare and Recreation.

"There are so many reasons to come out and enjoy these shows," said Tricia Devine, the club's director. "But the No. 1 reason is that a live stage presentation is the original 3D show—a genuine, onstage performance, with all the sights, sounds, smells and excitement that go with it.

See **TICKETS**, page 8

Donations still being sought

CFC is one of best, safest ways to donate to charities

Story and photo by
RACHEL PONDER
APG News

As of Nov. 15, Aberdeen Proving Ground has raised more than a quarter million dollars for its Combined Federal Campaign, which runs through Dec. 15.

The CFC, which is the largest workplace charitable fundraising campaign in the world, supports eligible non-profit organizations that provide health and human service benefits.

Currently Chesapeake Bay Area donors can choose from over 4,000 local, national and international CFC charities.

With a \$276,000 tally, Richard Newcity, APG's CFC chairperson, said APG is on track to reach its \$650,000 goal, thanks to single voluntary contributions to charity.

This year's goal was raised to reflect the increase of APG's growing population as a result of the Base Realignment and Closure.

"We are about \$72,000 ahead of what we raised this time last year," he said. "APG has set a new CFC fundraising record every year for the past 10 years. Even though the effects of the 2008 recession still linger, the generous employees of APG continue to step up to help those less fortunate. I'm confident this year will be no different.

Campaign progress is updated hourly on the CFC thermom-

See **CFC**, page 8



A popular item in this year's APG CFC online silent auction is the limited edition Christopher White print, titled "Set Sail for a Bright Tomorrow." See other items for sale at www.apg.army.mil/apghome.

WEATHER

Thurs.



49° | 30°

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APG Snapshot

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HEALTH PAGE

Live healthier through humor & Eating well in the workplace. Find out more **PAGE 11**

OPINION

Challenges strengthen mission focus

When I took command of the Installation Management Command in November

2009, we set out to validate that we were doing the right things and doing things right, and to find better ways of doing business.



This self-evaluation was particularly important at the time, as the Army was focused on finding the right kinds and levels of support for Soldiers and Families stressed by repeated and extended deployments.

First we started expanding our identity.

Today when we talk about providing for Soldier, civilian and Family quality of life, we don't just mean the Installation Management Command—we mean the Installation Management Community, which also includes the office of the assistant chief of staff for installation management and the offices of the assistant secretaries of the Army for installations, energy and environment, and manpower and reserve affairs.

And then we started to focus the talent and expertise of this diverse community on our common goal: providing Soldiers,

As we moved IMCOM's headquarters from Virginia to Texas under Base Realignment and Closure, we also integrated a subcommand, the Family and Morale, Welfare and Recreation Command, into the headquarters, and reduced from seven to four regions worldwide.

civilians and Families with a quality of life commensurate with their service.

In March 2010 we published version 1 of the Installation Management Campaign Plan, which outlines how we provide the facilities, infrastructure, programs and services required to support Soldier, Civilian and Family readiness and well-being. Since then, each update has reflected a stronger sense of community and more robust strategy for addressing the challenges we face.

Over the past two years the IMC has reviewed programs, services and infrastructure in areas such as child care, youth development, housing, education, employment, recreation and behavioral health.

As a result, a number of programs and services have been enhanced, to include Survivor Outreach Services, the Exceptional Family Member Program, the Army Community Service, Child, Youth and School Services, the Army Substance Abuse Program, the Total Army Sponsorship Program, the Army

Career and Alumni Program, and Soldier and Family Assistance Centers.

At the same time that we have enhanced the effectiveness of programs, services and infrastructure, we have worked to improve the efficiency of delivery at every level, starting from the top.

As we moved IMCOM's headquarters from Virginia to Texas under Base Realignment and Closure, we also integrated a subcommand, the Family and Morale, Welfare and Recreation Command, into the headquarters, and reduced from seven to four regions worldwide. In doing so, we reduced overhead costs and streamlined delivery of services to our customers.

Even as we are addressing today's fiscal challenges, we are looking to the future and how we will support the Army of 2020. Through BRAC, our installations have built and renovated facilities to support the reshaped Army.

Through initiatives such as Army Net Zero, our installations are developing sustainable practices to ensure

we will continue to have the resources to accomplish our mission. Through improved knowledge management, we continue to strengthen our shared understanding of how to operate in a dynamic environment in ways that save time and money.

And we continue to invest in our most important asset: our people. Through a new command-wide approach to talent management and workforce development, we are making sure we will have in place the right people with the right skills to take on future challenges.

The IMC has a huge impact on the lives of Soldiers, civilians and Families—on how we work, train, live and play.

The immediate resource challenges only intensify our focus on the mission. We are dedicated to doing our best in serving Soldiers and Families today—and we will find ways to serve even better tomorrow.

Lt. Gen. Rick Lynch
IMCOM Commanding General

Record storms cause major sediment plume in Chesapeake

Rain, rain, go away! It seems less like a children's rhyme these days and more like a mantra.

With a record 30 inches of rain falling in August and September, thanks to Hurricane Irene and Tropical Storm Lee, it is no wonder that the thought of rain makes some people cringe.

Not only has the rain caused record flooding in our waterways, but it has left a path of damage on its way to the Chesapeake Bay.

Flooded basements, power outages, and septic system failures were only a few of the issues caused by these record breaking storms.

This year the rainfall has been particularly damaging to trees and other vegetation. The saturated ground has weakened root systems causing trees to topple and grassy areas to become muddy quagmires.

Each time an area loses its vegetative cover, erosion of the soil into neighboring waterways becomes possible. This sediment, which is carried by the fast moving flood waters, settles out when it reaches the Bay coating aquatic vegetation and organisms alike.

According to the Maryland Department of the Environment, an estimated 4 million tons of sediment and other pollutants entered the Chesapeake Bay during August and September. The flow of sediment was so large it was visible from space and was photographed by NASA.

Sediment reduces the sunlight that reaches underwater plants, chokes oyster beds and leaves lasting effects on already stressed ecosystems. While all of the damage caused



A NASA satellite image shows sediment travelling down the Susquehanna River to the Chesapeake Bay.

by Hurricane Irene and Tropical Storm Lee received major media coverage, the one item that was not talked about was ways to prevent erosion or repair eroded areas. Although the repair of an eroded stream bed may require an engineered solution, there are simple things that each person can do to help prevent erosion.

The fall is a great time to plant trees, shrubs and other ground cover.

The cool nights and sunny days provide an ideal situation for vegetation to take hold before the winter freeze. These plants can absorb up to 14 times more water than grasses. For further benefit, consider planting native species which helps reduce the use of fertilizers. Reforest and repair your lawns to prevent soil loss and clean out storm drains and areas where sediments may have collected. Sediments which remain in these areas will ultimately reach the Bay.

