

APG NEWS



www.apgnews.apg.army.mil

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

September 20, 2012 Vol. 56, No. 38

DES to receive Governor's Crime Prevention Award

By **YVONNE JOHNSON**
APG News

For the fourth consecutive year, the Directorate of Emergency Services has been selected to receive the Governor's Crime Prevention Award from the state of Maryland.

Each year, the Maryland Community Crime Prevention Institute, along with the Department of Public Safety and Correctional Services, the Maryland Police and Correctional Training Commissions and the Maryland Crime Prevention Association present the annual awards. The awards subcommittee meets in August to review nominations and after an extensive screening process selects the departments, individuals and programs that meet the criteria for recognition.

Of the 55 winners of this year's award, APG's DES is the only military police department among the recipients.

Chris Ferris, director of Emergency Services, said the award is a testimony to the professionalism of the department and its officers.

"Our receipt of this award, four years running, demonstrates the directorates' long-term commitment to the community policing and crime prevention philosophy and the age-old adage, 'An ounce of prevention is worth a pound of cure,'" Ferris said. "I am extremely proud of the exceptional work of our

See DES, page 11



Soldiers from the 203rd Military Intelligence Battalion demonstrate enemy interrogation, identification and evacuation procedures on two "insurgents" during TECHINT (Technical Intelligence) Day activities at the battalion headquarters Sept. 14.

TECHINT draws interest of intelligence community

Story and photos by **YVONNE JOHNSON**
APG News

Military and federal intelligence agencies and law enforcement activities gathered at Aberdeen Proving Ground Sept. 14 to observe the latest in intel-gathering technologies during the 203rd Military Intelligence Battalion's Technical Intelligence (TECHINT) Day activities.

TECHINT is intelligence derived from the collection and analysis of threat and foreign military equipment and associated materiel for the purposes of preventing technological surprise, assessing foreign Scientific and Technical (S&T) capabilities and developing countermeasures designed to neutralize an adversary's technological advantages.

Battalion Commander Lt. Col. Jeffery Risner said the goal of TECHINT Day is to open the doors of the only TECHINT battalion in the world to the intelligence community.

"We want people to understand the value

See INTEL, page 11



Sgt. William Jackson displays and explains an improvised explosive device with a cell phone switch at the IED Exploitation station.



No shortage on Oktoberfest festivities, fun events

By **YVONNE JOHNSON**
APG News

Only one week left before the inaugural APG Oktoberfest is here. The fun starts Thursday, Sept. 27, and runs through Sunday, Sept. 30, on Shine Sports Field.

Fest-goers can expect plenty of entertainment, games and other fun activities for kids and adults. A variety of inflatable activities like individual and competitive events including obstacle courses, jousting, slides and giant basketball challenge.

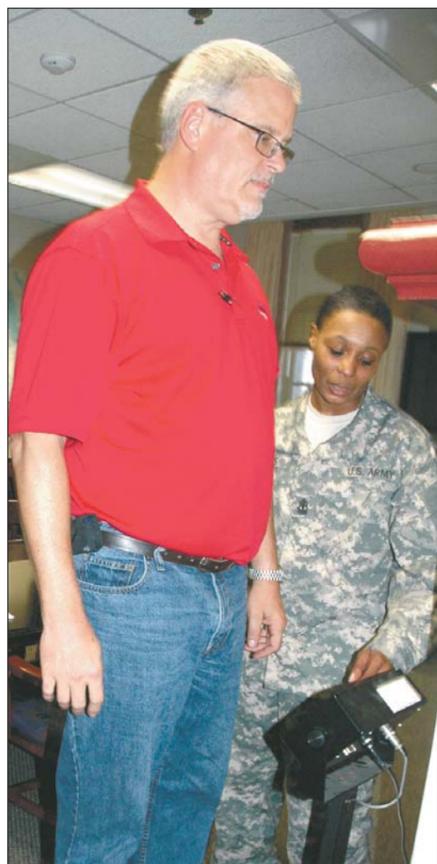
"Instead of the traditional pay-as-you-go carnival, we are excited about bringing so many other fun activities to the community free of charge," said Family and MWR Director Mike Lupacchino. "And while not having the carnival rides is disappointing, we have a fun-filled lineup that includes everything from costume contests, car shows and flea markets to folk dancers, bands and fireworks on Friday and Saturday night."

Fun for free

Lupacchino said there will be no shortage of entertainment for attendees, and he hopes people will take full advantage of the cost savings.

"The average Family can spend a lot of money at pay-as-you-go events, so we are proud during these tough economic times, to offer this level of entertainment completely

See OKTOBERFEST, page 6



Garrison hosts second weight loss challenge

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

All Aberdeen Proving Ground Garrison employees are invited to participate in the 13 week "Fall into Fitness" wellness challenge and weight loss competition.

Participation in this informal challenge is 100 percent voluntary. The last day to sign-up is Sept. 25.

Participants will weigh in at garrison headquarters, Bldg. 305, every other Tuesday. To keep weight loss records confidential, participants will choose code names.

Lunch and Learn sessions featuring health and wellness discussions led by subject matter experts will also take place in the Main Conference Room on the same day as the

See GARRISON, page 11

Family and MWR employee Eric White gets weighed in by Garrison HHC's 1st Sgt. Paula Adams after the first challenge meeting Sept. 18. All garrison employees are invited to sign up by Sept. 25.

Digital coupon card slated for commissary shoppers

By **CLAUDETTE MURRAY**
Garrison APG Public Affairs

Using and redeeming coupons will soon be hassle-free with the new Commissary Rewards Card, now available at APG and other commissaries.

The Commissary Rewards Card is a digital coupon system offered by the Defense Commissary Agency in conjunction with industry partners. The coupon

card will allow shoppers to forgo traditional coupon clipping.

To participate in the program, customers must pick up a card at their local commissary, visit DeCA's website to register the card and load digital coupons to their account.

Digital coupons, as the name suggests, are paperless and

See REWARDS, page 6

Get your shot to protect yourself

By **WENDY LAROCHE**
Public Health Command

Kirk U.S. Army Health Clinic is offering flu shots for the Army community.

The flu shots are being offered at both the KUSAHC Immunization Clinic and Edgewood Health Clinic.

Shots are mandatory for mil-

itary; eligible beneficiaries are also encouraged to get their shots. Military personnel should receive their shots before Nov. 1.

DoD civilians are also able to take advantage of this free opportunity near their workplace. Starting immediately, Aberdeen and Edgewood clinics are offer-

See FLU, page 6

WEATHER

Thurs.



76° | 60°

INDEX

Pg 2 Street Talk
Pg 4 At your service
Pg 6 .. Mark Your Calendar



ICE system
http://ice.disa.mil/
Facebook, http://on.fb.me/HzQIow



Actors offer free Dracula play Oct. 20

page 3



DES paramedics, police save motorist in cardiac arrest

page 5

ONLINE

www.apg.army.mil
apgnews.apg.army.mil
apg.armylive.dodlive.mil/
facebook.com/APGmd
twitter.com/USAGAPG
flickr.com/photos/usagapg/



MORE INSIDE

Civilian Wellness program **PAGE 8**
Patriot Day ceremony **PAGE 11**

STREET TALK

What do you plan to enjoy during the APG Oktoberfest?

“This will be my kids’ first year at APG so I want them to go and enjoy all the things for kids.”



Sgt. Michelle Malone
4485th Chemical Battalion
Newark, Del.

“I plan to go for the foods and enjoy some schnitzel.”



Sgt. 1st Class Edgar Chamale
20th Support Command (CBRNE)

“I plan to enjoy some authentic German foods and hopefully some arts and crafts. I’m already a fan of Prost Restaurant so I’m really looking forward to it.”



Eric Henderson
CYSS Assistant Sports Director

“This will be my first Oktoberfest so I’m looking forward to sampling the German foods and taking in all the other activities.”



Capt. Wenda Throckmorton
ATEC

OPINION

Commander’s Column – Gold Star Mothers Day

As Commander of APG, I have had the honor to meet regularly with a special group of people who are dear to the hearts of everyone here at APG – our Gold Star Mothers and Families.



