

APG NEWS



www.apgnews.apg.army.mil

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APG SAMC chapter adds three; spouse receives Walker award



Story and photos by
YVONNE JOHNSON
APG News

Three Aberdeen Proving Ground noncommissioned officers were recognized for consistently setting the highest standards of leadership and excellence during the Sergeant Audie Murphy Club induction ceremony at the Myer Auditorium Nov. 25.

Named for the World War II infantryman and eventual Medal of Honor recipient who became the most highly-decorated NCO in the history of the U.S. Army, the Aberdeen/Edgewood Area chapter of the SAMC - an Army-wide

See **THREE**, page 11

(From left), Sgts. 1st Class Joseph S. Conway, Kishann T. Smith and Tantra A. Peyton became the newest members of the Aberdeen/Edgewood Area chapter of the Sergeant Audie Murphy Club during an induction ceremony at the Myer Auditorium Nov. 25. During the ceremony, military spouse Stacey M. Volodin was awarded the Dr. Mary E. Walker Award.

Army-Navy Blood Drive Challenge slated Dec. 11

By **RACHEL PONDER**
APG News

For the third year in a row, APG is participating with 10 other military installations in the Army-Navy Blood Drive Challenge. Team APG will host the Armed Services Blood Drive at the APG North (Aberdeen) recreation center Dec. 11 from 9 a.m. to 2 p.m.

When donors register to give blood, they can cast a ballot for Army or Navy. The results and a trophy will be presented to either an Army or Navy representative during the 113th Annual Army-Navy Game at Lincoln Financial Field in Philadelphia, Pa., Dec. 14.

As a tri-service program, the Armed Services Blood Program (ASBP) relies on donations from the Army, Navy, Marines and Air Force to meet its mission of supplying blood to ill or injured service members, veterans and their Family members worldwide.

Capt. Richard Mozeleski, company commander of HHC Garrison, said he expects a



See **VOTE**, page 11



U.S. Army photo

Ringling in the holiday season

(From right) Aberdeen Proving Ground Garrison Commander, Col. Gregory McClinton acknowledges the crowd as he follows the APG color guard during a parade ringing in the holiday season in Bel Air, Md., Dec. 1.

APG prepared for winter weather

By **RACHEL PONDER**
APG News

Winter is almost here, which means there is a greater chance for weather events that could result in post delays or closings.

The most accurate and up-to-date information about closing and delays can be found on APG's homepage, www.teamapg.com, Twitter feed, <https://twitter.com/USAGAPG>, Facebook, <https://www.facebook.com/APGMd>, or by calling the weather hotline at 410-278-SNOW (7669).

Rick DeOliveira, chief of the Emergency Operations Center and Office of Emergency Management, DPTMS, said that before a forecasted weather event the APG EOC communicates close-

ly with APG organizations and emergency operators from Harford and Cecil Counties so the APG senior commander can make an informed decision.

DeOliveira said the closure of federal offices in the Greater Baltimore metro area does not apply to APG, and the delay or closure of Harford County schools does not indicate the installation's operational status. During a snow event the garrison takes into consideration how quickly the Directorate of Public Works can clear the roads, sidewalks and major parking lots on APG.

If conditions are safe to drive on post but deemed dangerous off post, then a liberal leave pol-

See **WEATHER**, page 4

Register for 2014 Weight Loss Challenge

Need help reaching your weight loss goals? Then be sure to attend an information session about the upcoming Team APG Installation Weight Loss Challenge Dec. 11 from noon to 1 p.m. at the APG North (Aberdeen) recreation center. This challenge is open to all Soldiers, civilians and contractors assigned to APG, will begin Jan. 8 and last 12 weeks. During the information session, attendees can register for the challenge and sign up for a free metabolic screening provided by the Army Wellness Center. The challenge will feature designated weigh-ins and informative Lunch-and-Learn sessions. For more information, contact Capt. Richard Mozeleski, company commander of HHC Garrison, at 410-278-3000, or email richard.d.mozeleski2.mil@mail.mil.

WEATHER

Thurs.



62° | 56°

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ICE system
<http://ice.disa.mil/>
Facebook, <http://on.fb.me/HzQl0w>

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OPINION

STREET TALK

What is your favorite holiday-themed movie?

My favorite is "Love Actually." This movie has multiple love stories and takes place during the holiday season in Great Britain. I find this movie very funny and heartwarming. I love movies with happy endings.



Karen Rooks
ASAP

I like "White Christmas." This movie (set in the 1940s) shows how things were done in the past. I like seeing the camaraderie between the characters and I enjoy the musical numbers. It's a feel-good movie.



Ben Nusca
Civilian Family member

My favorite is "Last Holiday," about a woman who is living an uneventful life until she is told she only has a few weeks to live. After her diagnosis she decides to live her life to the fullest. I like the movie because it teaches a valuable lesson. I think we all need to live our lives to the fullest.



Rose Logan-Lee
Chesapeake Bay Area CFC

My favorite is the "Bishop's Wife" about an angel who comes to Earth to help a bishop with his problems. This movie is inspirational to me. I think the best movies are the ones that inspire you to be a better person.



John Pacuzzi
Retired civilian

I watch "Elf" at least once during the holiday season. I just think Will Ferrell as an elf is hilarious! A grown man in an elf suit, what's not to love?



Melissa Harlan
Military Spouse

Why I Give: A CFC story

In 2010, at barely 24 years of age, I was diagnosed with cervical and ovarian cancer. While this was not my first diagnosis with cancer it is the one that hit me the hardest. Having a family was important to me this time around and that was in jeopardy. After a couple of weeks of soul searching, research, and family time we decided I would partake in a new clinical trial through a national organization that funds cancer research.

The trial was aimed at women with gynecological cancers who wanted a viable chance to have a family. An Aberdeen Proving Ground community support organization helped pay for my 13 months of chemotherapy and for some of my medications since most of them were not covered by my health insurance.

The financial help was great, but what I and my family needed most was a way to cope with everything. When it first started I felt that since I had been through this before I had all the answers and didn't need anyone's help. My stubbornness almost got the best of me until one of the women in my chemo group became my rock. I had even asked my family to keep my cancer a secret

until I was ready to talk about it, which isolated them even further.

The APG community support organization hosts support meetings for cancer patients, family members, and friends. Attending these meetings gave my family the education they needed to understand my cancer and what I was going through and provided an outlet for them to talk about how they were feeling about the whole process. The community support organization also brought in people who taught us how to hide a lot of the physical side effects of chemo. This may seem shallow to some, but not looking sick helps you feel just a little bit better.

During the Combined Federal Campaign (CFC) I give to this APG community support organization because it provides so much support for so many people. I saw firsthand where some of our donations go and now that I am a volunteer I have been blessed to see more.

Kelly Swinson

U.S. Army Test and Evaluation Command (ATEC)

Tis the Season – for Holiday Blues?

By **KEN GESCH**
ASAP

Healthy Living

www.apg.army.mil/apghome/sites/local/ click on Well Being

It's that time again – the holiday season. For many, this is a time of joy, and parties and gifts and abundant, delicious food. It is time filled with happy moments spent with family and friends. And yet for many others, the holidays are a difficult season of sadness and loneliness, of stress and anxiety, and even of depression. The loss of loved ones, separation from family and close friends, financial problems, the stress of busy schedules, and many other reasons all can contribute to the familiar "holiday blues."

The common awareness of holiday stress and depression leads to an expectation by many that the suicide rate rises during this holiday season. But in reality, December has the lowest suicide rate of the year. This is true for the Civilian population, and it has been true for five out of the last six years for Soldiers as well. Yet the myth continues that the holidays see an increase of suicidal behavior. The Centers for Disease Control report that 50% of news articles related to holiday season suicides continue to perpetuate this myth.

So, if the suicide rates are lowest in December, can we take a holiday break from suicide awareness? Obviously not. Even if the rates are relatively low, many of us know of people that took their life over the holidays. And for many, the pain associated with the "holiday blues" is very real. So what can we do? In the midst of our own holiday fun, we can remain aware that not everyone else may be sharing our joy. We can reach out and connect with those with the "blues," and offer our support. If we are one of those with the "blues," we can make choices that will help

us manage the thoughts and emotions connected with holiday season stresses.