While you may think that the small bare areas in your yard are no big deal, when combined with the bare areas in neighborhoods and communities, the erosion of soils adds up.

We should all do our part to help keep storm water on Aberdeen Proving Ground and in our neighborhoods sediment free.

For more information on how to reduce pollutants in storm water run-off, visit the APG DPW website at <http://bit.ly/tA9CKs> / or the Maryland Department of the Environment (MDE) Storm Water website at <http://bit.ly/vqX4uo>.

For more information on APG's Storm Water Management Program, call Rich Wiggins at 410-436-3808.

Kirk welcomes new pediatrician

Many changes are occurring at Kirk U.S. Army Health Clinic. Along with continued renovations to the main building, Kirk has a new pediatrician.

Dr. Stephen Marx, MD, FAAP, Chief Pediatrician, has more than 25 years of experience serving in a private, non-profit hospital in Baltimore.



Marx

He worked with low income families and refugee children.

Marx's patients will have the continuity of care they have been requesting. He will provide compassionate, comprehensive pediatric primary care to the patients at Kirk.

Marx is a faculty member of the Johns Hopkins University School of Medicine and attended the University of Pennsylvania for undergraduate work, the University of Maryland School of Medicine followed by his residency at Duke University Medical Center. He also did his fellowship at the Children's Hospital in Philadelphia.

Kirk is honored and privileged to have Marx on its medical team.

KUSAHC Staff

APG SEVEN DAY FORECAST



APG NEWS

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

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Senior Service College Fellowship Program accepting applications

Special to the APG News

The U.S. Army Acquisition Support Center is accepting applications for the 2012-13 SSCF program through March 15. The SSCF Program is a 10-month educational opportunity conducted under the auspices of the Defense Acquisition University at Huntsville, Ala., Warren, Mich., and APG, Md.

To prepare senior level government civilians at the GS - 14/15 levels or equivalent for senior leadership roles, the SSCF program provides training in leadership and acquisition. Program components include completion of DAU's Program Management Course, courses in leadership, applications of

acquisition to national defense issues, research in acquisition topics, mentoring, and a distinguished speaker program. Participants also have the option to pursue a master's degree in Management and Leadership.

For complete program information and application requirements, visit <http://asc.army.mil/> and on the Fellowship website at www.dau.mil/sscf.

Two information sessions will be held at 9:30 a.m. Nov. 18 and Dec. 5. The sessions will be held at the new DAU site located at 6175 Guardian Gateway on APG North. RSVP at parker.bennett@dau.mil. For more information, contact Jim Oman at james.oman@dau.mil or

Registration open for Women's Leadership Symposium

Special to the APG News

The Sea Service Leadership Association has opened registration for its 25th Silver Anniversary Women's Leadership Symposium.

The two-day gathering is themed, "United in Service: Our Global Impact," and will spotlight female military leaders and focus on professional and leadership development.

Last year's symposium was the largest gathering of military women in the world with more than 1,300 participants. They included Department of Veterans Affairs assistant secretary L. Tammy Duckworth; retired Army Capt. Dawn

Halfaker of the Wounded Warrior Project; and Oscar-winner Geena Davis.

"This [25th anniversary] milestone represents a new level of empowerment of service women to capitalize on their unique competencies, said retired Rear Adm. Wendi Carpenter, SSLA Chairperson Emeritus.

The symposium will be held March 5 and 6, 2012 at the Gaylord National Hotel and Convention Center in National Harbor, Md. This is the second year that Army and Air Force service women will participate. Women in all five service branches are encouraged to attend. Register at www.sealeader.org.



Want to make a difference in how services are rendered at APG? Tell us how we are doing.

Visit <http://ice.disa.mil>. Click on "ARMY" then "Aberdeen Proving Ground."

The Hatch Act and political activities

By **MICHAEL L. HOYLE**

CECOM Office of the Staff Judge Advocate

As the general election campaigns unfold, it is important that employees understand the applicable statutory restrictions on political activity.

The Hatch Act, 5 U.S.C. 7321 (Hatch Act) as amended, establishes provisions governing partisan political activity for federal employees. One of the primary purposes of the Hatch Act is to ensure federal employees are free from pressure to act on their own beliefs.

The Hatch act prohibits an employee from:

- Becoming a candidate for public office in a partisan election;
- Engaging in political activity while on duty, or in any government office;
- Wearing a partisan political button or t-shirt while on duty;
- Displaying partisan political posters in a government building or office;
- Soliciting, accepting or receiving political contributions while on duty or in a government building or office;



It's the Law

- Displaying excessive bumper stickers on a personal vehicle for political advertisement while on government property;
- Pressuring subordinates to perform political chores; and
- Knowingly soliciting or discouraging the political activity of any person who has business before that agency.

The Hatch act also prohibits federal employees from displaying pic-

tures of candidates for partisan public office in the federal workplace. It does not prohibit the continued display of official photographs of the president in the federal workplace, to include both public and employee work spaces.

Official photographs include the traditional portrait photo of the president displayed in all federal buildings, as well as photographs of the president conducting official business (e.g., President meeting with heads of state).

The Hatch Act also excepts the display of personal photographs. For example, An employee would not be prohibited from having a photograph of any candidate in his or her office, if; the photograph was on display in advance of the election season; the employee is in the photograph with the candidate; and the photograph is a personal one (i.e., the employee has a personal relationship with the candidate and the photograph is taken at some kind of personal event or function, for example, a wedding, and not at a campaign event or some other type of partisan political event).

Political campaigns that use social media still present concerns. Social media campaign activity may still pose potential problems if the pages link to a site which may contain a large DONATE button or icon or that displays partisan political support.

There are also concerns that arise in the hosting of a partisan political event in your home, and speaking at partisan political activities. Notably, there is some political activity that is prohibited even while off duty.

The Hatch Act is enforced by the Office of Special Counsel, not the installation IG or the Legal Office. Influencing or attempting to influence the success or failure of a political party is a serious matter.

There are zero tolerance policies in place towards violations of the Hatch Act by federal employees. Penalties for violations of the Hatch act can be as serious as termination of employment.

Inquiries concerning the Hatch Act, may be made directly to the Office of Special Counsel at 202-254-3650 or Hatchact@osc.gov

Army: Re-enlistment decisions need to be made much earlier

By **ROB MCILVAINE**
Army News Service

Soldiers who have their term of service ending in the next 11 months need to make a reenlistment decision between now and Jan. 31, but no later.

"If your Expiration of Term of Service is in fiscal year 2012, you have to re-enlist before you hit 90 days from ETS, or Jan. 31, whichever date you hit first," explained Jim Bragg, chief of Enlisted Retention and Reclassification at the Human Resources Command.

Historically, the Army's retention mission would encompass October through the following September -- the entire fiscal year.

This year, Army G-1, the staff that makes policy for retention actions, has broken the retention mission up into two phases, with the first phase running from Oct. 1, 2011 to Jan. 31, 2012. The second phase will start no later than March 1.