“The Gold Star Mothers and Families are an inspiration to all Americans, not just because of the courage, grace and fortitude they display in the face of incalculable sorrow, but also because of their unwavering patriotism as they comfort other Families going through the same tragedy.”

For nearly a century, the Gold Star tradition has reminded all Americans of the men and women who sacrificed their lives in service to our nation.

It started during the early days of World War I, when flags were displayed at homes, businesses, schools and churches. The flags had a blue star for each service member serving in harm’s way. When a service member died in the line of duty, a gold star was stitched over the blue one. From this simple expression of honor, the Gold Star Mothers were born.

In 1936, Congress designated the last Sunday in September as Gold Star Mother’s Day. This year there are many events scheduled in Washington, D.C. including memorial recognitions at Arlington National Cemetery, the Vietnam Veterans Memorial and the

Tomb of the Unknown Soldier.

At APG, we honored Gold Star Mothers and Families during our Patriot Day ceremony on Sept. 11. During this touching ceremony, we commemorated the lives of Maryland’s fallen service members who died in 2011. As the name of each service member was read, a semblance of their service was added to the installation’s Maryland Fallen Heroes Memorial, reaffirming that the lives of these brave men and women will never be forgotten. At the conclusion of the ceremony a candle was lit in honor of our Gold Star Mothers and Families, symbolizing the eternal strength of Family that can never be extinguished.

The Gold Star Mothers and Families are an inspiration to all Americans, not just because of the courage, grace and fortitude they display in the

face of incalculable sorrow, but also because of their unwavering patriotism as they comfort other Families going through the same tragedy.

They have been a driving force in supporting veterans and in giving back to their communities. They are truly a blessing to our nation and we owe them a debt of gratitude which can never be repaid.

So in recognition of their sacrifice, I ask that you join me in flying the United States flag with pride on Sunday, Sept. 30, in support of these wonderful members of the APG Family.

Together, Army Strong!

Maj. Gen. Robert S. Ferrell

Commander, U.S. Army
Communications-Electronics Command
& Aberdeen Proving Ground

Widow shares Marine’s story to save others from suicide

By **DONNA MILES**
American Forces Press Service

Kim Ruocco regularly relives her darkest days -- her husband’s suicide and the downward spiral that led to it -- to save other military families from the same heartbreak.

Speaking Sept. 12 to standing-room-only audiences at the Natick Soldier Research, Development and Engineering Center here, Ruocco described the chain of events that led to Marine Corps Maj. John Ruocco’s death in February 2005.

Ruocco was a decorated Cobra gunship pilot with three deployments under his belt: to Bosnia, Somalia and Iraq, where he ran 75 combat missions. At the time of his death, he was preparing for a second deployment to Iraq.

By all accounts, Ruocco was the perfect Marine, Kim told the Natick audience, smart and athletic and full of life.

“Everyone loved and looked up to him,” she said, seeking him out for advice and counseling in both their professional and personal lives.

What they didn’t realize, his widow said, was that Ruocco suffered from bouts of depression and post-traumatic stress. He blamed himself for the death of an elderly driver from a head-on col-

Ruocco was a decorated Cobra gunship pilot with three deployments under his belt: to Bosnia, Somalia and Iraq, where he ran 75 combat missions. At the time of his death, he was preparing for a second deployment to Iraq.

lision during his high school years, and was haunted by a 1990s training accident in which he lost four friends when two Cobras crashed in midair.

But Ruocco lived by what he considered to be “an unwritten code,” his wife said. He hid his troubles from everyone, particularly his chain of command, and insisted that she do the same.

“He was so afraid that everything he had worked so hard for would be taken away from him,” she explained.

A trained social worker, Kim detected the subtle changes: the “life-of-the-party” who now withdrew from friends and family, the stellar achiever who inexplicably failed a performance test at work, the athlete who began losing

weight and took on a pasty pallor. But particularly troubling, she said, was a distant, hollow look in his eyes -- one she had never seen before and couldn’t bring herself to understand.

“Even though I had master’s-level training in counseling, I still, in the midst of it, could not really see how sick he was,” she said during an interview with American Forces Press Service. “And I also didn’t know where to go with it or what to do with it.”

During her last phone conversation with him when she was home in Massachusetts and he was living temporarily in a hotel near Camp Pendleton, Calif.,

See **MILITARY**, page 10

APG SEVEN DAY FORECAST



APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer

shall refuse to print advertising from that source. Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising and mailing. To obtain a yearly subscription, which costs \$16, the price for weekly mailing, or for problems with incorrect mailing addresses, contact Customer Service at 139 N. Main Street, Suite 203, Bel Air, MD 21014, or call 410-838-0611.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 305,

IMAP-PA, APG, MD 21005-5001; call the editor at 410-278-7274, DSN 298-7274; send a fax to 410-278-2570; send e-mail to patricia.g.beauchamp.civ@mail.mil or contact reporters Yvonne Johnson, yvonne.johnson5.ctr@mail.mil or 410-278-1148, or Rachel Ponder, rachel.e.ponder2.ctr@mail.mil or 410-278-1149.

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

Staff

APG Commander Maj. Gen. Robert S. Ferrell
APG Garrison Commander .. Col. Gregory R. McClinton
Acting Public Affairs Officer Adriane Foss
Acting Editor Pat Beauchamp
Contract Photojournalists Yvonne Johnson
..... Rachel Ponder
Graphic Designer/Web Designer Nick Pentz
Website www.apgnews.apg.army.mil



Photo by Adriane Foss

Rich Delbrook as Renfield is reprimanded by Dracula during a recent rehearsal.

Volunteers perform Dracula Oct. 20

MWR theater group promises full-blooded performance

APG News staff report

Community members should expect the unexpected during the MWR Theater Group's Oct. 20 performance of Dracula.

According to the group's director, Tricia Devine, there will be the usual suspense, customary characters and bloodlust that accompanies any presentation of the age-old vampire tale, but that's just about where the similarities end.

Devine said she doesn't want to give away too much information on the altered plot, but called it a simple, modern day version of the story set in England, and it boasts an enjoyable twist.

"In addition to the fact that Dracula will always be a fun, seasonal performance to see, it's completely free," said Devine.

She said attendees are normally charged a small fee for the performances—which include dinner theaters, holiday plays and comedies—but a decision was made to give APG and surrounding community the gift of theater.

"This is a unique opportunity for

everyone to come out and enjoy the thrill of live theater, feel the adventure of a live performance. I like to call it the original 3D experience," said Devine.

The play will be performed by APG volunteers, many of them employees, family members and Soldiers on post.

"We are soccer moms and sisters, dads and brothers, your neighbor, your cousin and your colleague—a simple group of people who enjoy acting," she said.

The show starts at 7 p.m. at the post theater. Although casting is complete for this performance, Devine said community members are welcome to try out for upcoming plays and to volunteer for behind-the-scenes work.

"Because we are an all-volunteer team, we are always looking for people to help build props, do makeup and assist backstage," she explained.

Devine, a member of American Association of Community Theater, also comes from a family of performers. She grew up surrounded by artists of one sort or another, and is proud to be a member of APG's acting group. She cannot imagine her life without the theater.

"Art and culture is therapeutic. It enriches the soul, broadens the intellect," she said. "And it's just plain entertaining!"

Devine said the Oct. 20 performance is relatively short, about an hour long, and is for mature audiences only.

Call 278-4011 for more information.

Veterans may be eligible for free flu shots

MDVA

The Department of Veterans Affairs (VA) is encouraging eligible military veterans to get a free influenza vaccination at the nearest VA Maryland Health Care System medical center or outpatient clinic. The Centers for Disease Control and Prevention (CDC) recommends that people get their seasonal flu vaccine as soon as the vaccine becomes available. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest. Influenza is more than a bad cold – it is a serious disease that kills more than 36,000 in the nation each year, with another 226,000 requiring hospitalization from flu related complications. Eligible veterans do not need an appointment to receive a vaccination at a walk-in clinic. Veterans can also receive their vaccinations during their annual primary care visit.