Helpful suggestions and resources can be found online for rising above the gloom that may occur during this time of year. And

helpful resources are available right in our community. Army Community Service will be offering resilience training entitled "Mental Games" on December 19th at the AA Recreation Center. This program will help participants learn to "Hunt the Good Stuff" and take their mind off counterproductive thoughts. Chaplains are another good resource. Chaplain support information is available by calling the Main Post Chapel at 410-278-4333. The APG Army Wellness Center is located in Kirk U.S. Army Health Center, and offers programs that build and sustain good health. Their phone number is 410-306-1024. Additionally, the Employee Assistance Program (EAP) is available for DA Civilians, Retirees, and Civilian and military Family Members. Robin Stokes, the EAP Coordinator (410-278-5319) is available to provide counseling assistance and referrals.

Some may have a much easier time than others enjoying this holiday season. But whether we are on top of the world, or struggling to keep our head above water, we always have a choice. We can focus on all the negative things going on around us. Or we can choose to "hunt the good stuff" and focus on the positive that exists even in the midst of difficult times, and we can face each day with determination and hope. The choice is always ours. POC is Ken Gesch, Suicide Prevention Program Manager at 410-278-7779 or kenneth.a.gesch.civ@mail.mil.

Carbon monoxide: Stopping the Silent Killer

By **STEPHEN MCCOMBS**
Army Corps of Engineers

Do you have a carbon monoxide detector in your home? If you don't, you may want to consider purchasing one. Trust me, I speak from experience.

My family and I were snoozing away one chilly morning when we were awakened abruptly by a shrill noise. The annoyance was my carbon monoxide alarm sounding. Pulling myself out of bed, I noticed the house heating system was also on. I set the thermostat low, but the temperature had dropped enough during the night for it to engage. When it lit off, something went terribly wrong with the air and fuel mixture. It was running very rich and I could feel the heat coming through the door to the heater's closet. However, it wasn't the heat that concerned me. What got my attention was the reading on my CO detector's display panel.

Here's a quick science lesson: Red blood cells carry oxygen around your body and there's a substance called hemoglobin that is part of these cells. Hemoglobin grabs oxygen molecules and moves them around your body. Hemoglobin attraction to CO is about 400 times greater than it is to oxygen. So when CO is pres-

ent, hemoglobin will latch onto it instead of the oxygen. Then, your hemoglobin molecules can't carry enough oxygen to keep you alive. All the while, you're unaware because you cannot smell, taste or see it. Thus, CO is dubbed the silent killer.

How do you stop a silent killer? Noise works quite well. Without an alarm, there's a good chance my family and I would've died.

Eventually, the malfunctioning heater would have caused a fire and the smoke alarms would have activated. But if we were all unconscious from CO poisoning, we wouldn't have heard them.

Fortunately, we did hear the CO alarm and got out of the house in time. This incident is exactly why I purchased a CO detector and it's why you should too.

I cannot officially endorse any product, but if you're in the market for a CO detector, I suggest getting one that operates by electrical plug and battery backup. I purchased mine at a large home-improvement center for less than \$50. That's a small price to pay to save an entire family from a premature death.

Additional information about carbon monoxide poisoning can be found on the Centers for Disease Control and Prevention website at <http://www.cdc.gov/co/>.

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 5,200.

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

Staff

APG Senior Commander.....Maj. Gen. Robert S. Ferrell
 APG Garrison Commander .. Col. Gregory R. McClinton
 Public Affairs Officer Kelly Luster
 Editor Pat Beauchamp
 Assistant Editor..... Yvonne Johnson
 Contract Photojournalists..... Rachel Ponder
 Graphic/Web Designer/ Photographer Molly Blossie
 Website www.apgnews.apg.army.mil

Community reminder: December is “National Drunk and Drugged Driving Prevention Month”

Army Substance Abuse Program

The Army Substance Abuse Program would like to remind the APG community that December has been designated “National Drunk and Drugged Driving Prevention Month” or “3-D Month,” in an effort to bring special attention to the problem of driving under the influence of alcohol or drugs.

An estimated 258,000 persons have been injured in crashes where police reported that alcohol was present; an average of one person injured approximately every two minutes.

“If you find it difficult to determine if you’ve had too many drinks to drive - don’t risk it. Chances are if you’re feeling ‘buzzed’ you are too impaired to drive safely. Drinking and driving isn’t just a personal safety issue, it’s a public safety issue,” said Timothy Knox, ASAP Alcohol and Drug Control

Officer (ADCO). Nine out of 10 Americans who participate in social events where alcohol is served feel that people should use designated drivers. The ASAP suggests that party hosts include alcohol-free beverages and protein-rich foods, along with reminding guests to plan ahead and remember the following advice:

- Don’t risk it - if you plan to drive, don’t drink.
 - Choose a sober, designated driver before partying.
 - Take a taxicab or ask a friend to drive you home.
 - Spend the night where the activity is being held.
 - Report impaired drivers to law enforcement.
 - Always wear your safety belt
- For information or questions, call ASAP at 410-278-DRUG (3784).



File photo

Keeping it the most wonderful time of year

Army Substance Abuse Program

As we embark upon the holiday season we must remember that while the holidays can be a wonderful time they also can be a stressful time if we are not diligent in our planning.

Each year, many lives are lost during the holiday season. Here at APG, Army Substance Abuse Program personnel believe that awareness about the issues of driving after alcohol consumption is vital to public safety. It is also our belief that increased awareness will initiate

Awareness about the issues of driving after alcohol consumption is vital to public safety.

increased commitments to avoid buzzed/drunken driving resulting in a change of behavior after the holiday season.

ASAP is committed to promoting overall wellness and health in the APG community and surrounding areas.

ASAP asks everyone to be responsible, practice positive behaviors, take time out to assist those in need, and return after the holidays with a renewed sense of vitality. If anyone is experiencing any work related, personal, substance abuse

or other issues ASAP is here to help. During the holiday season, ASAP will continue to operate under normal business hours of 7:30 a.m. to 4:30 p.m., Monday-Thursday and 7:30 a.m. to 3:30 p.m., Friday. ASAP is closed Christmas Day and New Year’s Day.

In the event of an emergency, go to the nearest hospital or call 911.

For more information, contact Devita Hampton at 410-278-1716; Cindy Scott at 410-278-4013; or the ASAP main office at 410-278-DRUG.

DID YOU KNOW?

Christmas Day is always December 25th

A Federal Holiday
If the 25th is Saturday, the Federal Holiday is the Friday before. If the 25th is Sunday, the Federal Holiday is the Monday after.



You never have to miss an issue of the APG News

Visit us at <http://apgnews.apg.army.mil/archives/archives.html>

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

Kennedy, Sandra	McClintick, Jill	Williams, Jonathan
Lamar-Reevey, Kellie	Smith, Deborah	Wright, Sameisha
Freidman, Mariann	Wickham, Kristen	Young, Trier
Samler, Jennifer	Rodriguez, Pedro	Caron, Lois
Hill, Christian	Blethen, Matthew	Hoffman, William
Urban, Brenda	Burrell, Dianne	Park, Jessica
Cwiertnie, Victoria L	Robinson, Lisa	Blethen, Lena
Martino, Rose	Stewart, Kathleen	Cobb, Joyce
Birch, Garfield	Nahrgang, Margaret	King, Beverly
Crawford, Curtis	Eberhardt, Joanne	Shelton, Lena
Green-Farley, Jessica	Fike, Curtis	Whittingham-Fields, Takeyce
Winne, Janeen	Poole, Rodney	
Grundeil, Rachel	Torrise, Carmen	

