



APG safety policies for motorists, pedestrians clarified

By **RACHEL PONDER**
APG News

Everyone on Aberdeen Proving Ground, be it Soldier, civilian, contractor, Family member, guest or visitor, is required to follow post policies and regulations regarding safety. These regulations are enforced by the Directorate of Emergency Services to protect the safety of the entire community. The information below addresses some common concerns. More information about safety regulations can be found on the Installation Safety Office website at www.apg.army.mil/apghome/sites/installation/iso/index.html.

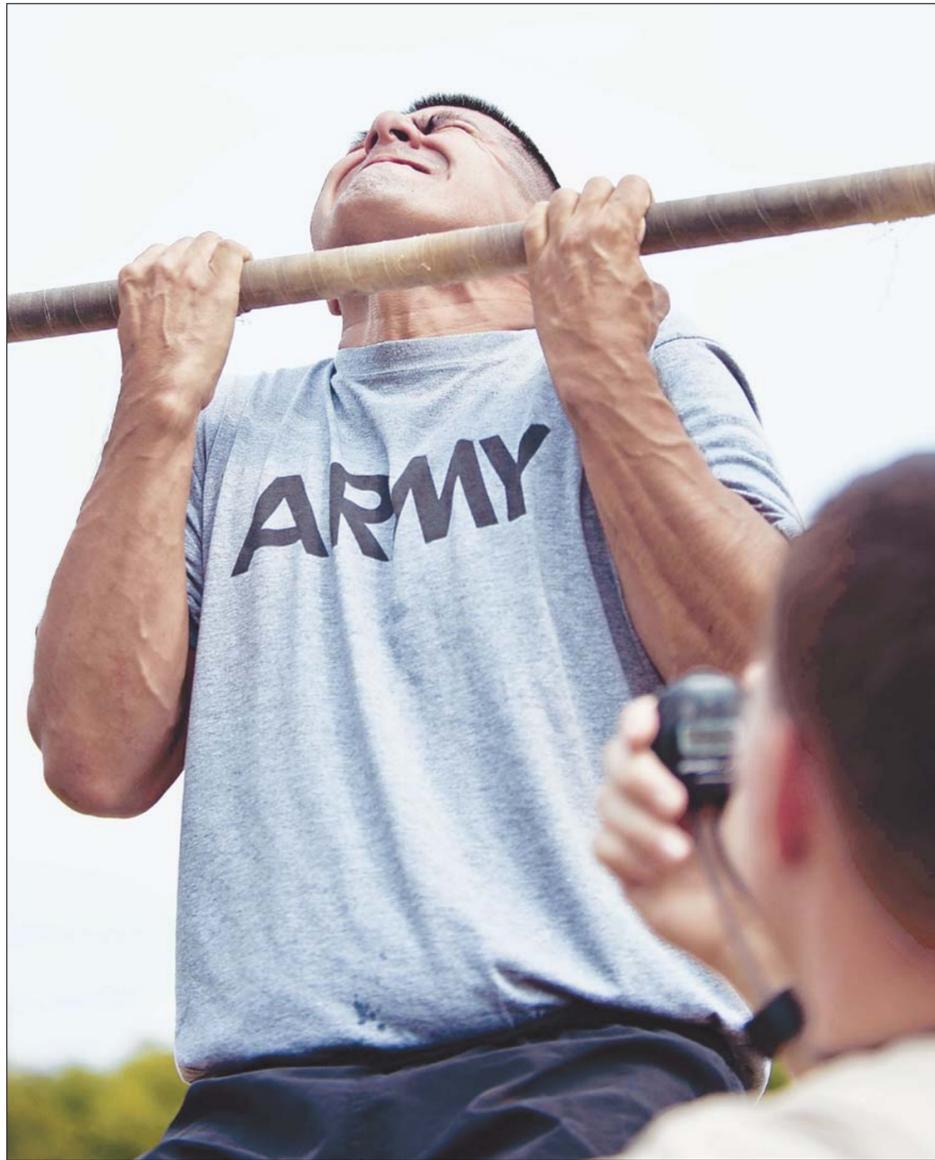
Motorist and pedestrian responsibility

Ronald Kravitz, from the Installation Safety Office, said drivers should always be on the lookout for pedestrians. Bad weather, fast-moving traffic, poor visibility and inattentive drivers or pedestrians all increase the likelihood of an accident.