Veterans enrolled with the VAMHCS can get free flu shots at the following VA walk-in clinics:

- Perry Point VA Medical Center Primary Care Clinic, Monday-Friday, 8 a.m. to 3 p.m.



- Fort Howard VA Outpatient Clinic, Monday-Friday, 8 a.m. to 3:30 p.m.
- Loch Raven VA Outpatient Clinic, Monday-Friday, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m.
- Glen Burnie VA Outpatient Clinic, Monday-Friday, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m.
- Cambridge VA Outpatient Clinic, Monday and Friday, 9 a.m. to 3 p.m.

- Baltimore VA Medical Center 2nd Floor Lobby, Monday-Friday, 8 a.m. to 3:30 p.m.
- Baltimore VA Medical Center Primary Care Clinic, Monday-Friday, 8 a.m. to 4 p.m.
- Baltimore VA Medical Center Pharmacy, Monday-Friday, 3:30 p.m. to 6 p.m.
- Baltimore VA Medical Center 4A Specialty Outpatient Clinic, Monday-Friday, 8 a.m. to 4 p.m.
- Baltimore VA Medical Center Mental Health Clinic, Room 6C134, Monday-Friday, 9 a.m. to 3 p.m.
- Baltimore Annex 1st Floor Lobby, Monday-Friday, 8:30 a.m. to 3:30 p.m.

- Pocomoke City VA Outpatient Clinic, Tuesday, 9 a.m. to 3 p.m.

For more information, call the Telephone Care Line for the VA Maryland Health Care System at 1-800-865-2441. To apply for VA health care contact the Eligibility & Enrollment Office for the VA Maryland Health Care System Monday through Friday from 8 a.m. to 4:30 p.m. at 1-800-463-6295, ext. 7324 or visit www.maryland.va.gov and click “Become a Patient.”

Meet Jannelle Santiago, the APG South (Edgewood) Express Store Manager. The Express, a gas station and convenience store formerly known as the Shoppette, is part of the Army & Air Force Exchange Service.

Santiago, a six-year AAFES employee, is tasked with overseeing store operations including opening the store, receiving shipments, keeping track of inventory, serving as a cashier when the store is busy, and more.

Santiago, who grew up in a military Family, said that she is happy to have the opportunity to serve the military community. She said she feels “at home” on a military base.

“I want to serve those who serve or have served their country,” she said. “Customer feedback is welcome and appreciated.”

She added that she likes the fast-paced environment of retail. The busiest time in the store is in the morning when customers stop by for “grab and go” food items, like hot dogs, burritos, salads, sandwiches and pre-packaged fruit before heading to work.

Coffee is one of the most popular items sold at the APG South Express, she said.

Frequent coffee customers can save by picking up a free Coffee Club Card at the register. After six cups of coffee, customers receive the seventh for



Jannelle Santiago

APG South (Edgewood) Express Store Manager

free. Customers can also purchase coffee refills at a reduced charge.

“Coffee is changed every four hours to ensure that it is fresh,” she said.

The Express also features monthly promotions and weekly specials on certain items.

Santiago said that due to Army regulations, the purchase of alcohol, tobacco and gas is restricted to active duty, retirees and Family members. All other items, like snacks, sodas, coffee, canned goods and frozen foods can be purchased at the APG South Express by anyone.

The APG South Express is located in Building E4010, on the corner of Magnolia and Wise roads. Store hours are 6:30 a.m. to 6 p.m., Monday-Friday; 11 a.m. to 4 p.m., Saturday and Sunday.

Customers may contact Santiago by phone at 410-671-7891 or e-mail her at SantiagoJan@aafes.com.



Courtesy photo

From left, Firefighters Henry Hom and Loren Brown, Assistant Chief David Smith, police officers Chris Taylor and Thomas DeMaria, firefighter Robert Soto, Paramedics Tim Richmond and Scott Manglass, firefighter John Frank and Dispatcher John Barr and others have been recommended as IMCOM Heroes of the Day for saving a motorist in cardiac arrest near the Route 715 gate Sept. 9.

DES paramedics, police save motorist in cardiac arrest

Team to be recognized as Hero of the Day by IMCOM

By **YVONNE JOHNSON**
APG News

Police officers, firefighters and paramedics from the Directorate of Emergency Services have been recommended for the Installation Management Command's Heroes of the Day award after reviving, stabilizing and transporting a motorist who went into cardiac arrest just after passing through the Route 715 gate on Maryland Boulevard Sept. 9.

Responding personnel included police officers Thomas DeMaria, Chris Taylor and William Mullins; paramedics Tim Richmond and Scott Manglass; firefight-

ers Henry Hom, Loren Brown, Robert Soto and John Frank; dispatcher John Barr; Assistant Fire Chief David Smith and Fire Capt. George Hollenbaugh.

According to Mike Slayman, assistant chief of EMS, police officers noticed the woman's car pull over and stop after she passed through the gate. The officers approached the car and found the woman unresponsive. They immediately removed her from the car, administered CPR (cardiopulmonary resuscitation), retrieved an AED (automated external defibrillator) from the guard house, and defibrillated her. Officers were assisted by Sgt. McKittrick from Kirk U.S. Army Health Clinic who was passing through the gate at the same time. Care was provided until paramedics arrived.

"When they arrived on the scene they found a weak pulse and took it from there," Slayman said.

"The woman was transported to Upper Chesapeake Hospital in Bel Air where she remained hospitalized for several days before being released to a rehabilitation facility.

Slayman said the quick thinking of the police officers probably saved the woman's life.

"This is something police don't normally deal with. For them to react so rapidly speaks volumes. They were probably trained on the AED at the (former) APG police academy. If they had not utilized the AED when they did we would have had a 30 percent less chance of a successful outcome."

Slayman, who runs the CPR/AED classes held the third Wednesday of each month for APG employees, said the incident exemplifies the need for continued training. Though AED's are located in most high-traffic or heavily populated buildings on post the need remains

for more people to attend the training, he said.

"Overall, the better the training you provide, the better the success rate you'll have. We want to decrease the response time by training those first on the scene – the coworkers. It's about giving people what they need to help themselves."

"Fire prevention works because of the educational programs. This should work the same way. Education, maintenance, inspections and training – it all comes together. We have to be proactive instead of reactive."

He added that DES firefighters and paramedics train constantly to keep their skills sharp.

"I can't say enough about the importance of this program," he said. "This call required thinking and they did a fantastic job. Everyone involved deserves a pat on the back."