Where to go for weather updates 2013/2014

Station	Frequency	Location
WAMD	AM 970	Harford
WBAL	AM 1090	Baltimore
WCAO	AM 600	Baltimore
WDEL	AM 1150	Wilmington, Del.
WGLD/ESPN	AM 1440	Red Lion, Pa.
WINK	FM 103.3	York, Pa.
WIYY	FM 97.9	Baltimore
WJZ-FM	FM 105.7	Baltimore
WJZ-AM	AM 1300	Baltimore
WLIF	FM 101.9	Baltimore
WPOC	FM 93.1	Baltimore
WQSR	FM 102.7	Baltimore
WROZ	FM 101.3	Lancaster, Pa.
WSBA	AM 910	York, Pa.
WSOX	FM 96.1	Red Lion, Pa.
WSTW	FM 93.7	Wilmington, Del.
WXCY	FM 103.7	Havre de Grace
WZFT	FM 104.3	Baltimore
WBAL-TV	Channel 11 www.wbaltv.com	Baltimore
WMAR-TV	Channel 2 www.abc2news.com	Baltimore
WBFF-TV	Channel 45 www.foxbaltimore.com	Baltimore
WJZ-TV	Channel 13 http://baltimore.cbslocal.com/	Baltimore
Harford Cable Network	21-Comcast/31-Verizon www.harfordcountymd.gov/hcn/	Harford County
Fox 43	http://fox43.com/	York, Pa.
Facebook	http://www.facebook.com/APGMd	
Twitter	http://twitter.com/#!/USAGAPG	

Weather preparation

Continued from Page 1

icy may go into effect for APG personnel. Those who are unsure about reporting to work should contact their supervisor.

DeOliveira recommends taking a proactive approach to inclement weather by creating an emergency supplies kit.

For more information about emergency preparedness, including creating an emergency supplies kit, visit the Federal Emer-

gency Management Agency website at www.ready.gov/.

Other helpful websites include:

- Maryland Emergency Management Agency <http://mema.maryland.gov>
- Pennsylvania Emergency Management Agency <http://www.pema.state.pa.us>
- Delaware Emergency Management Agency <http://dema.delaware.gov/>
- Harford County Emergency Management <http://harfordpublicsafety.org>
- Cecil County Department of Emergency Services <http://www.ccdes/>

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/>

Aberdeen center counsels combat veterans

Story and photo by
RACHEL PONDER
APG News

An outreach center in the City of Aberdeen provides free and confidential counseling services to veterans who have served in combat and their Family members. This "AberdeenOutstation" is part of the Elkton Vet Center.

The Vet Center program was established by Congress in 1979 out of recognition that a significant number of Vietnam-era veterans felt that their needs had not been met in Department of Veterans Affairs medical centers. Vet Centers are community-based and part of the VA. Soldiers who experienced sexual trauma while serving in the military are also eligible to receive counseling regardless of gender or era of service. There are more than 300 Vet Centers in the nation.

Tracey Waite, a licensed, clinical social worker from the Aberdeen Outstation, said that Vet Centers provide therapeutic counseling and referral services to facilitate a successful readjustment to civilian life. Services include: individual, group, marital and family therapy, job counseling, referrals for benefits assistance and bereavement counseling.

Waite recommends that veterans seek help sooner rather than later, as some conditions like depression and post traumatic stress disorder can seriously affect many aspects of a person's life.

"Some think PTSD is just part of the price you pay if you go to war," she said. "Some think that because they didn't pay the ultimate sacrifice they don't deserve the attention. We are here to tell them their lives can get better."

Marine veteran Marty Kuser said meeting other veterans who have gone through similar experiences helped him realize he is not alone.

"I am lost if I don't come here," he said. "The counselors do a wonderful job. Coming here has been one of the greatest experiences of my life."

Army veteran John Shirley said he also benefits from the group therapy



(From left) Army Veterans John Shirley, Tom Walsh, Mike Boileau stand with Army Veteran and Counselor Chris Davis, Army Veteran James Kimble and Social Worker Tracey Waite in front of the Aberdeen Outstation. The Aberdeen Outstation provides free counseling services to combat veterans and their Families and is part of the Elkton Vet Center.

sessions.

"The group therapy gives us a chance to come together for a purpose," Shirley said. "It is about vets helping vets."

Waite said eligible veterans need to bring their Certificate of Release or Discharge from Active Duty (DD Form

214) to their first appointment.

For more information on eligibility, visit <http://www.vetcenter.va.gov/Eligibility.asp>.

For more information or to set up an appointment call 410-272-6771, or email tracey.waite@va.gov.

The Aberdeen Outstation is located at 223 W. Bel Air Avenue in Aberdeen. The Elkton Vet Center is located at 103 Chesapeake Blvd. Suite A in Elkton. For information about the Elkton Vet Center, call 410-392-4485 or visit www.vetcenter.va.gov.

An additional resource for veterans is the Combat Call Center at 1-877-WAR-VETS (927-8387), which operates 24 hours-a-day, seven days a week. This confidential call center is a place where combat veterans and their Families can talk about their military experience or any other readjustment issues. The staff is comprised of combat veterans from several eras as well as Family members of combat veterans.

Some think PTSD is just part of the price you pay if you go to war. Some think that because they didn't pay the ultimate sacrifice they don't deserve the attention.

Tracey Waite

Licensed certified social worker-clinical

Submit letters to the editor to usarmy.apg.imcom.mbx.apg-pao@mail.mil

MARK YOUR CALENDAR

THURSDAY– FRIDAY DECEMBER 5 - 6

ABERDEEN PROVING GROUND ADVANCE PLANNING BRIEFING FOR INDUSTRY

Team Aberdeen Proving Ground (APG) will host its second annual, installation-wide Advance Planning Briefing for Industry (APBI) for interested parties. Team APG will provide networking opportunities and inform industry of potential contracting opportunities for the following mission areas:

Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance (C4ISR)

Research and Development/Testing and Evaluation (RDT&E)

Chemical/Biological Defense (CBD)

Corps of Engineers/APG Garrison Dates and Times:

Day 4 (Dec. 5, 8 a.m. to 5 p.m.): CBRNE Day 1, Evening Network Reception

Day 5 (Dec. 6, 8 a.m. to noon.): CBRNE Day 2 (travel afternoon)

Note: Registration will be on a per day basis. It is the participant's responsibility to ensure registration for each day participating.

Place: APG North (Aberdeen) post theater, Bldg. 3245. The APBI will be unclassified and open to all interested contractors, large and small businesses, and academia as well as other government stakeholders. The website link for event details including the agenda, directions, and registration will be provided by amendment to this notice.

All attendees must meet the requirements for admission to APG, to include: proper identification (i.e. driver's license and/or common access card), car registration, or a car rental agreement, and proof of insurance.

Registration is available at <http://www.missiontix.com>.

Questions about the APBI should be directed to Robert DiMichele, robert.e.dimichele.civ@mail.mil, 443-861-6757

FRIDAY DECEMBER 6 HOLIDAY SOCIAL (RSVP DATE)

APG Senior Commander, Maj. Gen. Robert Ferrell and Family and MWR are hosting a Holiday Social on Thursday, Dec. 12, at the Top of the Bay 11 a.m. to 1:30 p.m. Refreshments will be served throughout the event as well as holiday entertainment. RSVPs are required by Dec. 6 at <https://einvitations.afit.edu/inv/anim.cfm?i=176908&k=036644007B5F>

For more information, contact Sheryl Speerstra at 410-306-4522.

MONDAY DECEMBER 9 VETERANS AFFAIRS (VA) HEALTH CARE ENROLLMENT, ELIGIBILITY AND VETERANS BENEFITS SEMINAR

The Veterans Affairs (VA) Maryland Health Care System is hosting a VA Health Care Enrollment, Eligibility, and Veterans Benefits Seminar at the Baltimore VA Medical Center 9 a.m. to 12:15 p.m. The program is free of charge and is designed to provide an overview of VA programs and services for community health care providers, social workers and counselors.

Registration for the seminar will begin at 8:30 a.m. on the second floor of the Baltimore VA Medical Center, 10 N. Greene St. in Baltimore. Parking for the program will be available for a fee at nearby parking garages. Lunch is available for purchase at the Baltimore VA Medical Center's Veterans Canteen cafeteria.