"In January, we're going to take a look at what we've done and then we're going to start Phase Two on March 1. But we don't know what the policies are going to be for Phase Two yet. G-1 has not made that determination on what the window is going to be and what the policies are going to be. That's still being looked at. But more than likely, this determination will be made in January or February," Bragg said.

Also, with the Army downsizing, the perception might be that there are no bonuses or any kind of incentives out there anymore, Bragg said. That's not the case.



Photo Credit: U.S. Army photo
Spc. Jeffrey Anderson (right), a Black Hawk helicopter crew chief, Company B, 3rd Battalion, 4th Aviation Regiment, Combat Aviation Brigade, 4th Infantry Division, reenlists Feb. 14, 2009, on the Camp Taji Airfield in front of a Black Hawk helicopter as Capt. Benjamin Watt (left), executive officer for Company B, administers the oath.

"We still have MOSs (Military Occupational Specialties) that offer incentives to stay in or reclassify in. The MOSs we currently have a shortage of are:

- 12D, Diver
- 12P, Prime Power Production Specialist
- 31D, Criminal Investigations Special Agent
- 35F, Intelligence Analyst
- 35L, Counter-Intelligence Agent
- 35P, Cryptologic Linguist
- 37F, Psychological Operations Specialist
- 38B, Civil Affairs Specialist

■ 89D, Explosive Ordnance Disposal Specialist

"So, if you're in a job that doesn't offer promotion potential, or you just want to do something different, that's where the Army needs you," Bragg said.

If a Soldier is in an MOS listed in the Selective Reenlistment Bonus message (MILPER 11-301 at <http://bit.ly/rH9Xc>) and re-enlists, they'll receive a bonus to remain in that MOS.

"That's based on your MOS, a special skill you have, or maybe even a specific location you're in. If we're having a hard

time filling it, we'll give you an incentive to stay in there," he said.

Also, if a Soldier volunteers to reclassify into an MOS listed in the Bonus Extension and Retraining, or BEAR, program (MILPER 11-302 at <http://bit.ly/vgKNJf>) from his or her current MOS, he or she will be paid a bonus upon graduation.

"Basically, I'll take you from your job that you're not getting promoted in, put you in this job, increase your promotion opportunity and pay you a bonus when you complete training, if you're willing to change jobs and you meet the qualifications for an MOS in the BEAR program," Bragg said.

Other things still remain the same. "We've always required Soldiers to meet the Army weight standards and the Army's physical readiness test standards before they're authorized to re-enlist. And when you get a bonus to re-enlist, the minimum is three years; the maximum is six," he said.

Soldiers who have questions about the re-enlistment requirements or bonuses available need to contact their unit career counselor.

"The career counselor's job in the Army is to talk to Soldiers about staying in the Army. They understand all these messages, they understand qualifications, and they have a direct line up here to my office. So, if they can't answer a question, they'll get it to us and we'll give them the answer and we work with them on getting the assignments and training for these Soldiers," Bragg said.



MORE ONLINE

To view more photos of events going on at and around the U.S. Army Garrison Aberdeen Proving Ground, visit the garrison Flickr site <http://www.flickr.com/photos/usagapg/> or scan the QR code.

CECOM commander addresses network challenges, solutions at MILCOM 2011

By **ANDRICKA THOMAS**

CECOM Public Affairs

“This year’s theme, the ‘Network... Attaining the Value,’ speaks volumes about where our nation’s military is headed with our new mantra to produce readiness at the least cost,” said Maj. Gen. Randolph P. Strong, commander of the U.S. Army Communications-Electronics Command, during this year’s Nov. 7-10 MILCOM conference at the Baltimore Convention Center.

The event celebrates its 30th anniversary of providing a venue for experts in international military networking and communications solutions to discuss challenges and future needs for military defense. Approximately 300 military and industry exhibitors showcased their capabilities as it relates to the joint network and communications needs in a tactical environment. Strong emphasized the important role the Army’s Network will play in battlefield engagements.

“For the Army, our focus isn’t on the big five weapons systems of the past [...] our focus is the Network,” Strong said during his welcome speech. “With a networked battlefield, we can achieve a synergy that controls the battlespace, controls the operational tempo, and controls the decision-making environment.”

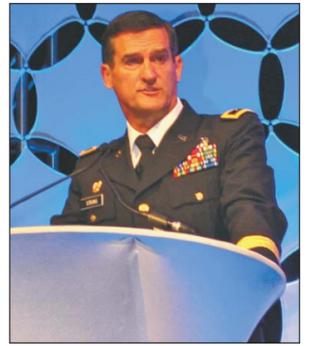
Strong, and other senior military leaders, spent the week presenting and leading panel discussions where industry and government representatives had the opportunity to ask questions about the future communications and networking needs and challenges facing the military.

Gen. Ann E. Dunwoody, commander for the U.S. Army Materiel Command, was a keynote speaker Thursday during a luncheon where she described the challenges AMC will face as it continues the drawdown effort and prepares for an Army of the future. Dunwoody discussed implementing a new strategy for AMC activities by changing the way the command does business so that its processes are more transparent. She

For the Army, our focus isn’t on the big five weapons systems of the past [...] our focus is the Network. Ultimately, this networking of information saves lives, [...] when I talk to warfighters in the theater of operations, they tell me that it is the C4ISR systems that give them their combat edge, and saves lives on the battlefield.

Gen. Randolph P. Strong

Commander, U.S. Army Communications-Electronics Command



said building relationships with industry will allow optimization of capabilities and create efficiencies that should enable a better value for services as the Army moves toward the affording the Army of the future in a time of guarded resources.

After 10 years of war, the military is faced with an environment of different networks, said Lt. Gen. Susan S. Lawrence, U.S. Army chief information officer/G6, during her luncheon keynote address Nov. 7.

“Now, we need to get to an enterprise environment,” said Lawrence as she explained the need and potential of one shared network. She urged military and industry leaders to collaborate to address technological gaps of what’s available in the industry arena, compared to military technology procurements today.

Strong mirrored this approach in his panel discussion as he explained the benefits of collapsing the traditional acquisition processes to bring innovative and flexible solutions to the warfighter more rapidly.

“The approach is about the ‘command-centric’ delivery that is network-enables, not network-centric,” Strong said.

Lawrence aims to achieve a 2-year capability set and be more closely aligned to industry’s technology spin-out updates, at the best cost. With more innovative technology capabilities, the Army

is looking at ways to adjust its procurement strategies to buy just enough for mobilized units, thus enabling the Army to cost-effectively acquire newer capabilities faster, she explained.

“We must have an affordable modernization strategy that is integrated and synchronized,” said Lawrence to an audience of technology industry representatives. Lawrence also encouraged small businesses to continue leverage networking opportunities and collaborations as they work to contribute to the defense network integration efforts.