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

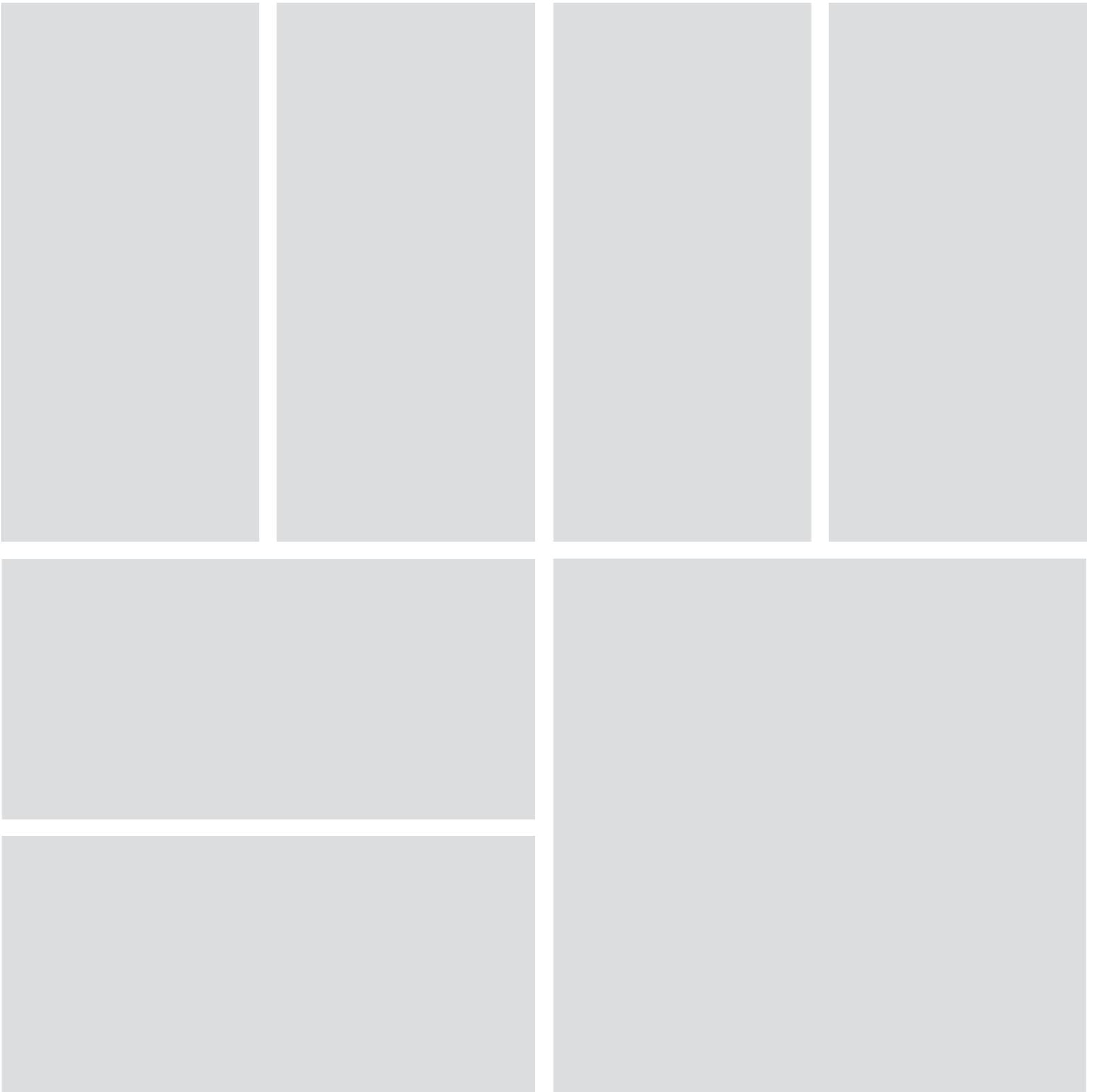
Patricia Adams
Charlone Antoine
Daniel Arnold
Sarah Blevins
John Brady
Lovita Britton
Katherine Citro
Elizabeth Clein
Sarah Collier

Victoria Cwiernie
Karen Donahue
Meg Downey
Charlene Drumheller
Joanne Eberhardt
John Eppinger
Brooke Freeman-Badiane
Cheryl France-Haff

Lynae Green
Danielle Hall
Lauren Hancock
Shawn Heinlein
Batra Indra
Sarah Ingram
Evelyn Johnson
Mark Johnson
Margaret Kennedy

Patricia McCormick
Robert Merritt
Elizabeth Olo
Mary Pettaway
Panida Rimchala
Mavis Roberts
Lisa Robinson
Pedro Rodriguez
Alicia Scales

Edwin Selby
Kathy Sereni
Lena Shelton
Debra Smith
Deborah R. Smith
Riquita Smith
Kimber Todd
Tammy Woodard
Trier Young



MARK YOUR CALENDAR

THURSDAY – SATURDAY

SEPT. 20 – 22 COMMISSARY TENT SALE

Eligible patrons can take advantage of huge savings in the Commissary parking lot during the Commissary Tent Sale. Water, soft drinks, paper items, dry goods and many other items will be on sale. For more information, e-mail the Commissary manager at tammy.spickler@deca.mil

SATURDAY

SEPT. 22 FAMILY FUN DAY VOLUNTEERS NEEDED

SARC is looking for volunteers to assist with the 3rd Annual Rising Above It Hot-Air Balloon Festival Family Fun Day set for Sept. 22, at the Harford County Equestrian Center, 608 North Tollgate Road in Bel Air.

Volunteers are needed to help with admissions/registration, main stage entertainment, exhibitors, vendor hall, food vendors, hot-air balloon interactive demonstrations, horse ring and feinting goats, activity areas and overall festival operations.

For more information, go to <http://sarcfamilyfunday.eventbrite.com>, email volunteer@sarc-maryland.org or call 410-836-8431.

MONDAY – FRIDAY

SEPT. 24 – SEPT. 28 PRESCRIPTION/OTC TAKE-BACK CAMPAIGN

Safely dispose of your unused or expired prescription and over-the-counter medicines by dropping them off all week at the APG South (Edgewood) Police Station Lobby, Bldg. E4420; the APG North (Aberdeen) Station Lobby, Bldg. 2200, and at Kirk U.S. Army Health Clinic Pharmacy, Bldg. 2501.

Special one-time drop-off sites, dates and times include:

- Tuesday, Sept. 25, 11:30 a.m. – 12:30 p.m. at C4ISR, Myer Auditorium, Bldg. 6000

- Wednesday, Sept. 26, 11:30 a.m. – 12:30 p.m. at 22d Chemical Battalion, Bldg. E1942

- Thursday, Sept. 27, 4:30 – 5:30 p.m. during the Oktoberfest celebration at Shine Sports Field.

For more information, contact Cindy Scott, ASAP prevention coordinator, 410-278-4013, cynthia.m.scott4.civ@mail.mil or Mike Farlow, community policing officer, 410-278-3609, michael.b.farlow.civ@mail.mil

TUESDAY

SEPT. 25 HCC OFFERS ROME TRIP

Experience an arts-centered trip to Rome with Harford Community College Jan. 3-12, 2013. The registration

deadline is Sept. 25; instructor permission is necessary prior to registration.

This winter, Creative Photography, History of Furniture and Decorative Arts, Drawing I, II, III, & IV, Sculpture I, II, III, & IV, and Creative Writing are being offered as part of the travel/study experience. The price (including gratuities and tour guides) is \$3,750 per person plus tuition. The first 20 students to register will receive a \$250 discount. Contact Dr. Ellen Avitts at drellenav@yahoo.com or any of the instructors for enrollment application.

WEDNESDAY

SEPT. 26 TOBACCO CESSATION CLASS

Learn how to quit and stay quit, noon to 1:00 p.m. at the APG North (Aberdeen) recreation center, Room 102. Each week a different topic will be discussed, to include: Tobacco cessation strategies, medication support options, life-style change management, diet & nutrition, stress management, and staying quit. Free to all APG DOD employees, contractors, active duty, Family members, and retirees. For additional information, contact Ann Laughton, ann.laughton@us.army.mil, 410-278-1774. Sponsored by Kirk U.S. Army Health Clinic/Public Health Nursing and the APG Community Health Promotion Council.

THURSDAY

SEPT. 27 SUICIDE PREVENTION STAND-DOWN

Mark your calendar to attend one of several Suicide Prevention Stand-Downs at various locations post-wide. The following are times, locations and units scheduled to attend:

- 10 – 11:30 a.m. at the APG South Chapel for the 20th, 22nd, JPEO

- 1:30 – 3 p.m. at the CMA Training Facility; Bldg. E4516 for MRICD and ACWA

- 2 – 3:30 p.m. at the APG North post theater for Garrison, G-1, 712th, 715th, 725th

- 10 – 11:30 a.m. at the Myers Auditorium for C4ISR/Legal PEOs

- 2 – 3:30 p.m. at the Myers Auditorium for ATEC, RDECOM, CECOM

For more information, please contact Wendy LaRoche at 410-417-2312

THURSDAY

SEPT. 27 RESTORATION ADVISORY BOARD MEETING

The next RAB meeting will be held on Sept. 27, 2012 at 7 p.m. at the Ramada Conference Center, the topics will be ROA Update, Lauderick Creek Cluster 13 (Electrical Resistance Heating).