For more information about the VA Health Care Enrollment, Eligibility and Veterans Benefits Seminar, please contact the VA Maryland Health Care System's Community Outreach office at 1-800-949-1003, extension 6071 or register online at: <http://tinyurl.com/ozqvcj2>.

WEDNESDAY DECEMBER 11 ARMY VS. NAVY BLOOD DRIVE CHALLENGE

You can help the Army defeat the Navy during the annual Army vs. Navy Blood Drive Challenge to

be held 9 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center.

To schedule an appointment go to www.militarydonor.com and use the sponsor code: APGMD.

Walk-ins are welcome. This event is sponsored by the Armed Services Blood Program. For more information, go to www.militaryblood.dod.mil.

HOLIDAY TREE LIGHTING AND MORE

The Garrison Holiday Tree Lighting followed by light refreshments, holiday music, photos with Santa and more, will take place 5 to 7 p.m. at the APG North (Aberdeen) chapel.

TUESDAY – THURSDAY DECEMBER 10 – 12 MEETING OF THE VICTORY STANDARDS BODY

The next Face-to-Face Technical Interchange Meeting of the VICTORY Standards Body will be held at the Mallette Training Facility, Bldg. 6008, APG North (Aberdeen), Dec. 10 – 12. This is an opportunity to find out why and how the Army is moving out in implementing VICTORY and participate in the standards body process.

The hours vary by day and by scheduled sessions, groups and speakers, but the overall hours are: Dec. 10, 1 to 4 p.m.; Dec. 11, 8:30 a.m. to 5 p.m.; and Dec. 12, 8:30 a.m. to 3 p.m.

For more information and to register, visit <http://www.victorystandards.org> and click the "Face-to-Face Meetings" link on the left of the page.

Civilians may earn 3 CLPs (TED: VICTORY 101) for the short course on Dec. 10

ONGOING THROUGH DECEMBER 9 EMPTY STOCKING FUND COLLECTION

The Empty Stocking Fund is a local charity that collects new toys and books for underprivileged children in Harford County. Collection boxes have been placed at both doors of Bldg. 4305 and will be in place until noon, Dec. 8.

For more information, contact Donna Capparelli Hanley at ghanley@fit.edu or 410-278-9016

THROUGH JANUARY 2 DRIVE SOBER OR GET PULLED OVER

Drive Sober or Get Pulled Over is a nationwide impaired-driving prevention campaign. The campaign was implemented by the National Highway Traffic Safety Administration to stop impaired driving and to save lives during the holiday season.

According to the National Highway Traffic Safety Administration, during Dec. 2010, 2,597 people lost their lives in motor vehicle traffic crashes, and 30 percent (775) involved an alcohol-impaired driver. Holiday celebrations offer a perfect opportunity to enjoy a good time with family and friends. Soldiers, Family members, and civilians must be proactive and have a responsible plan if choosing to drink. Whenever your social plans involve alcohol, make plans to prevent driving after drinking.

ASAP reminds the entire APG community to "Use a DESIGNATED DRIVER" or "DRIVE SOBER."

Contact ASAP for more information at 410-278-DRUG (3784).

THROUGH JANUARY 20 ESGR ACCEPTING NOMINATIONS FOR FREEDOM AWARD

Employer Support of the Guard and Reserve (ESGR), a Department of Defense office, is accepting nominations for the 2014 Secretary of Defense Employer Support Freedom Award. The Freedom Award is DOD's highest honor to civilian employers for exceptional support of their National Guard and Reserve employees.

ESGR Guardsmen, Reservists or Family members are encouraged to submit nominations at www.FreedomAward.mil by Jan. 20, 2014. Up to 15 awardees will be recognized during a Washington, D.C. ceremony on a date to be announced.

For more information, contact Beth Sherman, ESGR Public Affairs, at 571-372-0705 or email OSD.ESGR-PA@mail.mil.

CORVIAS 2014 GRANT

AND SCHOLARSHIP APPLICATIONS AVAILABLE

The Corvias Foundation has announced that applications for the 2014 Our Future Scholarships and the 2014 Our Family Educational Grants are now available.

Applications for Our Future Scholarships must be submitted by Feb. 13, 2014, and will be awarded to high school seniors with plans of attending a four-year university or college in the amount of up to \$50,000 each. Applications for the 2014 Our Family Educational Grants must be submitted by May 8, 2014. Grants are given in the amount of up to \$5,000 to spouses of active-duty service members at the installations listed above. Applicants may be in any stage of the educational process. Recipients will be notified by July 10.

Families do not have to reside in on-post housing to qualify. Eligible service members stationed at these installations can serve in any branch of the military.

To apply, go to <http://corviasfoundation.org>. For more information, call 401-228-2836 or email info@corviasfoundation.org

CATHOLIC MASS AND LITURGY SCHEDULE

MONDAY: 11:45 a.m., Mass at APG North (Aberdeen) Chapel, 12:15 p.m., Confessions and Adoration of the Blessed Sacrament

TUESDAY: 11:45 a.m., Mass at APG North (Aberdeen) Chapel

WEDNESDAY: 11:30 a.m., Confessions at APG South (Edgewood) Chapel, Noon, Mass at APG South (Edgewood) Chapel

THURSDAY: 11:45 a.m., Mass at APG North (Aberdeen) Chapel

FRIDAY: Noon, Mass at APG South (Edgewood) Chapel

SUNDAY: 8:45 a.m., Mass at APG North (Aberdeen) Chapel, 10:45 a.m., Mass at APG South (Edgewood) Chapel

APG BARBER SHOP REOPENS

The new APG Barber Shop, located in the Exchange mall, is open and under new management. Operating hours are 9 a.m. to 5:30 p.m., Monday – Friday, and 10 a.m. to 4 p.m., Saturday and Sunday. For more information, call 410-272-7886.

CPR, AED CLASSES SCHEDULED

The APG Fire and Emergency Services Division of the Directorate of Emergency Services has released its schedule for CPR and automated external defibrillator (AED) classes for 2014. Two classes will be held the third Wednesday of each month at 9 a.m. and 1 p.m. in the same location.

Jan. 15, APG North (Aberdeen) chapel
Feb. 19, Edgewood Conference Center
March 19, APG North (Aberdeen) chapel
April 16, Edgewood Conference Center
May 21, APG North (Aberdeen) chapel
June 18, Edgewood Conference Center
July 16, APG North (Aberdeen) chapel
Aug. 20, Edgewood Conference Center
Sept. 17, APG North (Aberdeen) chapel
Oct. 15, Edgewood Conference Center
Nov. 19, APG North (Aberdeen) chapel
Dec. 17, Edgewood Conference Center

Class size is limited to 30 participants. For more information or to register, contact Mike Slayman, assistant chief of EMS, at 410-306-0566 or e-mail michael.p.slayman.civ@mail.mil.

CYSS PARTNERS WITH HOMESCHOOLERS

APG Child, Youth and School Services is trying to establish a partnership with authorized users who home-school their children in the Aberdeen and Edgewood areas. CYSS is willing to open its facilities during the week so homeschooled children can have access to classrooms, the computer lab and gym on a scheduled basis. For more information, call 410-278-7571/7479.

FRIDAY NIGHT OPEN RECREATION FOR TEENS

The APG North (Aberdeen) Youth Center, Bldg 2522, invites all high school students out to its free Friday Night Open Recreation for Teens, every Friday from 6 p.m. to midnight. Teens are invited out to meet new friends, shoot some hoops or just play some pool. Bring up to two non-DoD friends to join in the fun. For more information, call 410-278-4995.

YOUTH CENTER OPENINGS

The Aberdeen and Edgewood programs currently have immediate openings for the 2013-2014 school year at their School Age & Youth Services facilities. Openings are available in both locations for eligible users. For more information,

call 410-278-7571/7479.