“We can’t lose what small companies bring in terms of innovation,” she said. CECOM’s Office of Small Business Programs held small business workshops at the conference in an effort to educate and advise small companies interested in doing business with CECOM, and the military, during the four-day event.

Strong hosted a panel discussion entitled “Joint Interagency Multi-national Tactical Networking for the Future” where joint military leaders discussed cost-effective networking strategies for use in the tactical environment. Panelists included: Maj. Gen. Randolph P. Strong, CECOM commander; Air Force Lt. Gen. Charles Davis, commander of the Electronics Systems Center; Rear Adm. David Simpson, vice-director of the Defense Information Systems

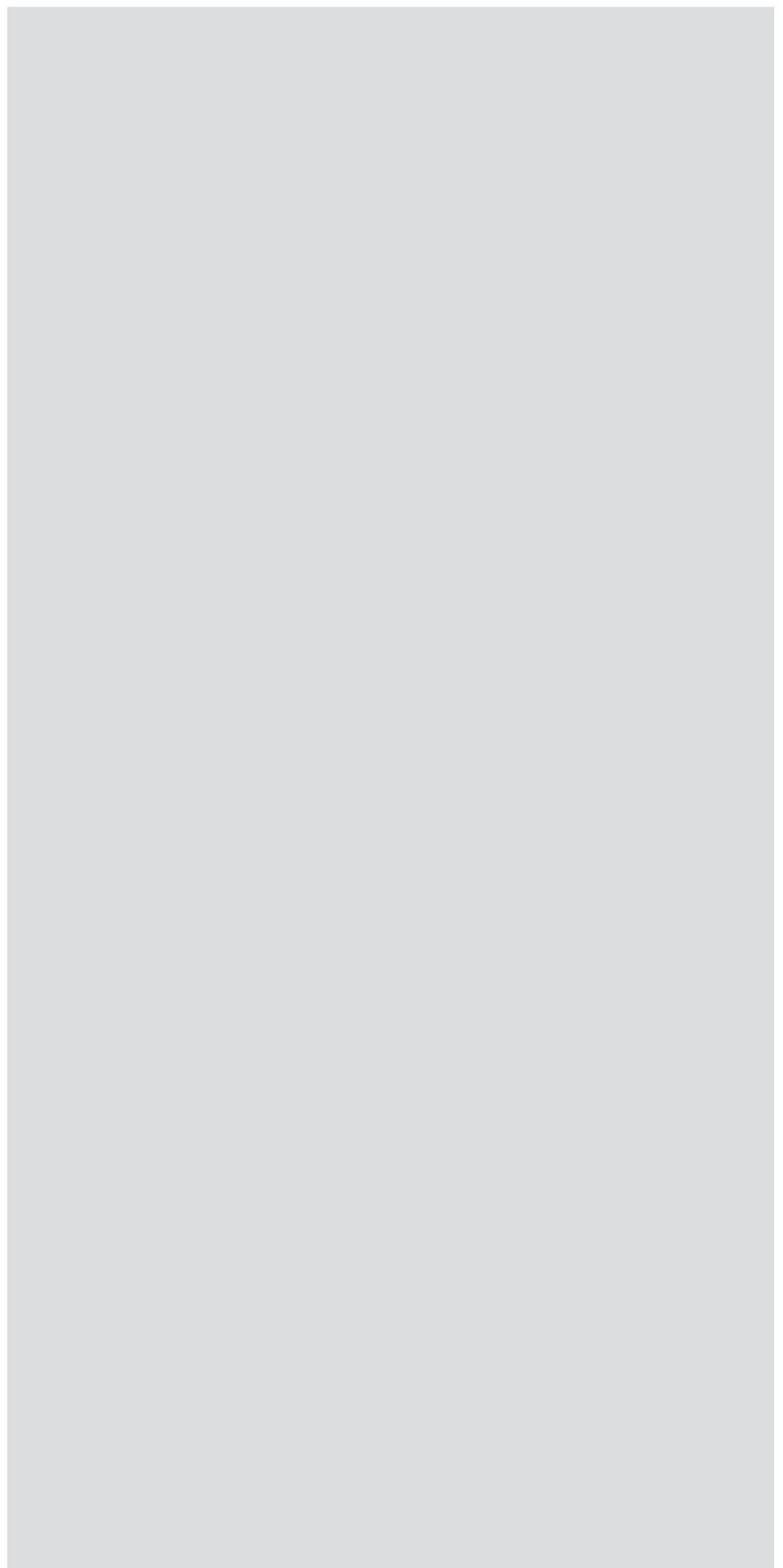
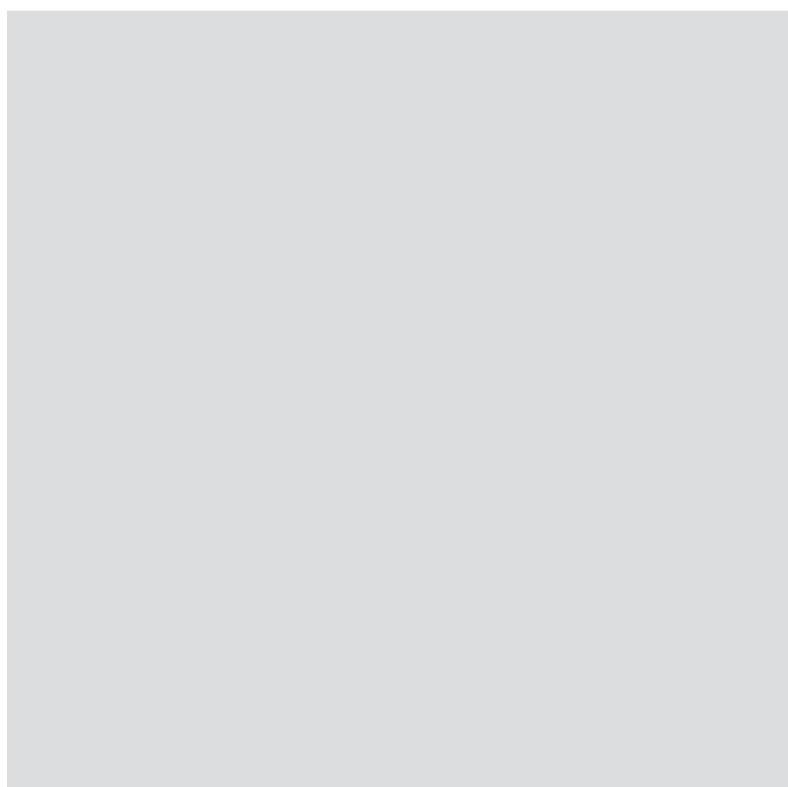
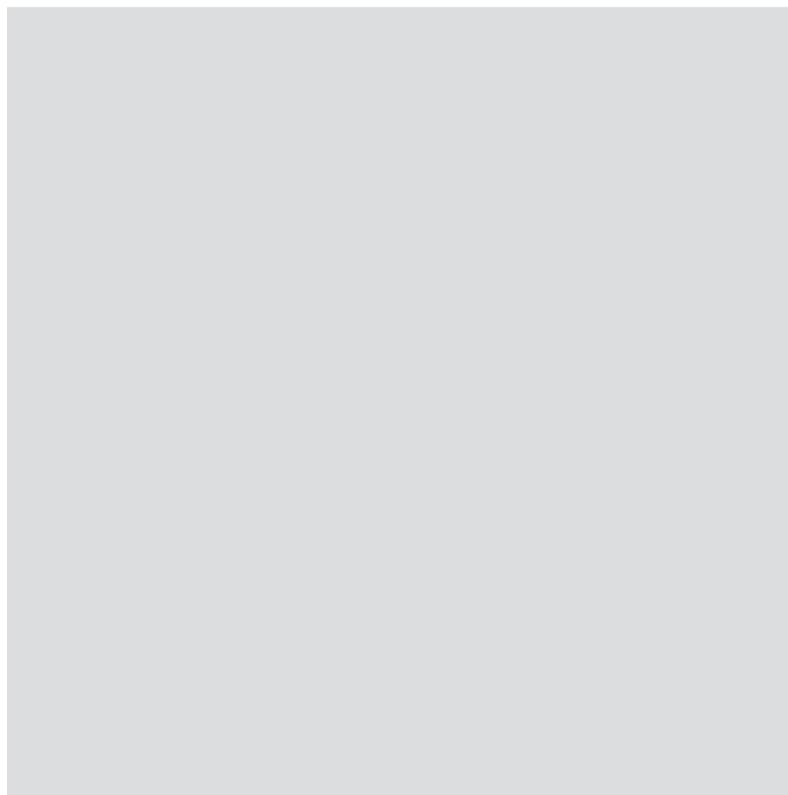
Agency; Gary Blohm, director for Army Architecture Integration Center/CIO G6; and Brigadier Andy Bristow, chief of staff, United Kingdom National Contingent, Afghanistan.