THURSDAY THRU SUNDAY

SEPT. 27 - 30 APG OKTOBERFEST

It will be HOOAH with OOMPAAH as APG hosts its first ever Oktoberfest celebration! Enjoy German food and beverages, a Volksmarch, a car show, a Festhalle with live entertainment, fireworks and much more. Admission is FREE! Each day features a ceremonial salute to a local community: the city of Aberdeen, the town of Bel Air, the city of Havre de Grace and Cecil County. This fun-filled, four-day event will be held at the Shine Sports Field, rain or shine. Join your friends and neighbors in this family-friendly celebration of a 200-year-old Bavarian tradition. For information and updates, check the APG News; APG on Facebook at www.facebook.com/APGmd; visit the Morale, Welfare and Recreation website at www.apgmwr.com/oktoberfest.html, or call 410-278-4011.

THURSDAY

OCT. 4 JOB FAIR SLATED

The Susquehanna Workforce Network will host the 24th Annual Harford County Job Fair 2 p.m. to 6 p.m. at the Richlin Ballroom, 1700 Van Bibber Road in Edgewood. Combine your workforce attraction needs with 29 years of workforce knowledge for a superior recruiting experience. Register in advance online at www.swnetwork.org. Dress for success and bring plenty of resumes. Sponsors include the Harford County Office of Economic Development; APG Army Community Service; Chesapeake Science & Security Corridor, Maryland Department of Labor, Licensing and Regulation; the Harford County Chamber of Commerce and Harford Community College. For more information or accommodations call 410-939-4240.

TUESDAY

OCT. 17 NEWCOMERS' ORIENTATION

All newly assigned Soldiers and Civilian employees must attend the APG Newcomers' Orientation at the APG-North (Aberdeen) Recreation Center, Bldg. 3326 from 1 to 3 p.m. More than 65 APG community activities and organization representatives will be on hand with literature and handouts and will answer questions about their programs and services.

All members of the APG community are welcome to attend; sponsors are encouraged to bring their Family members.

For more information, contact Annette Sanders-Nash at 410-278-9685 or at casandra.a.sanders-nash.civ.army.mil.

THURSDAY

OCT. 18 BREAST CANCER AWARENESS LUNCHEON

To promote the prevention, early detection and treatment of breast cancer during Breast Cancer Awareness Month, the APG Community Women's Club and the Mid-Atlantic Chapter of Women In Defense (WID) will host a "Fifty Shades of Pink" luncheon 11:30 a.m. to 1 p.m. at Silks Restaurant in the Bulle Rock Golf Club in Havre de Grace. Military personnel, civilian employees and contractors – male and female – are encouraged to attend. Tickets cost \$18 for members, \$20 for non-member. RSVP by Oct. 10. To register, or for more information, visit the WID Mid-Atlantic Chapter website at <http://www.widmidatlantic.org/Events.html> or contact Heather Couvillon at 443-372-6004.

SATURDAY

OCT. 20 VOLUNTEERS NEEDED FOR BOY SCOUT STEM MERIT BADGE DAY

Aberdeen Proving Ground (APG) will host the STEM Merit Badge Day at Shore Park in an effort to partner and support a STEM Merit Badge Day event with the Baltimore Area Council of the Boy Scouts of America. The intent of the day is to explore and potentially earn merit badges in up to 16 STEM categories.

For more information on this event or to volunteer, contact Garrison Operations at 410-278-4500

THURSDAY

OCT. 25 DISABILITY AWARENESS MONTH OBSERVANCE

CECOM will host the National Disability Awareness Month observance, 9 a.m. to 4 p.m., at the APG North (Aberdeen) recreation center. The event includes a workshop and guest speaker to be announced. Check for updates in the APG News and on the APG Facebook site at www.facebook.com/APGmd.

For more information, contact your organization/unit EEO/EO representative or Tracy Marshall, CECOM EEO program manager, at 443-861-4366 or e-mail tracy.y.marshall@mail.mil.



MORE ONLINE
More events can be seen at www.apgnews.apg.army.mil/calendar.

Oktoberfest promises fun

Continued from Page 1

free," he said.

Lupacchino noted that APG is not using taxpayer dollars to offer on-the-house fun.

"Profits generated throughout the year from user-fees, like bowling or golfing, and special events like concerts, allow us to offer this four-day event," he said. "This is just one of the many ways we give back to APG and surrounding communities."

Community partners

The fun and games begin at 4 p.m. on Thursday and Friday and at noon on Saturday and Sunday. Oktoberfest salute ceremonies kick off Thursday, Friday and Saturday at 6 p.m. and at 1 p.m. on Sunday, and will pay tribute to the communities of Aberdeen, Bel Air, Havre de Grace and Cecil County.

"There is a long and proud history of partnership between Aberdeen Proving Ground and our surrounding communities," said Glenn Wait, APG's deputy to the garrison commander. "We want to honor our neighbors because we never forget how much their commitment and support contributes to our mission success, and has continued to do so for nearly a century."

He said APG's mission success translates to mission success for America's Warfighter, the U.S. Army, and our Nation.

In addition to the salute ceremonies, the festivities will include a traditional 10K German Volksmarch, or fun walk, at 8 a.m. on Saturday, Sept. 29, followed by a flea market and a car show at noon.

Activities provided by local communities will include the popular Scales and Tales, zumba demonstration, face painting, caricatures, tourism booths and a Ripkens Stadium special guest.

Live entertainment

There will be live entertainment from local and regional country, gospel, jazz, rock and traditional German bands and authentic German food and drinks catered by Prost German Restaurant of Port Deposit.

The Festhalle featuring German music, food, beer and dancing is open from 4 to 10 p.m. each day. Metal, rock, jazz, country and gospel will be represented along with traditional German Oompah bands. Scheduled acts include The Alte Kumpel Band from 6:30 to 8:30 p.m. on Thursday, Sept. 27, followed by The Leftstronger Band, a popular Baltimore metal band from 8:30 to 10 p.m.

The German Band, Die Immergrum Musikantem, takes the stage Friday, Sept. 28, from 6:30 to 9 p.m., followed by local Blues band Duffy Kane & the Freedom Riders. On Saturday, Sept. 29, the Eric Marnier Band brings the sounds of jazz to the festival from 3:30 to 5:30 p.m. and then the Alte Kumpel Band takes over from 6:30 to 8:30 p.m.

The weekend festivities culminate Sunday, Sept. 30, with accordion player Bob Cryster performing from 12:30 to 2 p.m., followed by gospel music from 2 to 4 p.m. and the Eddie Baccus Jazz Band from 4 to 6 p.m.

Open to the public

"This event is open to the entire community. No one is excluded," said Wait. "We hope to have people attend from several surrounding counties, and next year we are looking at even more community involvement."

As for next year's event, Wait and Lupacchino agreed that planning will ensue shortly after this year's tents are folded and repacked in their boxes.

"I'm confident that this year's Oktoberfest will be an exceptional event, and it's just going to keep getting better," said Wait. "All of the organizations that make up Team APG and our community partners really pulled together to plan and execute this fest in a short amount of time. And we're already looking forward to next year's event."

For more information or to register for the Volksmarch, flea market or car show, visit the MWR Oktoberfest website at <http://www.apgmwr.com/Oktoberfest.html>.

Flu shots

Continued from Page 1

ing flu-shots for Civilians starting 7:20 a.m. to 4 p.m. No appointment is necessary, just walk in and protect yourself. The flu shots will be available through Dec. 14 for civilians. Make the time to protect yourself.

Tenants with a staff of 100 or more, can schedule a time and date for the "Flu Team" to visit your location.

"It's never too early to get your flu shot", said Lt. Col. Ellen Daly, commander of Kirk. "Flu season can start as early as September and symptoms usually occur after you have already been infected".

For additional information, contact Sgt. Dominique Davis, Kirk Immunization Clinic at (410) 278- 1746 or dominique.davis1@amedd.army.mil.

Rewards Card

Continued from Page 1

work automatically when scanned at the check-out. New offers will be posted online every two to three weeks. Like the paper coupons, the digital coupons are offered by manufacturers, have expiration dates and terms of conditions that must be followed for redemption.