KEYSTONE CLUB

This free class for high school students meets every other Friday, 7 to 9 p.m. at the APG North (Aberdeen) Youth Center, Bldg 2522. This unique leadership development experience provides opportunities for young people ages 14 - 18. Youth participate in activities, both in and out of the club, in three focus areas: academic success, career preparation and community service. With the guidance of an adult advisor, Keystone Club aims to have a positive impact on members, the club and community. Participants may bring up to two non-DoD friends. For more information, call 410-278-4995.

INSIDE APG

APG commanders and subject matter experts will discuss topics of interest to the local community every Saturday and Wednesday at 7:50 a.m. during "Inside APG: Creating One Community Without a Gate," a monthly radio series on 970 WAMD. For more information about the series, to schedule or request an interview, call the Garrison Public Affairs Office at 410-278-1150. Look for Army Research Lab interviews set to begin running in Dec.

For previous interviews, follow these links: <http://youtu.be/a8vuM-dxmG50>; <http://youtu.be/se7hTkwnb08>

PIANO & GUITAR LESSONS

Each class is a one-on-one, 30-minute session for seven or eight weeks, once a week. Parents choose a time between 3 and 9 p.m. when they register their children. Open to all DOD ID cardholders. To register, visit Central Registration or call 410-278-7479/7571. For information, email lauren.e.kateley.naf@mail.mil or call 410-278-4589.

REPORT POWER OUTAGES TO CORVIAS MILITARY LIVING

During severe weather, all residential power outages should be reported to the Neighborhood Office at 410-305-1076. This will allow staff to determine if the outage is widespread or specific to the home and coordinate the responsible provider to restore power.

In the event a neighborhood office loses power, the phone system may also be affected. If the office cannot be reached, residents should call the following toll-free numbers to report outages and maintenance emergencies. Calls to the toll-free number will directly connect residents to the emergency on-call service.

APG: 1-866-958-5412

Patriot Village: 1-866-871-6257

NH Office: 410-305-1076

READY & RESILIENT SURVEY

How can the Army become more Ready and Resilient? If you are an AKO user, log on now to take this survey to provide valuable feedback to the Office of the Chief of Public Affairs on how the Army communicates about Readiness and Resiliency. Visit <https://www.us.army.mil/suite/page/667030>

APG THRIFT SHOP NEEDS VOLUNTEERS

With just two hours a week to spare, you can serve your community as a volunteer at the APG Thrift Store. Located in Bldg. 2458 behind the Main Post Chapel, the Thrift Shop offers quality, gently-used items featuring clothing for babies to adults including military uniforms, appliances, electronics, furniture, luggage, kitchenware, toys, knick knacks, books, jewelry and collectibles. And its dollars go right back into the community. So come spend an hour or a day, making new friends while helping your community.

For more information, or to volunteer, call the Thrift Shop during business hours at 410-272-8572.



MORE ONLINE

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



Want to make a difference in how services are rendered at APG? Tell us how we can improve, or provide kudos

for great service, via the Interactive Customer Evaluation system at <http://ice.disa.mil>. Click "Army" then "Aberdeen Proving Ground." Or check us out on Facebook at <http://on.fb.me/HzQlow>.

Holdford named DES chief of police

Story and photo by
YVONNE JOHNSON
APG News

The Directorate of Emergency Services welcomed Joel Holdford as its new Chief of Police during a ceremony at its headquarters Nov. 18. Holdford has been with DES since 1997 serving as a police officer, patrol supervisor and as a lieutenant and Team Leader to the Special Reaction Team for the past 12 years.

As DES Chief of Police, Holdford said his role now is to constantly assess the police department as a whole while looking for ways to become more efficient a resources become more constrained. He commands a staff of three captains - Nicholas Stamos, Dawn Fischer and Gerald Dove - who will assist him in looking at efficiencies through technology and overall police functions.

"The base mission has not changed," Holdford said. "We're responsible for the protection of Aberdeen Proving Ground [and] conducting 'Force Protection through Law Enforcement.'"

"We are honored to 'Protect those who protect America.'"

A former Soldier, Holdford honed his police skills in the Infantry's Scout/Sniper program. He served tough assignments with the 101st Airborne Division at Fort Campbell, Ky.; with Fort Drum's 10th Mountain Division in upstate New York and on the heavily armed Demilitarized Zone in Korea with the 2nd Infantry Division.

After volunteering to serve with the XVIII Airborne Corps in Saudi Arabia and Iraq during Operation Desert Storm, Holdford left the Army after more than four years for personal reasons.

He returned to Arkansas and took a job as a security guard at Pine Bluff Arsenal; which at the time was the nation's largest storage facility for operable chemical weapons. While there, he applied for and was accepted to the Special Reaction Team and attend-



ed training at Fort McClellan, Ala. in 1994.

Holdford said that as much as he enjoyed being a scout, he liked the SRT even better.

"Our group made honor team and beat out a very good Marine team," he said, adding that at the time, he wasn't sure what to expect from the course.

"The school was very hard.

Most instructors were military and we were the only civilians. Having a solid infantry background definitely helped me out."

Holdford entered the SRT in 1994 and worked his way up to team leader. He transferred to APG in 1997 during the time when the former Directorate of Law Enforcement and Security was converting from a mix of military MPs

and Department of the Army police officers to all DA federal police officers. For several years, he served dual roles as both patrol supervisor/shift commander and as a leader in the SRT.

The APG SRT has evolved into the installation's elite force when it comes to dealing with serious threats to the installation, Holdford said.

"In my opinion the APG SRT is the best SRT in the Army."

He said that along with constant skill-sharpening training, SRT team members work the roads and gates with their fellow police officers and that the installation's unique makeup means that challenges vary with the population which is much lower at night; almost like a small town.

"In fact, most of the issues we resolve are very similar to what any small town would have to deal with," he said. "The APG police are professionals and we want to ensure that members of the APG community have the same level of professional law enforcement whether they work here or live here."

"My philosophy is that we are always striving to be better tomorrow than we are today."



APG, industry network 2nd annual APBI, SBF

John B. Nerger, executive director to the commander, U.S. Army Materiel Command, gives the keynote address after opening remarks by APG senior leader Maj. Gen. Robert Ferrell during the 2nd Annual Advance Briefing for Industry (APBI) and Small Business Forum (SBF) hosted by the U.S. Army Communications-Electronics Command at the APG North (Aberdeen) post theater Dec. 2. The five-day event provides networking opportunities and informs industry of potential contracting opportunities for the mission areas of Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance (C4ISR); Research and Development/Testing and Evaluation (RDT&E); Chemical/Biological Defense (CBD) and Corps of Engineers/APG Garrison.

Photo by Sean Kief

Using Army performance triad to manage disease

By **LT. COL. LEONETTA OLIPHANT**
kusahc

On Thursday, Nov. 14, the world celebrated Diabetes Day. Diabetes is one of the major health and development challenges of the 21st century.

Because of the increasing number of people at risk for developing the disease and its long term complications, diabetes health care costs is a major concern for the United States and much of the developed and developing world. In 2007, diabetes cost the US more than \$174 billion, \$116 billion in direct medical costs and \$58 billion in indirect costs (disability, work loss, premature mortality).

Diabetes is the nation's fifth leading cause of death by disease. In the U.S., diabetes is the seventh leading cause of death. Overall, the risk for death among people with diabetes is about twice that of people of similar age but without the disease. Diabetes is also a leading cause of heart disease and stroke, as well as adult blindness, kidney failure and non-traumatic amputations. Throughout the world, there are currently 371 million people living with diabetes and another 280 million are at high risk for developing the disease. By the year 2030, about half a billion people, or one adult in 10, will have diabetes. This equates to approximately three new cases every 10 seconds or almost 10 million per year.

The majority of people who have developed type 2 diabetes are overweight. Before people develop type 2 diabetes, they almost always have “prediabetes: blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Currently, about four million more men than women have the disease. By 2030, this gender difference is expected to decrease to only two million.