Strong discussed the operational issues the Army faced in the inability to communicate effectively and share operational Commander’s guidance, information and intelligence on the battlefield. Due to a variety of networks with inadequate cross-domain solutions, the U.S. military forces faced communications challenges between the U.S. and NATO forces, said Strong.

“That’s what the Afghan Mission Network was all about, to improve communications capability for operational planning and exchanging intelligence information in a secure and accessible environment for U.S. and NATO forces in the International Security Assistance Force,” explained Strong. The Central Technical Support Facility plays an integral role in supporting the Army’s effort toward mission-based Coalition interoperability assurance, and integration for the Afghanistan Mission Network.

“Ultimately, this networking of information saves lives,” said Strong. “[...] when I talk to warfighters in the theater of operations, they tell me that it is the C4ISR systems that give them their combat edge, and saves lives on the battlefield.”

How are we doing? E-mail comments and suggestions for the APG News to the editor at editor-APG@conus.army.mil



CFC hopes to boost donations with gift certificates

Continued from Page 1

eter, which can be found at the bottom of the APG website www.apg.army.mil/apghome.

Newcity said even a small donation goes a long way to help those in need.

"If you don't normally donate to the CFC, please consider at least a small donation of \$1 or \$2 per pay period," he said. "Whether you donate \$1 per pay, \$2 per pay, or \$2,000 per year, your generosity can make a difference."

He said employees can feel confident donating because the charities go through a stringent screening process before they are listed as a CFC charity. And the CFC is audited annually to ensure all funds are distributed to the specific charities chosen by donors.

"CFC is really the best and safest way to give. Any charity you choose will be a good one," he said.

Newcity said one way to raise awareness about CFC is through the online silent auction which features artwork, toys and collectables.

A popular item is the limited edition Christopher White print, titled "Set Sail for a Bright Tomorrow."

"Because this is the fiftieth anniversary of CFC, the artist created fifty limited edition prints to be sold through Chesapeake Bay Area CFC auctions," he said. "We have print number 1, 2 and 3 for sale." Other Items for sale can be found at www.apg.army.mil/apghome.

Another way CFC hopes to increase the number of donors this year is with incentive gifts.

Everyone who contributes \$50 or more can receive a \$25 gift certificate redeemable at www.restaurant.com.

About CFC

Federal employees can make donations to CFC by check, cash, or payroll deduction. The Chesapeake Bay Area CFC Online Pledge System will be open 24 hours a day, 7-days-a-week to civilian and military personnel.

Temporary personnel, retirees, reserves, and contractors are permitted to donate to CFC by cash or check only. Although key workers cannot solicit contractor employees working at APG, contractors are permitted to contribute to CFC by cash or check.

Individuals outside the installation may also contribute. Visit www.cbacfc.org for the 2011 Contributor's Guide. For CFC info, visit the APG CFC office, Bldg. 4313, or call 410-278-9913/9915/9916.

Tell them you saw it in the APG News

Veterans Day observance

Continued from Page 1

councilmember Sandy Landbeck.

John Feroli of Oak Crest, Md., said he attends every Veterans Day ceremony because "it means a lot to remember and to be remembered."

"I come to see old friends; this is a day I look forward to," he said.

Navy veteran and Post 128 Assistant Chaplain Rev. Lewis Geigan said he is organizing volunteers to visit Baltimore-Washington Thurgood Marshall International Airport to welcome troops home.

"We love America and we're proud of the men and women who serve," said Geigan, who is also the senior pastor of the Hamilton Christian Center in Baltimore.

The ceremony included the traditional placing of the wreaths from each post and the playing of "Taps" by Post 128's bugler, Ralph Tanchuk. Retired Master Sgt. Dave Mial, also of Post 128, delivered the invocation and benediction.

Photo by Yvonne Johnson

Bugler Ralph Tanchuk of American Legion Post 128 sounds "Taps" after a Memorial Salute by the Post 128 Honor Guard during a Nov. 11 ceremony in Aberdeen.



Submit your bold ideas online

Continued from Page 1

experts will evaluate submitted ideas to determine their merit by adhering to rules of assessment outlined by AMC to measure functional/feasibility of the idea and potential to be implemented across the command. Ideas deemed 'of merit' will receive recognition and a letter of endorsement from AMC to participate in the Army Suggestion Program.

Personnel may submit ideas through the Bold Ideas website, at <https://>

hqamc.aep.army.mil, accessible from the CECOM homepage and CECOM AKO portal sites. Look for the Bold Ideas logo, click and register with your CAC e-mail certificate. Once registered, personnel may submit their ideas and feedback which will be assessed by technical experts who will advise AMC headquarters on implementation strategies.