According to the DeCA website, the card may offer individualized savings based on specific customer usage, sales alerts at local stores and incentive rewards for frequent shoppers.

For more information, visit the Commissary Rewards Card FAQ at: http://www.commissaries.com/documents/contact_deca/faqs/rewards_card.cfm, call the customer service hotline at 855-829-6219, email at commissarysupport@inmar.com, or contact the APG Commissary manager at tammy.spickler@deca.mil.

Wounded Warriors and Families receive thanks from community

By **YVONNE JOHNSON**
APG News

In August, members of the North Point Yacht Club in Baltimore County put together a social event for local Wounded Warriors and their families to express thanks for their sacrifices for the defense of the nation.

Yacht club president Jim Diven, a retired command sergeant major, knew what he wanted to do but wasn't sure about how to go about it so he turned to Gary Hardy, clinical director of the APG Army Substance Abuse Program and former social work supervisor at Fort Meade's Warrior Transition Unit in the Kimbrough Ambulatory Care Center.

A former Marine himself, Hardy reached out to the Fort Meade Soldier Family Assistance Center and to APG leaders for help in getting the word out about the Wounded Warrior Social. He even lined up the guest speaker, CECOM and APG Command Sgt. Maj. Kennis Dent who attended the event accompanied by his wife Gloria and APG Garrison Command Sgt. Maj. James Ervin. Though he knew something special was in the works, Hardy said he had no idea how special it was until the day of the event.

For weeks, organizers had been busy gathering donations of money and goods and invitees had been asked to list the number of family members and ages of their children. The day of the event, a NPYC honor guard greeted the Wounded Warrior families at the entrance. About 25 boat captains volunteered their boats to transport the families on a tour to Fort McHenry and back. The families were showered with all sorts of giveaways from Washington Redskins tickets to gift certificates for back to school supplies; every family received gifts of some kind. For some, the food was the best part. Members and



Courtesy photo

The North Point Yacht Club honor guard welcomes Wounded Warriors and their Family members to the Wounded Warrior Social Day honoring their service and sacrifices to the nation in August. View more photos at www.flickr.com/photos/usagapg.

guests feasted on bushels of steamed crabs, shrimp and corn on the cob, gourmet sausages and other delicacies. Yacht club members

had hoped for at least 100 guests. They got 145 to sign up. About 15 Wounded Warriors were from the APG area.

Hardy said the event was made even more special by Dent's speech which stated APG's commitment to the Wounded Warrior and veteran populations.

On behalf of CECOM and APG Commander Maj. Gen. Robert Ferrell, Dent thanked each Warrior and Family member for their sacrifice and com-

mitment to the nation's defense. He introduced Ervin as the installation Lead for Veterans Affairs and encouraged them to reach out to him with questions or issues.

"Veterans like you still play a key role in the operations of the installation and our commands even after you leave military service," Dent said. "Because of their knowledge, skills and abilities, veterans play a huge role in the CECOM workforce."

He said that of the 8,000

Civilian Human Resources Agency at APG to apply for the Wounded Warrior Expedited Referral Program. For more information, contact Cindy Sepulveda at 410-306-1745, or e-mail cynthia.m.sepulveda2.civ@mail.mil, Dent told listeners.

He shared the story of Larry Perry, a former Navy Corpsman from Cecil County who, struggled to find work after returning home to his wife and child. After being referred through the

Wounded Warrior hiring initiative Perry was offered a civil service position just over a month later and is now a member of the CECOM Information Technology staff.

Dent told listeners about the Army's credentialing program which awards formal recognition for skills Soldiers learn or for their experience to increase their ability to find work when they leave active duty. He advised them to visit www.cool.army.mil for more information.

He assured the warriors that just as the Pooles Island lighthouse, the symbol of the installation, serves as a beacon of science and technology; it also is a beacon of support for Wounded Warriors and their families.

"You will always be a part of the Army Family and ... the APG Family," he said. "Look to our lighthouse if you need help or assistance."

Carol Evans, a KUSAHC occupational health nurse, major in the Army Reserve, and a Wounded Warrior also attended the social. She said organizers "went all out" to make sure everyone was taken care of.

"You could see it was put together with a great deal of love," she said. "The whole event was family oriented. They had wonderful activities; they even taught you how to fish and crack crabs."

Hardy said the social was a wonderful event he was proud to be a part of.

"I was proud to witness the sense of brotherhood and sisterhood that people have about service members. There was real concern for their quality of life. I think it was their way of saying 'thank you' and 'we want you to be successful.'"

"This was all about giving them a relaxing, stress free day. Many of them said they had never been embraced like that. It made me proud to be a veteran."

I think it was their way of saying 'thank you' and 'we want you to be successful.'

Gary Hardy

APG Army Substance Abuse Program clinical director

CECOM civilians more than 3,200 are veterans and he encouraged veterans looking for jobs to contact the

Civilian Wellness Program set Oct. 1

APG News Staff Report

Aberdeen Proving Ground Garrison is offering a Civilian Wellness Program to garrison employees who are interested in participating in a one hour, three times per week, for a six month wellness initiative.

The goal is improving the well-being of employees while sustaining a ready and fit workforce. "This initiative is beneficial to those employees who are unable to participate in fitness activities as part of their regular job and who

struggle with competing priorities in their lives", said Wendy LaRoche, APG Community Health Promotion Officer, Public Health Command. "Its intended purpose is to encourage healthier lifestyles for a lifetime".

The Civilian Wellness Program was directed by HQ IMCOM in August 2012. Based on the length of the program, it is believed that if used properly, each participating employee will develop a healthier pattern that can be incorporated into their everyday lives.

Employees that were previously

enrolled in the Civilian Fitness Program are also eligible to participate in the Civilian Wellness Program. To become eligible for participation, each employee must complete an enrollment packet which includes a contract between the employee and the direct supervisor. Supervisor approval is mandatory. All completed packets are forwarded to The APG Community Health Promotion Council. Each successful enrollee will receive an email confirming their participation.

To ensure the stability and measure

the effectiveness of the program, metrics are collected at baseline, intermittent and ending points of the program. Confidentiality is a must as each participant will be assigned a distinctive code for future weigh-ins.

The Civilian Wellness Program will start accepting completed applications Oct. 1. Enrollment in the program is free and takes less than five minutes to complete all the necessary forms. To learn more about the Civilian Wellness Program, contact Wendy LaRoche at wendy.laroche@us.army.mil.

JSC wins post intramural softball championship

USAPHC wins Edgewood Division; AMSAA takes first in noncompetitive league

Story and photo by
YVONNE JOHNSON

APG News

The intramural softball season ended its first year with its largest grouping of teams ever. Thirty teams had to be split into three divisions, thus, the season concluded with a post-season tournament that delivered three championship teams competitive, non-competitive and Edgewood.

The Competitive and overall post championship went to JSC which defeated AMSAA 17-5 Sept. 12.

On Sept. 11, the USAPHC defeated the 20th Support Command 11-9 to win the Edgewood Division and AMSAA won the non-competitive championship 15-11 over Team 13 Sept. 5.

JSC Coach Javier Inclan of CERDEC said the team was thrilled. After a 0-3 start to the season the team went undefeated – a total 21 games- the rest of the way.

"At first we didn't see this coming," he said. "This is our first year together and we have a great mixture of veterans and young players. He credited "Sugar" Ray Schulze and Coach John Huebner with putting the team together. "Roles adjusted as the players developed and I'm hoping most of them will come back. We're looking forward to another great season next year."

"We gave 110 percent and went into



Team JSC players pose with the championship trophy after winning the intramural softball competitive league championship at Shine Sports Field Sept. 12. From left, Patrick Farenga, Tim Hillner, Kevin Keefer, Scott Polito, Dan Bate, Dan Johnson, John Devaney, Cesar Mencia, assistant coach Javier Inclan, Sugar Ray Schulze, Willie Utroska, Jay Lane and David Zenk. Not pictured: Coach John Huebner, Dennis Canzano, Tom Rossi and Brandon Seitz.

every game thinking we could win," said AMSAA Coach Tim Biscoe, adding that it was their first time playing JSC. "I think we'll go competitive next year," he said.