Diabetes is a chronic condition. It occurs when the body either cannot produce enough insulin or suffers from “insulin resistance.” Insulin, a hormone produced by the pancreas, allows glucose from food to enter the body's cells where it is converted into energy needed for muscles and tissues to function. When a person's body does not use insulin properly, glucose is not absorbed properly and therefore stays circulating in the blood leading to a rise in blood glucose levels, a condition called hyperglycemia. Over time, hyperglycemia damages tissues.

Type 2 diabetes is the most common type of diabetes and generally appears later in life. The majority of people who have developed type 2 diabetes are overweight. Before people devel-

op type 2 diabetes, they almost always have “prediabetes: blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. People with type 2 diabetes may remain unaware of their illness for a long time because symptoms may take years to appear.

The Performance Triad and Kirk U.S. Army Health Clinic can help prevent or manage diabetes. The three components of the Performance Triad, sleep, activity and nutrition (S.A.N.), are critical to facilitating good health, preventing disease and promoting wellness and disease prevention.

Sleep: Chronic, poor sleep has serious short and long term consequences. Try to get seven to nine hours of sleep every night.

Physical activity (move): Regular exercise and physical activity can lead to long term health and reduce the risk for many chronic diseases such as

diabetes.

Nutrition: Some say that weight loss is 80 percent of what we eat.

Incorporating S.A.N, the components of The Performance Triad into your daily life can help prevent or minimize your chances of developing diabetes.

Take advantage of the free resources offered by KUSAHC. Located on the third floor of the clinic is the Army Wellness Center (AWC). AWC services are open to everyone on APG. The center offers services that help achieve lifestyle change and prevent chronic diseases. These services include health assessment review, physical fitness, healthy nutrition, stress management, general wellness education and tobacco education. For enrolled beneficiaries, KUSAHC also offers the services of a registered dietitian who can guide you on the path to good health simply by managing the food you put in your mouth.

KUSAHC will host a Lunch-and-Learn session on Diabetes Prevention and Treatment, Wednesday, Dec. 18, noon to 1 p.m. in the Ortiz Training Center (OTC) on the first floor. Join us for a healthy lunch, and get more information on diabetes from Dr. Olu-funmilayo A. Onobrakpeya, doctor of Endocrinology from the Upper Chesapeake Health Center.



Dorris Tisdale

Official Passport Agent, Garrison Human Resources

Meet Dorris Tisdale, official passport agent with the APG Garrison's Directorate of Human Resources.

Tisdale is the sole agent providing passport support to active duty military, Department of Defense civilians and Family members traveling on official orders. Her job includes screening documents for completeness and accuracy; ensuring personnel are authorized to travel;

fulfilling visa requirements and forwarding the information to the U.S. State Department. Tisdale serves the entire installation including those requiring initial passports, renewals or just visas. Customers must bring a variety of applications, forms and passport photos to the office and should always call ahead for an appointment due to the time it takes to screen paperwork, Tisdale said.

She said that with the upcoming holiday season, personnel shortages in Washington, D.C. that can delay the processing of forms and applications can be expected.

“Those with travel plans for the next 60 days, December through February, should plan accordingly,” she said.

A former CAC Operator Assistant, Tisdale has been taking care of HR customers for nine years. A “people person,” she said anyone she serves can expect a friendly smile, a caring heart and helping hands.

“The best part of my job is the customers,” she said. “Every time I meet a customer and ask where they're from, they tell me all about it and it's like going on a vacation.”

Official Passports is located in Bldg. 4305, first floor, room 134. Business hours are 8 a.m. to 4 p.m. For more information, or to make an appointment contact Tisdale at 410-306-2347 or email dorris.a.tisdale.civ@mail.mil.

Tell them you read it in the APG News

Army researchers build portable synthetic marijuana detector to curb designer drug use

By **T'JAE GIBSON**

Army Research Laboratory Public Affairs

Army researchers are building a portable drug detector that, soon, could help military and civil law enforcement agencies throughout the country more quickly detect synthetic drug use.

The U.S. Army Research Laboratory's prototype biosensor model is expected to directly detect the active chemical substitutes that help "fake pot" fade from notice in commercially available synthetic cannabinoid detectors. It would be the first field-ready test on the market.

In 2012, the Army Criminal Investigation Command, known as CID, conducted 1,675 investigations involving Soldiers and spice, bath salts, or other synthetic drugs, according to a May 2013 *Army Times* article.

The Army Research Laboratory, or ARL is collaborating with the U.S. Army Criminal Investigation Laboratory, or ACIL, on this work, as synthetic cannabinoids are a rising threat that burdens their caseload. Currently there are no fieldable detection systems to perform analysis on the spot and tests are sent back to ACIL for evaluation. ARL is attempting to build a sensor that is not only portable, but can detect an ever-changing culprit.

"Garage chemists" sneak their concoctions of chemically-laced kitchen herbs past detectors law enforcement uses today, because those biosensors are designed to find a specific molecule.

"But there are hundreds of synthetic cannabinoid variants, so a sensor that detects one specific synthetic cannabinoid that is seen on Spice or K2 would be quickly outdated as these types change regularly," said Dr. Mark Griep, the principal scientist on the project, who works in the Composite and Hybrid Materials Branch in ARL's Weapons and Materials Research Directorate.

Griep joined with Dr. Shashi Karna, an Army senior research scientist and noted international expert in nanotechnology, to form a team of government and academic scientific investigators in building a detector that "will be able to detect the whole "class" of chemicals that have an affinity for the cannabinoid receptors in the brain," Griep said. These are the receptors that are targeted by the drug and induce its effects.

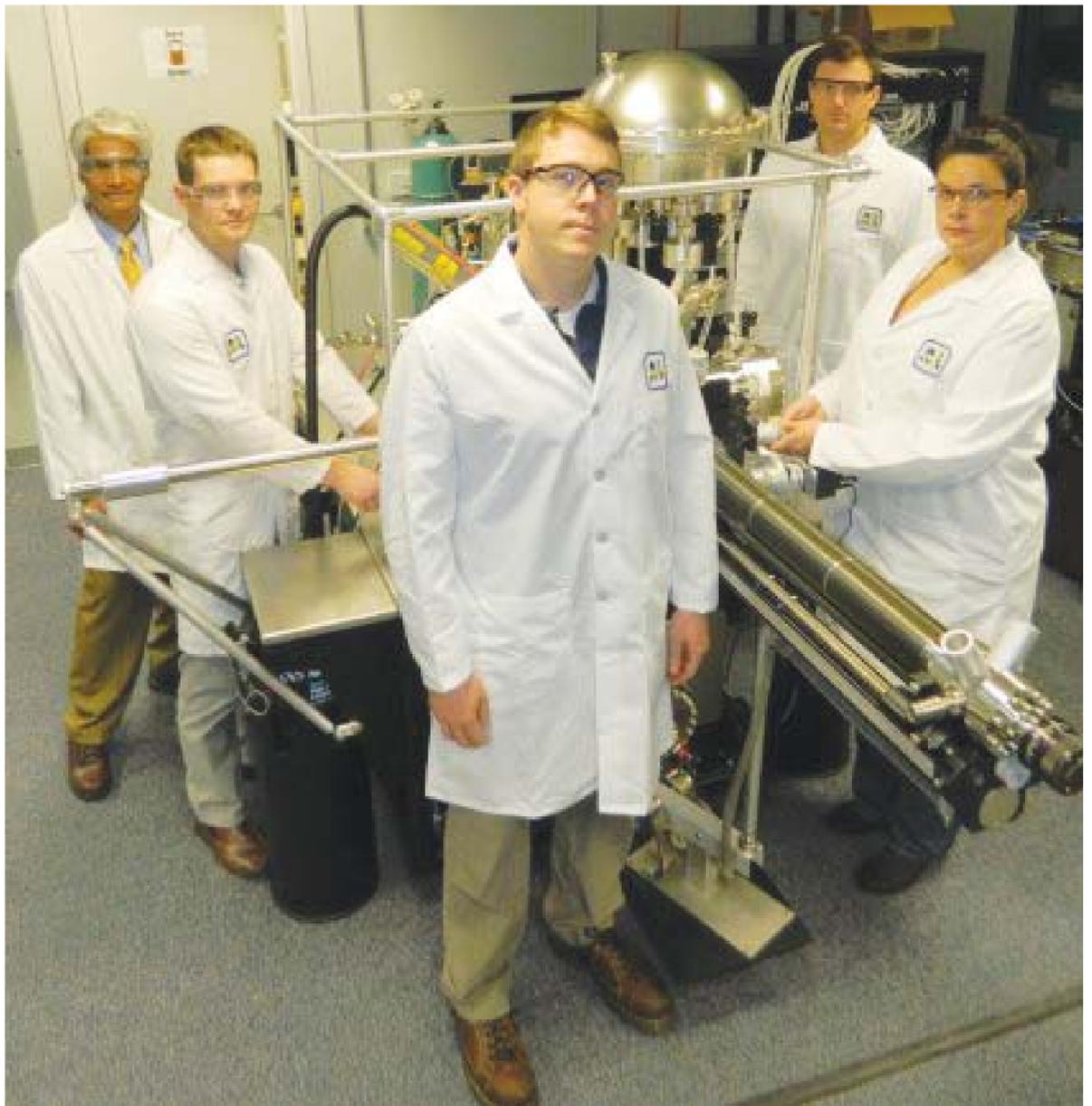
"Therefore, even if entirely new synthetic cannabinoid molecules are created, they are created to activate these receptors, so our sensor will be sensitive to them."