Ideas submitted through the web-

site will go directly to AMC headquarters where a final determination will be made on suggestions, programs and processes that can save command resources. An awards ceremony will be held in February recognizing Bold Idea initiatives of merit.

Join us in shaping our future by submitting your Bold Ideas to <https://hqamc.aep.army.mil> and click the Bold Ideas icon.

Tickets make great holiday gifts

Continued from Page 1

Just try to get that out of a movie."

Devine said the show's performers caught the "acting bug" and were eager to take on the challenge of performing two different shows during the holiday season.

The group has grown to about 70 registered members since its formation at the beginning of this year. Previous plays include "Arsenic and Old Lace" and a mystery dinner theater production of "Murder 101."

Devine said although several of the group members are experienced actors with credits in HBO and big screen productions, anyone who would like to join the APG Theater Group can learn as they go — no experience required. Every Monday from 6 to 7:30 p.m. an acting workshop is held for actors and actresses to hone their craft, or rehearse for an ongoing show.

Besides actors, actresses, singers, dancers, comedians and musicians, the group needs behind-the-scenes volunteers who can build scenery and make costumes. The group is also seeking technical expertise — volunteers who can control the lighting and sound, and individuals with choreography experience.

Devine, who comes from a family in show business and has been acting since elementary school, said that being involved in theater can be a great stress reliever and help individuals overcome the fear of public speaking.

"Over the past year, it has been exhilarating to see young and old, walk through the door shyly asking to be a part of the group, most of whom are new

It's a Wonderful Life will be performed at the post theater Dec. 3 at 7 p.m. and Dec. 4 at 2 p.m. A Christmas Carol will tentatively be performed at the APG North recreation center Dec. 19 at 7 p.m.

to APG, and then overcoming their shyness and becoming stars in their own right," Devine said.

Because the APG Theater Group is an all volunteer program, each member attends meetings at their pace and according to their schedule. Show rehearsals are held weekly, and increases in frequency as showtime nears.

Devine said shows that are being considered for next year include "39 Steps," "Beauty IS a Beast," "I'm Getting Murdered in the Morning" and "Dracula."

Earlene Allen, an FMWR special events coordinator and the theater group's facilitator, said that one way the APG community can help support the growth of the theater group is by attending the shows with their friends and Family members.

"This is a volunteer group that provides a needed entertainment service for the whole community. And we're hoping to generate enough income to keep the club going," Allen said.

The APG Community Theater Group is open to all FMWR authorized customers ages 16 and older. Children 16 and younger may participate if a parent accompanies them to all practices and performances.

To sign up, contact the MWR Lei-

sure Travel Office at 410-278-4011/4907 or e-mail APGR-USAG-MWR-Leisure-Travel@conus.army.mil.

Shows

"It's a Wonderful Life," a comedy-drama based on Frank Capra's classic 1946 movie will be performed at the APG Post Theater Saturday, Dec. 3 at 7 p.m. and Sunday Dec. 4 at 2 p.m. Tickets prices are as follows: \$10 general admission, \$5 active duty military and youth 7-12, children 6 and under are free. Tickets are sold at the Leisure Travel Office, Bldg 3326, EA Recreation Center, building E4140, and Ruggles Golf Course.

"A Christmas Carol" is an adaptation of one of Charles Dickens' classic Christmas works that tells the story of Ebenezer Scrooge and his emotional transformation. General admission is \$5 and free for active duty military and children 12 and under. Bring the whole family and experience the holiday spirit. Tickets may be purchased at the Leisure Travel Office, Bldg 3326.

For more information, call 410-278-4011 or 410-436-2713.

Post Shorts

DAU ribbon cutting

DAU invites the community to its ribbon cutting ceremony Nov. 30 at 11 a.m.

The ceremony will inaugurate the new DAU facility at 6175 Guardian Gateway. This location expands DAU capabilities in supporting the Defense Acquisition Workforce and the APG Community.

The facility features state of the art classrooms, breakout rooms, and expanded space for the resident DAU-Senior Service College Fellowship program.

RSVP to parker.bennett@dau.mil by Nov. 23. Call 410-272-9471 for information.

Soldier Santa Ball

This year's Soldier Santa Ball will be held at Aberdeen Proving Ground Dec. 9 from 6-11 p.m., Bldg. 3200 Raritan Avenue. The black-tie event is an optional holiday gala in honor of the U.S. military and in support of local Soldiers. Tickets are \$75 per person. For more information and sponsorships opportunities, visit www.SoldierSantaBallAPG.com.

MARC shuttle operation

Due to the Thanksgiving holiday, the MARC Station daily shuttle to and from APG will not operate Friday, Nov. 25. Normal operations will resume Monday, Nov. 28. For more information, call George Angelucci, TMP Chief, at 410-278-3330.

Kirk Clinic Closings

Kirk U.S. Army Health Clinic will be closed Thursday, Nov. 24 in observance of the Thanksgiving holiday and Friday, Nov. 25th for a training holiday.

No pharmacy services will be provided during this period. Refill medications at Kirk before 5 p.m. Nov. 23. Call 1-800-248-6337 or visit www.tricare.mil/pharmacy for information.

For after hours medical services, call 443-807-0725 for the staff duty officer, who will coordinate your care with the Referral Management Office. To avoid charges, a referral is required to go to any urgent care clinic. In an emergency, call 911 or visit the nearest emergency room, which do not require referral.

Senior Service College Fellowship Program accepting applications

The U.S. Army Acquisition Support Center is accepting applications for the 2012-13 SSCF program through March

15. The SSCF Program is a 10-month educational opportunity conducted under the auspices of the Defense Acquisition University at Huntsville, Ala., Warren, Mich., and APG, Md.

To prepare senior level government civilians at the GS - 14/15 levels or equivalent for senior leadership roles, the SSCF program provides training in leadership and acquisition. Program components include completion of DAU's Program Management Course, courses in leadership, applications of acquisition to national defense issues, research in acquisition topics, mentoring, and a distinguished speaker program. Participants also have the option to pursue a master's degree in Management and Leadership.

For complete program information and application requirements, visit <http://asc.army.mil/> and on the Fellowship website at www.dau.mil/sscf.

Two information sessions will be held at 9:30 a.m. Nov. 18 and Dec. 5. The sessions will be held at the new DAU site located at 6175 Guardian Gateway on APG North. RSVP at parker.bennett@dau.mil. For more information, contact Jim Oman at james.oman@dau.mil or 703-254-3255.

APG News prints early for upcoming holiday

The APG News will be published a day earlier – Wednesday, Nov. 23, due to the Thanksgiving holiday. Submissions will also be due earlier – no later than Thursday at 5 p.m. to make the following week's paper.

For a deadline exception or more information, call Adriane Foss at 410-278-1150.

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

DFAC Thanksgiving meal

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

Chapel 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.