USAPHC Coach Kelby Mowery said teamwork and a strong defense helped the team reach the championship game.

"The season went pretty well and we

had fun," he said. We were just fortunate to have a good night."

Coach Tim Howell of the 20th SUP-COM team that won first place in the APG Olympics over the summer said the team "jelled this season."

"We have no MVP," he said, "We all cover each other."

"It's been a very successful season,"

added Byron Reasin, facility lead, Aberdeen Athletic Center. "Having three softball divisions worked well. And now, with the success of softball behind us we're looking forward to successful seasons in flag football and soccer."

View more intramural softball photos on the APG Flickr site at www.flickr.com/photos/usagapg.

Military widow works to save others

Continued from Page 2

preparing for deployment, Ruocco told Kim he was considering seeking mental-health counseling.

She hung up the phone with a deep sense of dread, fearing her husband had reached the crisis point. Although he was due home within days, she raced to the airport, purchased a cross-country red-eye ticket and flew to California as quickly as she could.

She arrived too late. Ruocco had taken his life.

Seven years later, Kim said she'd give anything to turn back the clock and change everything. She would have forced her husband to go for counseling, she said, and made clear to everyone in his chain of command that he was in trouble.

Instead, she has committed herself to helping to save other military families from the gut-wrenching loss she and her two sons have endured.

As national director of the Tragedy Assistance Program's suicide education and outreach program, Ruocco crisscrosses the country, sharing her story so others can recognize the risk and warning signs of a loved one, friend or co-worker. Last year alone, she made 50 presentations.

Ruocco is particularly busy this month, National Suicide Prevention and Awareness Month, and welcomes the opportunity it provides to focus on the problem.

"People are so busy with their personal and professional lives -- especial-

ly in the military -- that there is really not a moment for them to stop and think about it," she said. "And I think it is really important to put everything else aside and think about it for a moment."

Army Lt. Col. Frank Sobchak, the (US Army Garrison Natick) garrison commander, called suicide "a silent predator stalking our military." Last year it claimed 283 in the Army alone, counting active-duty, Reserve and National Guard Soldiers and civilian employees. This year, the toll is about one per day, Sobchak said, with 39 deaths by suicide in August alone.

"If you say it doesn't happen in your organization, you are wrong," he said "It does. Don't think it is not going to come to your unit or organization. So look out for each other and take action."

The best suicide prevention, Ruocco told the group, is vigilance in recognizing when someone is in trouble and a leadership climate that encourages them to get help.

"Suicide prevention is paying attention to all the little things as they add up," she said. "It's looking at our Soldiers and our Marines and saying, 'What are we asking of them? What are the pressures they are under? What are the stressors they have? What are the risk factors they have and how can we help them before their lives fall apart?'"

"We are all at risk," Ruocco said, particularly military members who, like her husband, have suffered trauma and loss.

Many people fear that seeking help would make them look weak, and choose to "tough it out" on their own. It's behavior "so typical of our service members," Ruocco said. "They sacrifice so much that they don't think of themselves."

Ruocco said she considers it her personal calling to change that by helping military members recognize that seeking help when they need it is a sign of strength, not weakness.

She also strives to promote a climate within the military that encourages mental-health care without stigma. Citing several promising developments since her husband's death, she said she hopes to see more.

"It is about relationships, and it is about being aware and it is about leaders fostering an environment of taking care of yourself and taking care of others," she said. "And it is leaders welcoming people who come forward to ask for help, praising them and saying, 'This is the right thing to do.'"

Meanwhile, Ruocco remains committed to helping military families who have lost a loved one to suicide. She remembers her own loss as if it happened yesterday, and her voice still cracks when she discusses it publicly. "Your world has burned to the ground," she said.

As grieving families struggle with their loss, they, too, are at heightened risk, she said. Sixty-five percent of the

TAPS suicide survivors tested high on scales for post-traumatic stress, even two years after the death. And studies show that families of suicide victims are five times more likely than others to commit suicide themselves.

What they need, Ruocco said, is a "listening, compassionate ear" and a way to channel their grief into something positive. "The death seems so meaningless," she said. "They want to do something with it, to find meaning and purpose for that loss."

And their biggest fear, she said, is that "how their loved one died would define him and wipe out all the good he did."

Ruocco makes a point during her presentations to share her husband's attributes -- the qualities that made her fall in love with him -- and his professional accomplishments so people can understand that nobody is immune to suicide.

"What started me doing this was the fear that everyone would remember my husband for how he died instead of how he lived," she said. "And I felt like it was so important to get out there and talk about what [led] him to that. It wasn't an act where he just said, 'I am dropping my pack, I am not going to take care of others and do my duty.'"

"It was a real sickness and a real challenge and a real struggle and a real journey for him," she said. "And that's what I want people to understand, so they can learn from his story to help each other."

Patriot Day ceremony hails Maryland fallen

Story and photo by
YVONNE JOHNSON
APG News

Team APG marked the eleventh anniversary of the 9-11 terrorist attacks with a solemn tribute to Maryland's fallen service members during the 2012 Patriot Day Remembrance Ceremony at the Main Post Chapel Sept. 11.

Brig. Gen. Leslie C. Smith, commander of the U.S. Army 20th Support Command (CBRNE), hosted the program and greeted Gold Star Mothers and Family members as they arrived.

Joining Smith was Col. Charles Gibson, CECOM chief of staff; CECOM and APG Command Sgt. Maj. Ken- nis Dent; APG Garrison Command Sgt. Maj. James Ervin; and 20th SUPCOM Command Sgt. Maj. David Puig.

Smith recalled where he was the day of the attacks and said that despite the horrible losses the day "fortified Americans with pride and patriotism and created a spirit of service in the hearts of a new generation."

"That day fundamentally changed our nation and our Army for the better," he said.

"For the first time we faced a decade of conflict with an all-volunteer Army."

He said that in the past eleven years, more than 1.3 million service members have been deployed, more than 6,500 warriors have given the ultimate sacrifice and about 40,000 have returned home wounded or injured. In the same time span, 14,000 awards of valor, more than 600 Silver Star medals 23 Distinguished Service Crosses and six Medals of Honor have been awarded.

"Courage and valor are evident among this generation," he said.

Noting the Defense Department need to change further during this time of



Service members representing every military branch, police officers and firefighters surround the Maryland Fallen Heroes memorial in the Post Chapel during the 2012 Patriot Day Remembrance Ceremony Sept. 11.

financial hardship, Smith said the one constant that will never change is the Army's focus on its Soldiers, civilians and their families. He said the Army stands behind all three as well as its Wounded Warriors as they heal and seek new civilian careers.

"I can say from my own experience that I am proud to serve alongside every member of Team APG," he said. "All the work you have done in the past eleven years to keep this country in the areas of testing, administration, acquisition, communication and so many other fields have truly made a difference in our nation's national security."

"Our APG Family will never forget our fellow citizens who died on that day in September [2001], nor the heroes who have given their lives in defense of this nation in the decade since the attacks."

"The strength of the nation is our Army, the strength of our Army is our Soldiers, and the strength of our Soldiers is our Families. May God continue to bless our Army, our military and our nation."

The centerpiece of the ceremony was the Maryland Fallen Heroes memorial, which was created by the fabricators of the Visual Information Services Center. A police officer, firefighter and Soldiers stood vigil over the memorial throughout the program.

During the highlight of the ceremony – the Tribute to Maryland Fallen – as Dent and Ervin read the names of Maryland service members killed in the War on Terror between Sept. 11, 2011 and Sept. 11, 2012, service members representing every branch of the U.S. military stepped forward and placed a set of ID

tags on the memorial.

Then, as the bugler from the brass quintet of the U.S. Army Field Band played "Taps," Air Force Tech. Sgt. Jason Hasty from APG (South) Edge- wood and Coast Guard Petty Officer 3rd Class Joseph Monsur from the Curtis Bay Coast Guard Yard presented yellow roses to Gold Star Family members.