This work builds upon the fundamental bio-nano science conducted at ARL and the Michigan Technological University in 2008, during which a joint team of military and university researchers developed a unique opto-electronic hybrid system based on the integration of quantum dots with the highly functional protein bacteriorhodopsin, and revealed the fundamental science and mechanisms behind their interactions.

Based on this hybrid bio-nanomaterial, researchers were able to patent a system they developed that could selectively target a material, and when that target binds to the sensor it induces a change in the proteins electrical output.

With this understanding of the materials, ARL was able to develop a unique sensing platform that is amenable to functionalization toward a wide variety of airborne or liquid targets. The base platform is very generic and could be tailored it to a multitude of sensing needs, explained Griep.

"Although this bio-nano sensing plat-



U.S. Army Courtesy photo
Dr. Mark Griep (center) a materials engineer of the Composite and Hybrid Materials Branch in the U.S. Army Research Laboratory's Weapons and Materials Research Directorate. He and other researchers have built a portable synthetic marijuana detector to aid law enforcement in combating designer drug use.

form wasn't developed with drug sensing in mind, this program leverages our bio-nano sensor expertise towards a specific drug testing problem. The fact that our sensor platform has the potential to be small, lightweight, user-friendly, and fieldable in addition to being generic enough to be tailored towards synthetic cannabinoid detections made it a unique fit to fill this specific drug detection need," Griep said.

Synthetic marijuana arose from the "unfortunate manipulation of science far outside the intended purpose" to study the effects of cannabinoids on brain functioning and their efficacy in treating pain, Griep said. Several cannabinoid compounds were created to help advance the treatment of serious ailments like multiple sclerosis, AIDS, and cancer.

The protocols of basic science to communicate findings in open literature, namely the "Materials and Methods" section, "became a shopping list and recipe for garage chemists with ambitions straight out of AMC TV's *Breaking Bad*. They laced natural herbs with these molecules and advertised the product as a legal alternative to pot, with the further come-on that this substitute could not be detected in drug tests. At the same time, a warning label said the item was not for human consumption as a way to skirt watchdogs like the U.S. Food and Drug Administration," said Griep, who first

created new biosensor platforms for a DARPA-funded project in 2008.

He is tailoring bio-nanosensing platforms he created to build the synthetic cannabinoid detection platform. His research team at Michigan Technological University and ARL won the Paul A. Siple award for their efforts in Bio-Nanoelectronics at the Army Science Conference in 2010.

Griep said traditional drug-focused sensors are focused on two aspects. Finding the synthetic cannabinoids before use, which is what the ARL model is being designed to do, and detecting the drugs after use and after they have been processed in the body, which is when urine and hair analyses come into play.

"Although detecting the drug after it's in the body is standard for normal marijuana and THC [tetrahydrocannabinol] metabolites, it is hard to implement for synthetic cannabinoids since a lot of research is required to find out how each specific chemical is processed in the body. This has been figured out for a few synthetic cannabinoids, but the problem comes back to the hundreds of variants of these synthetics. A new test would need to be developed for each variant," Griep said.

There is plenty of research available that gives a sense for the complexity of the "system to process chemicals in your body. So even if there's a single atom or bond change in the material, the entire pathway could change. Thus, the end product, or what ends up in your hair or urine, could be greatly different. Every synthetic cannabinoid has a different structure or functional group arrangement, so it will be processed differently in the body," Griep explained.

The Department of the Army banned the use of synthetic marijuana for Soldiers in 2011. Recently, the Department of Defense approved the addition of synthetic cannabinoids to the approved random testing panel within the next ninety days, said Buddy Horne, drug testing manager for the Army G-1 Substance Abuse Program.

Synthetic cannabinoids are substances chemically produced to mimic THC, the active ingredient in marijuana. When smoked or ingested, they can produce psychoactive effects similar to those of marijuana and have been reportedly linked to heart attacks, seizures and hallucinations. Some abusers reported marijuana-consistent effects such as sleepiness, relaxation

and reduced blood pressure, but others have reported symptoms not common with marijuana abuse such as nausea, increased agitation, elevated blood pressure and racing heart rates.

The Michigan Technological University expects to deliver to the Army a unit to house ARL's biosensor technology in December.

ARL expects to deliver a functional prototype to ACIL by the end of 2014, but until then, Army researchers will work with collaborators from the National Institutes of Health, ACIL and the Drug Enforcement Administration to test its efficacy using real-world synthetic cannabinoid samples.

If it works well, Griep said, this device could quickly roll out to military police and civilian law enforcement agencies around the country.

ACIL is responsible for all the forensic investigation work within the DOD. In the case of synthetic cannabinoids, whenever military police investigators come across a suspicious sample or there is a synthetic drug case involving military personnel during an investigation, the contents of the sample must be evaluated and proven at ACIL.

"Since there aren't any field tests, all the characterization and analysis is done at ACIL. There are a tremendous amount of potential synthetic cannabinoid related cases, so there's quite a workload of samples arriving at ACIL," said Griep.

"If there was a good field-able sensor - our work's goal - capable of allowing law enforcement to determine if the suspicious package contained synthetic cannabinoids or not, then the ACIL workload would be cut down since only samples that actually contain synthetic cannabinoids would be sent back for analysis."

The U.S. Army Research Laboratory is part of the U.S. Army Research, Development and Engineering Command, which has the mission to develop technology and engineering solutions for America's Soldiers.

RDECOM is a major subordinate command of the U.S. Army Materiel Command. AMC is the Army's premier provider of materiel readiness -- technology, acquisition support, materiel development, logistics power projection, and sustainment -- to the total force, across the spectrum of joint military operations. If a Soldier shoots it, drives it, flies it, wears it, eats it or communicates with it, AMC delivers it.



U.S. Army Courtesy photo
Synthetic marijuana first appeared in Europe in 2004 as "herbal incense."

Aberdeen leader receives presidential recognition

By **ROBERT DIMICHELE**
CECOM PAO

Gary P. Martin, deputy to the commanding general of the U.S. Army Communications-Electronics Command (CECOM), has been recognized with the highest award for members of the federal Senior Executive Service, the Presidential Rank Award of Distinguished Executive.

Martin's award was officially announced in April but was recently recognized by Gen. Dennis L. Via, commander of the U.S. Army Materiel Command, during the November Joint Acquisition Sustainment Review event at Aberdeen Proving Ground.

Via presented Martin with a framed Distinguished Executive certificate featuring a gold emblem signed by President Barack Obama and a gold, rank award pin.