New Sale of Firewood Regulation

Effective 1 Nov, APG has a new sale of firewood regulation, APGR 200-63.

Firewood is now available at a cost of \$20 per level standard 8' pick-up truck, \$10 per level standard 6' pick-up truck, and \$5 per car trunk load.

Permits to buy wood are good for 10 days, or until an order is filled, whichever comes first. Loads must be checked at either Bldg. 2200 or Bldg. E4420 before exiting post.

Permits will be issued on a first-come, first served basis in APG South (Edge-wood), Bldg. E4630 Monday to Thursday, 8 a.m. to 3 p.m. Call Kathy Thisse, 410-436-8789 or Scott English, 410-436-9804, for information.

Trial program in place to assist garrison over-hires

IMCOM has established the internal Enterprise Placement Program. This trial program is designed to place over-hires from one installation to vacancies at another installation.

APG garrison employees can apply for positions that they qualify for at the same or lower grades. New vacancies will open each Tuesday with the closing date set for the following Monday at midnight. Vacancies are posted at <https://www.us.army.mil/suite/page/662838>.

Permanent change of station costs are paid by the losing garrison.

Employees who are interested in relocating to another IMCOM location

should contact their supervisors for a detailed package about the program or call CPAC's Carolyn Russell at 306-0173. Or call 410-278-9669 for Marilyn Howard at ACS, who can assist with updating or writing resumes.

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 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 shop-pette 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.

APG Tax Center

In 2012, the Office of the Staff Judge Advocate, Client Services Division, will provide tax assistance services using a combination of tax advisors from the Client Services Division, Army Community Service volunteers, and Soldiers appointed by individual units designated as unit tax advisors, or UTAs. UTAs will provide services at assigned units while Client Services Division staff will provide services to Soldiers and Family members for organizations without UTAs and to retirees and their Family members. Client Services Division staff anticipates locating the tax center in Bldg. 4305 with hours of operation Monday through Friday from Feb. 9 to April 13, 2012.

More information will be published in January regarding the final configuration of the Tax Center. Call the CSD staff at 410-278-1583 or visit www.apg.army.mil, Services Directory, Tax Center Preparation, for more info.

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



MORE ONLINE

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

COMMUNITY NOTES

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.

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 or visit 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 to reserve seating. For more information, visit www.steppingstonemuseum.org.



MORE ONLINE

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

FAMILY AND MWR

Activities/Events

Armed Forces Vacation Club

Planning a vacation? The Armed Forces Vacation Club has tons of incredible discounts on spacious accommodations all over the world. Seven-night stays at select location start as low as \$349.

All active military service members and their direct dependants, retired military and their direct dependants, DoD civilian employees and their direct dependants and 100 percent disabled American Veterans are authorized to take advantage of these amazing deals. Discounts are valid for Space Available Inventory only. Remember to enter base code 105 at the time of the booking. If you have questions, please call

410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

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 Compositions, 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.

ACS Holiday Card Making Event

The ACS Hearts Apart Support Group will host its Holiday Card Making Event at ACS, Bldg 2503 High Point Road, December 7, 2011, 6:00 p.m. - 7:00 p.m.

All participants will be given the opportunity to decorate a card for their deployed family member. There will be light refreshments for all who participate. Hearts Apart seeks to empower Families (military and DOD civilians) with information to help prepare the Families for the separation during deployments and TDYs.

ACS offers a comprehensive array of programs and services dedicated to

maintaining the readiness of the Total Army Family by fostering self-reliance, stability and resilience.

For more information, call Wilhelmina Cromartie at 410-278-2464.

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.

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.

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, depart-

ing 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. Seats are located in Section 104.

*All gate prices include tax.

*Prices subject to change without notice.



MORE ONLINE

For a listing of FMWR activities and events, or to read the weekly MWR newsletter, scan the code.

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 14

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

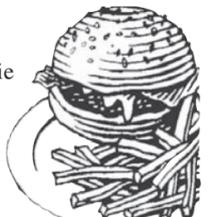
Special #2: Double bacon cheeseburger with french fries, cookie and regular soda for \$7.55.

Week of November 21

Special #1: Tuna salad sandwich with chips, cookie and regular soda for \$5.50.

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.



HEALTH PAGE

Live healthier through humor

By **LT. COL. SCOTT WEICHL**
U.S. Army Public Health Command

Most have heard the saying, “Laughter is the best medicine.” Many times medicines can improve our illness, but addressing the whole person calls for something more. There is an increasing interest in studying how humor and laughter can lead to increased health and better immune function.

What is humor? The Merriam-Webster Dictionary defines humor as “the mental faculty of discovering, expressing or appreciating the ludicrous or absurdly incongruous, or something that is or designed to be comical or amusing.” In plain English, humor is both a mental activity and behavioral action. Everyone has the potential to be humorous and appreciate humor; but one’s humor level and type of humor appreciated differs among each of us.

Ever noticed that just the right sense of humor in a stressful situation can reduce that tension? Reducing the stress level brings us closer together, offers a way to take a breath and approach the issue in another way. Communication through humor can reduce anxiety and fear, which is brought about through insecurity. Humor helps build good working relationships and improves morale in the workplace. Humor can be something that stimulates us, much like the emotional response from laughter. Humor can be used to express true concerns and disappointments in a non-confrontational way.

But yes, there is more! Humor can help to improve your health through:

Healthy Living



Courtesy photo

Hearty-laughter—Laughing from your core can help reduce muscle tension and exercise your heart. It also helps to increase endorphins and enriches your blood. Yes, laughter actually helps to improve overall health. So don’t feel awkward the next time you burst

forth with a full-bodied laugh ... you are simply improving your health!

Expressing positive emotions—Anything that can create positive thoughts serves the same purpose as humor. Feelings like love or success

can help to bring about a similar expression of these positive ways of living life. Humor easily creates positive thoughts, almost as easily as not being able to be angry while you whistle. Try it.

Reducing stress—Who doesn’t have stress? Here is another way of improving your health. Stress causes unhealthy effects on our bodies—it increases our risk of various infections, diseases and illnesses. Since humor can reduce stress, it can counteract against this unhealthy lifestyle.

Social Acceptance—Want more friends? Not only does humor increase our health, but this sincere, honest sense of humor makes one more socially desirable. This leads to a larger support system that is satisfying and helps maintain resilience during those difficult times.

Studies continue to examine the benefits of humor on health—both mental and physical. Humor is a positive expression when used in good taste and at the right moments. It is quite possible that humor makes living a little easier by putting life into perspective. As Mel Brooks once said, “Humor is just another defense against the universe.” So, go ahead ... laugh a little!