At the same time, the Honor Firing Squad, made up of police officers from the Directorate of Emergency Services, fired a gun salute. Capt. Nick Stamos and Lt. Joel Holdford led the squad members who included officers Brian Zorn, Antonio Malveaux, Jeremy Rondono, Scott Walters, Lee Travers, Ronald Colbeck and Jason Schaffer.

Chaplain (Maj.) Jonathan Morris delivered the program invocation and Chaplain (Lt. Col.) Jerry Owens offered the closing prayer.

A breakfast in the chapel Fellowship Hall followed. Attendees said they were impressed with the ceremony.

"It was really moving," said Patricia Johnson of the Garrison's Plans, Analysis and Integration Office. "It had the spirit of togetherness and gave a real sense of unity. I like that it was held in the chapel. You could really feel the warmth."

"We thought it was great," said Aaron Marchanti, a Gold Star Family member who attended with his mother, Peggy, Cousin Brandi Clopein and 3-year-old son, Malachi. The Family attended in honor of Maj. Robert Marchanti II of the Maryland National Guard; one of two U.S. military officers shot to death inside a ministry building in Afghanistan in February.

View more photos on the APG Flickr site at flickr.com/photos/usagapg.

Garrison weight loss challenge kicks off

Continued from Page 1

weigh-ins. Attendees are invited to weigh-in before or after each session, or make arrangements to weigh-in at a different time on Tuesdays. The winners will receive donated prizes.

The Fall into Fitness challenge also includes an activity component. Participants are being asked to track the number of times they attend free fitness classes that are held in Family and Morale, Welfare and Recreation facilities. The participant who attends the

most classes will receive a prize as well.

"Those who do not wish to participate in the weight loss challenge can still participate in the activity component," said Health Promotion Officer Wendy LaRoche.

LaRoche said that a key to weight loss is having accountability partners. At the first Lunch and Learn session on Sept. 18, she encouraged participants to exercise in groups.

"Getting the right support when you're trying to lose weight is key to success," she said.

Garrison Command Sgt. Maj. James Ervin also attended the meeting and said that he fully supported weight loss challenges.

"A healthier workforce is a better workforce," he said.

After the meeting, attendees weighed in and Community Health Nurse Sue Singh, from Kirk U.S. Army Health Clin-

ic recorded participant's blood pressure. Cathy Whitten from the Directorate of Logistics said that she was excited to start the challenge.

"I look forward to sharing this challenge (of weight loss) with like-minded individuals," she said.

The next weigh-in and Lunch and Learn session will take place Oct. 2. For more information or to sign-up contact LaRoche at 410-417-2312, or e-mail wendy.laroche@us.army.mil.

DES first responders to receive award

Continued from Page 1

police officers day in and day out and I want to emphasize the pride we feel having those efforts acknowledged with such a prestigious award."

Ferris credited Bill Marion, chief of the Investigative Services Division, with preparing the nomination packet. Marion said the directorate was recognized for several programs and services and will receive the Category A Governor's Crime Prevention Award for Law Enforcement Agencies in December.

"The award means we met or exceeded the criteria for required programs," he said. The award recognizes those departments that have incorporated an overall outstanding crime prevention program as an integral part of their daily operations.

The DES had to fulfill requirements in the following categories: Personal Secu-

rity Program; Rape and Sexual Assault; Elderly Crime and Prevention Program; Youth Crime Prevention Program; Drug Abuse Prevention Program; Residential Security Program; Commercial Security Program; Involvement of patrol officers in residential/commercial security surveys and referrals; Crime Prevention Training; Crime Prevention Public Information/Media Activities; Officer and Citizen Recognition Program for Crime Prevention Activity; and Support of the National Crime Prevention "McGruff" Campaign as well as police officer training.

DES programs recognized include participation in newcomer's briefings, during which personnel are advised about vehicle and motorcycle safety and personal protective equipment; the Special Reaction Team's Active Shooter

Response training program; the Community Policing Officer's Home Watch program; and the Drug Abuse Resistance Education (DARE) and Over the Counter Take Back programs.

DES was additionally recognized for Domestic Violence and Sexual Assault Prevention and Awareness Training to cadets of the Freestate ChalleNGe Academy as well as a Lock-In event at the Youth Center where teens spent the night in a safe environment. The DES has provided 100 individual DARE classes to approximately 150 youth and collected nearly 300 pounds of OTC and prescription medications at five sites. Through newcomer's briefings, Community Action Council meeting and Organization Day activities, the Community Policing/Crime Prevention Unit provides

educational materials and guidance on programs like House Watch, Neighborhood Watch and Operation Identification. In addition, the Physical Security Division ensures all commercial facilities comply with Army regulation related to security and crime prevention. The directorate incorporates the use of "McGruff" the Crime Fighting Dog for various programs and obtained the services of national D.A.R.E. spokesman and motivational speaker, "Retro Bill for community outreach events. DES also distributes public service announcements through the APG News and on APG websites.

The Governor's Crime Prevention Award is now in its 33rd year. Since its inception in 1980, more than 3,000 awards have been presented.

Intel and law agencies observe the latest equipment

Continued from Page 1

of the contributions this unit makes for intelligence to the Warfighter."

Guests included Maj. Gen. James Young, Office of the Chief of Army Reserve and a former battalion commander.

The day consisted of visitors moving in groups round-robin style through stations where 203rd Soldiers explained weapons, vehicles, forensic and Chem-bio gathering equipment and other technologies currently in use in Afghanistan.

In the afternoon, Family members of the Soldiers joined the groups for a trip to the firing range where visitors fired various weapons and rode on military vehicles.

"This is a big deal for them," said 203rd Sgt. Maj. James Davis.

The day's events counted heavily on the knowledge of the unit's noncommissioned officers, according to Capt. Ulisses Taymes, 203rd Assistant Operations Officer.

"These NCOs are knowledgeable because they have to be," he said. "They

have to know the unit history and everything about their subject because they will have to answer questions."

Taymes said planning and logistics for the event started months ago. He thanked the Maryland National Guard's Chief Warrant Officer 5 Daniel Chapman for landing a team of Soldiers during an insurgent apprehension demonstration.

Guests said they learned a lot during the informative day.

"It was all very informative," said Art Episcoto, the civilian aid to the Secretary of the Army, a retired major general and former Delaware adjutant general. Episcoto said he is just one of many who serve as the secretary's eyes and ears.

"It's our job to enhance the secretary's objectives regarding Soldiers and their Families," he said.

Pentagon Army staff member Bob Nicholson said he thought the demonstrations were "great."

"It was nice seeing the [Soldiers] so well versed in their subjects," he said, "and it's good to know they're out there doing well."

Ken Berger from Army contractor MCR, LLC's Federal Intelligence Program Division, said he thought "everything was very well done."

"I have 28 years in military intelligence and I've never seen this stuff," he said. "They did an excellent job."

Participating organizations included personnel from the Department of the Army Deputy Chief of Staff G-2; the Defense Intelligence Agency; Navy Foreign Material; MCR Federal Intelligence Program Division; CSASC MIRC DCO; 20th Support Command (CBRNE); 175th Logistics Readiness Squadron; George Mason University ROTC; National Operations Center Homeland Security; the Lauderick Creek Training Center and the Baltimore Police Department.

About 203rd MI (TECHINT)

The 203rd MI (TECHINT) is a reserve component unit with more than 45 different military occupational skills that provides intelligence derived from reconnaissance, collection and tactical exploitation of weapons, equipment and other materiel found, captured or acquired worldwide. The battalion conducts training on foreign weapons, vehicles and other equipment and emergency technical intelligence missions in support of contingency operations.

On order, the 203rd MI (TECHINT), or when designated as the Captured Materiel Exploitation Center, or CEMC, deploys and conducts operations in support of combatant commanders or other government agencies in order to collect and exploit captured enemy weapons, equipment and other materiel.

View more photos on the APG Flickr site at www.flickr.com/photos/usagapg.