The Presidential Rank Award honors high-performing senior career employees for sustained extraordinary accomplishment. Executives from across the federal government are nominated by their agency heads, evaluated by citizen panels, and then designated by the president. Only 46 of the 6,800 members of the Senior Executive Service received the 2012 Distinguished Executive award.

The award acknowledged Martin's accomplishments in his current position and in his previous position as the Deputy to the Commanding General of the U.S. Army Research, Development and Engineering Command (RDECOM). The accomplishments



included his role in leading the move from Fort Monmouth, N.J., under the Base Realignment and Closure Act of 2005; his role as career program manager for non-construction engineers and scientists throughout the Army; his role in developing regional Science, Technology, Engineering and Math (STEM) collaborative efforts in Northeastern Maryland; and his leadership in the professional development of the workforce at APG. Specifically, Martin championed higher education opportunities for the workforce, exportable training within the Civilian Education System, the Defense Acquisition University Senior Fellows Program for APG's acquisition community and the establishments of the senior leader development program for the broader APG community in partnership with the Office of Personnel Management (OPM).

During the presentation, Martin said, "Thank you for nominating me for this tremendous honor. I have been privileged to serve at terrific commands like RDECOM and CECOM alongside the most dedicated workforce and some of the greatest professionals in the world. They are the real reason for this award today."

(From left) Gen. Dennis L. Via presents a framed Distinguished Executive certificate signed by President Barack Obama to Gary Martin, deputy to the CECOM commander, during a presentation at Aberdeen Proving Ground in November.
Photo by Marissa Anderson

Three APG NCOs inducted into SAMC

Continued from Page 1

organization - was established in 2012 under the leadership of Installation Command Sgt. Maj. Kennis Dent of the U.S. Army Communications-Electronics Command. APG Senior Leader Maj. Gen. Robert Ferrell approved the chapter in March 2012. Since then, club members have supported installation-wide events such as Military Appreciation and Veterans Day ceremonies, back-to-school and shoe drives; activities at the Perry Point VA hospital and local charities on and off post.

"The NCOs of the program continue to embody the spirit and carry on the legacy of this great American hero, Sgt. Audie Leon Murphy," said master of ceremonies, Master Sgt. David Henderson of the 20th CBRNE Command.

Ferrell, Dent and SAMC President Master Sgt. Keyana Washington of Kirk U.S. Army Health Clinic, made up the program's official party along with guest speaker, Command Sgt. Maj. Lebert Beharie of the U.S. Army Research, Development and Engineering Command.

Ferrell said the award was indicative of the honorees' exemplary performance and attention to detail throughout all phases of the competition and of their professionalism and dedication to Soldiers and the NCO Corps.

He called the event "a big deal" and commended Dent for bringing it about. Referring to APG NCOs as "truly the backbone of the installation," Ferrell praised the inductees for their achievement.

"Your demonstrated willingness to go above and beyond personifies the Sergeant Audie Murphy motto of "You lead from the front," and reflects great credit upon you, Aberdeen Proving Ground and the United States Army," he said.

The inductees included Sgt. 1st Class Joseph Conway and Sgt. 1st Class Kishann Smith from the U.S. Army Test and Evaluation Command's Army Evaluation Center and Sgt. 1st Class Tantra Peyton from the 46th Chemical

Company, 22d Chemical Battalion (Technical Escort). Each awardee received the Army Commendation

Medal, the SAMC medallion, a U.S. Army Materiel Command Certificate of Achievement and chapter plaque as well as donated gifts from local merchants.

After being introduced as "one who has worked hard to develop a professional NCO Corps," Beharie noted that the NCO Corps is "a profession that accepts only the best."

"These stripes are earned," he said. He praised the inductees for their willingness to, "serve and be part of something larger than themselves," and encouraged them to continue to mentor Soldiers as they continue the learning process.

He closed with a quote from the speech prepared for President John F. Kennedy to deliver on the day of his assassination.

"Learning and leadership are indispensable to each other," he said. "Never stop learning to be a better leader."

Before closing the program, Dent thanked Washington and the Aberdeen/Edgewood Area SAMC membership for an "outstanding job" and recognized the program's sponsors. He commended the inductees for taking care of Soldiers and their families and cautioned them that "this is just the beginning."

"People will be looking to you to set the example, day in and day out," he said. "It is you who will be training the next generation."

The inductees agreed that they were proud and relived to reach this milestone in their careers.

"It's a goal I set several years ago," said Peyton, an assistant team sergeant and a native of Belize, Central America. "Now I hope to become a greater part of serving our community."

Conway said he couldn't believe his achievement.

"It's kind of surreal," said the Research, Development, Test and Evaluation NCO from Walker, Texas. "This is something I thought I might never get. It's pretty awesome."

Smith, the current APG NCO of the Year, said he realized all eyes have been on him since he won the competition earlier this year.

"It's something I've been trying to attain the past four years," said the mil-



Photo by Yvonne Johnson
(From left) Installation Command Sgt. Maj. Kennis Dent; Sgts. 1st Class Tantra Peyton and Joseph Conway; APG Senior Leader Maj. Gen. Robert Ferrell; Master Sgt. Keyana Washington and Sgt. 1st Class Kishann Smith pose together after the Nov. 25 SAMC induction ceremony for Peyton, Conway and Smith in the Meyer Auditorium.

itary evaluator for the Fires Evaluation Directorate. "I realize now that even more emphasis will be on me to share my knowledge with my Soldiers and share my skills with my community. I'm ready."

The program included the singing of the national anthem by Pfc. Stacy Dobson, the posting of colors by Soldiers in period uniforms honoring the nation's major conflicts and the invocation and benediction by 20th CBRNE Command chaplains' assistant Sgt. 1st Class James Morris.

Dr. Mary E. Walker award

In addition to the SAMC presentations, Stacey Volodin, the spouse of Sgt. 1st Class Sergei Volodin, was awarded the Dr. Mary E. Walker Award in recognition of her volunteer service with her husband's unit and with the Ameri-

can Red Cross during the height of the Iraq and Afghanistan conflicts. Volodin also received a CECOM Certificate of Achievement. A Maryland state delegate intern, Volodin has helped raise thousands of dollars for disaster relief efforts and served as the primary organizer for her husband's Family Readiness Group while he was stationed at Fort Drum, N.Y.

A student at the University of Maryland in Baltimore, Volodin maintains a 3.85 grade point average, is a member of the Honors Program and serves as a Peer Advisor.

The award is named for the Civil War doctor and early suffragette who became the only woman to be awarded the Congressional Medal of Honor.

Sgt. 1st Class Volodin accepted the award for Stacey Volodin.

Vote Army during Army-Navy Blood Drive

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big turnout again this year. Appointment bookings for the Dec. 11 drive are already filled, but walk-ins are always welcome, he said.

Blood Donor Recruiter Victoria Fernette said it is critical that ASBP receives donations throughout the year because donor blood has a limited shelf-life.

"The purpose of the Army-Navy Blood Drive Challenge series is to spur an increase in donations during a time

of year that is typically met with a significant seasonal decrease in donations," she said.

Donors are encouraged to maintain a list of medications they may be taking and present it during the donor interview process. They should try to remain in good health, eat a meal and hydrate well in advance of donating blood.

"Proper nutrition and adequate hydration are critical to ensuring acceptability of donated units," Fernette said. "It is also important to refrain

from vigorous physical activity the day an individual chooses to donate blood and to take special care afterward for proper recovery."

Donors will also be required to show a valid ID at registration. Fernette said donors can pre-register at www.militarydonor.com.

She added that while Fort Myer, Va. is APG's biggest competitor, APG was the largest single-installation contributor during last year's Army-Navy

Blood Drive.

For more information about the APG Army-Navy Blood Drive Challenge, contact Mozeleski at 410-278-3000 or email: richard.d.mozeleski2.civ@mail.mil.

ASBP blood drives are held at APG North and APG South on a quarterly basis. To learn more about ASBP, visit www.militarydonor.com. Interaction with staff members and ASBP updates are also available at www.facebook.com/militaryblood.