For more information on the benefits of humor, visit Carolina Health and Humor Association, <http://www.carolinahealthandhumor.org/>, University of Maryland Medical Center, <http://www.umm.edu/features/laughter.htm> or Mayo Clinic, <http://www.mayoclinic.com/health/stress-relief/SR00034>

Deskside Snacking: Eating well in the workplace

By **LT. COL. TWYLA LEIGH**
U.S. Army Public Health Command

It’s been a long day at the office. Visions of the vending machine flash through your mind. Caffeine and sugar are calling your name – STOP!

The additional 140 calories from a 12-ounce can of soda and 220 calories (or more) from a candy bar or bagged snack, if eaten on most work days, will create a weight gain of a jumbo 25 pounds per year.

Even if the soda is diet and only the candy or bagged snack is eaten, expect a weight gain of 15 pounds per year. Add to that the extra calories we eat when someone brings in donuts or “goodies” to the office, or what about that desk-top candy jar? These office hazards add to inevitable weight gain that most of us blame on aging, heredity and/or metabolism. We are not doomed to work in “obesifying” office conditions and can make positive changes to manage our health and weight. Be prepared for office pitfalls (even if you work from home) and plan ahead.

Here is a list of strategies to consider for a healthier work environment:

Eat breakfast—Breakfast skippers start the day at a disadvantage and may start grazing early and feel they have no will power or resistance to sugary and fat-



Courtesy photo

ty foods that they might otherwise avoid.

Bring healthy (and portion-controlled) snacks—Prepare snacks the night before, portion in snack bags; use a coolie bag if needed. Some examples of healthy snacks include roasted almonds; low-fat cheese wedges (non-refrigerated, like Laughing Cow); fresh seasonal fruit—apples, grapes, cherries or berries;

fresh cut vegetables—celery, cucumbers, bell peppers, grape tomatoes, baby carrots, with or without low-fat dressing, or maybe with a couple of olives or slices of pickle; 100-calorie prepackaged snacks; low-fat popcorn if a microwave is available; hard-boiled egg; or low-fat, low-sugar yogurt.

Eat mindfully—No matter what

you are eating, focus on the smell, taste and crunch. Don’t eat and work or watch the screen at the same time. This type of “multi-tasking” doesn’t allow you to realize that you are satisfied with your snack and you may be tempted to keep “grazing.”

Think thirsty, not hungry—Have lots of cool water on hand to drink throughout the day. Many times we think we are hungry and overeat when we have not had enough fluids.

Read labels—Look at the content of the vending machine. Ask the person who works with the vending company to add lower calorie, lower fat and higher protein snacks to the mix.

Move more—Take a walk. Stand up and stretch.

Identify supportive co-workers—Share recipe ideas for healthy snacks.

Encourage one another to eat healthy and exercise more.

Change the office culture—Model good eating. If you bring in a snack to share, make it healthy – fresh fruit, whole grains and lower fat recipes. Suggest non-food rewards and celebrations. Positive recognition and certificates of appreciation add to a supportive, productive and healthier work culture.

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., 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 worship

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

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>.

One swing, one hole in one on 11/11/11

By **YVONNE JOHNSON**
APG News

Grace McNamara already knew there was something special about Nov. 11, 2011 but never figured a friendly golf outing would figure into the once-a-century date.

According to the Ruggles Golf Course Facebook page, on Nov. 11, 2011, McNamara stepped onto the tee on the Par 3 at 1:11 p.m. and “with one swing, she recorded her first hole-in-one using an 11-wood. Golf Manager/PGA Pro Richard J. Bond and PGA Pro/Instructor Dave Correll went to the third hole to validate the distance and, well you might have guessed it, the recorded distance was 111 yards. [McNamara] used a Callaway ball number 1.”

McNamara said it was her first hole-in-one ever, after just eight years of regular golfing.

“Of course it was about 40 degrees and windy which made it that much more difficult, which is why I used that 11 wood,” she said. “I watched it bounce, then roll into the hole and said ‘Wow!’”

The significance of the date didn’t hit until her until her group returned to clubhouse. Everyone was excited and after the news spread, that included family members, she said.

“Only one of our daughters plays golf, but both of them said, ‘Great job, mom!’”

McNamara said when she first started playing, she took advantage of the golf lessons offered at Ruggles. Since then the courses at APG have gotten better and better, she said.

“The greens are coming together like the clubhouse and the new [Sutherland] grill is much improved,” she said, adding that players can place orders at the 9th hole before they head in.

“We’ve eaten dinner and watched football on Sunday there,” she said. “The people there are so nice. The greatest change was improving access to the course when they moved the gate back.”

With all the pluses of playing on the Courses at APG, Mother Nature comes in No. 1, McNamara said.

“I love the layout, the trees and the animals, I’ve watched wild turkeys flying in on No. 8; I’ve seen coyotes and I’ve seen eagles. It’s just beautiful to be out there with nature.”

Grace McNamara is the spouse of Tim McNamara, deputy to the APG garrison commander.

Grace McNamara give a hole-in-one pose on 11-11-11 at APG’s Ruggles Golf Course.

Courtesy photo



Photos by Rachel Ponder

BAZAAR A WINNING EXPERIENCE

At top, (from left) Artist Larry Stevens shows military spouse Julie Buttler his artwork at the Fall Bazaar at the APG South (Edgewood) recreation center Nov. 8-9.

(From left) FMWR’s Rhonda Little presents the raffle grand prize —an iPad—to Desiree Bowman, a Public Health Command employee, during the Fall Bazaar at the APG South (Edgewood) recreation center Nov. 8-9. “I can’t believe I won, I am ecstatic!” Bowman said. (From left) FMWR’s Rhonda Little presents APG News Graphic Designer Nick Pentz with the Kindle he won during the Fall Bazaar raffle at the APG South (Edgewood) recreation center Nov. 8-9. “I’m a pessimist so I never expected to win. It was a nice surprise,” Pentz said. For more photos, visit <http://www.flickr.com/photos/usagapg/>.



Photo by Yvonne Johnson

HONORED

Brig. Gen. Peter Hinz, assistant adjutant general of the Maryland National Guard, awards the Maryland Distinguished Cross to APG Garrison Command Sgt. Maj. Rodney Rhoades for his support of Guard activities during the garrison town hall at the post theater Nov. 10. During the event, hundreds of garrison employees were awarded for length of service and achievements.



Photo by Rachel Ponder

DREAM MACHINE REWARDS RECYCLERS

Jack Norris, a Subway employee gets a rewards card from the Dream Machine, a new kiosk located at the APG North AAFES Express. The kiosks, created by PepsiCo in collaboration with Waste Management, Keep America Beautiful and Greenopolis, are computerized receptacles that include a personal reward system, which allows consumers to earn points for every bottle or can they recycle. Points can then be redeemed for local discounts on entertainment, dining and travel at www.greenopolis.com. The kiosks also raise money for the Entrepreneurship Bootcamp for Veterans with Disabilities, for post-9/11 vets with disabilities.