“Just think of the psychological impact to you, the driver, if you hit someone,” he said. “On average a pedestrian is killed or injured in a traffic

See **THINK**, page 10

USAPHC Soldiers earn German armed forces proficiency badges



By **CHANEL S. WEAVER**

Public Affairs Office
U.S. Army Public Health Command

As she embarked on her journey to complete a 12-kilometer road march across rough terrain in less than two hours while carrying a 33-pound rucksack, Pfc. Michelle Knevitt couldn't help but wonder what had she gotten herself into.

“I was so exhausted, and I felt that I just couldn't make it,” said Knevitt, a preventive medicine specialist at the U.S. Army Public Health Command headquarters.

But her battle buddies wouldn't let her quit.

“She was just a few miles shy of the finish line, and we knew that she could do it,” said USAPHC Headquarters 1st Sgt. John Castillo.

The support and motivation of her team members helped propel Knevitt forward.

“If it wasn't for my fellow Soldiers, I would have given up,” said Knevitt. “I had to use every ounce of energy and muscle I had to make it through the final stretch.”

Knevitt's hard work and

See **ELEVEN**, page 10

USAPHC headquarters 1st Sgt. John Castillo grimaces as he hangs onto a horizontal bar during the physical fitness testing portion of the German Armed Forces Proficiency Badge competition.

Photo by Christina Graber, USAPHC

Storm Water Management Ponds off limits

Storm water management ponds and drainage channels located throughout Aberdeen Proving Ground and within housing areas are designed to effectively manage surface water during rain events. These ponds or channels are not intended for use as a play area for children or pets.

To ensure children's safety, parents must be vigilant about preventing children from playing in or near these areas. Corvias Military Living asks for assistance in ensuring that all Family members, including children, understand that playing in or near these ponds/channels is strictly prohibited. These areas are not playgrounds and can present hazards.

For more information or comments, contact the Corvias Community Office at 410-305-1076.

Fun fall events at APG



By **RACHEL PONDER**
APG News

Want to do something fun this fall? The APG community is hosting a variety of fall activities for all ages. Best of all, these activities are free.

VTF Halloween Costume Extraganza

Now through Oct. 31, the APG Veterinary Treatment Facility, Bldg. 2479 on Oakington Street invites pet owners to show off their pet's Halloween costume. Owners can bring their pet to the VTF in costume and a staff member will take a photo, or owners can provide a picture of their pet to the facility. The pictures will be posted on the facility's community bulletin board throughout the month of October. At the end of the month, Oct. 31, the photos will be judged by disinterested parties and the top three partic-

ipants with the most votes will have their photos published in the following week's issue of the APG News. This contest is open to everyone.

For more information, call 410-278-4604.

Family Night Pumpkin Carving

Friday, Oct. 25, 5:30 to 7:30 p.m.
Location APG South (Edgewood) youth center, Bldg. E1902

Bring your Family and have fun carving and painting pumpkins with the staff at the APG South (Edgewood) youth center. Enjoy ghoulish goulash, gobble'em biscuits and pumpkin dessert. The youth center will provide one pumpkin per Family and carving tools. Paints and veggies

See **APG FALL**, page 10

Johnson named APG News assistant editor

PAO Staff

The APG Garrison Public Affairs Office is pleased to announce that long-time APG News contract photojournalist, Yvonne Johnson, has been promoted to the position of Assistant Editor of the APG News. Johnson's promotion took effect Oct. 14.

An employee of the Baltimore Sun Media Group, Johnson will supervise BSMG contract photojournalist Rachel Ponder, contract page designer Molly

Blosse and a second contract photojournalist who will replace Johnson, yet to be hired.

Johnson has been on the APG News staff since 1999. A native of Long Island, N.Y., she retired from the Army in 1994, and obtained her Bachelor of Science degree in Communication Arts from Austin Peay State University in 1998. Since joining the APG News staff she has won or contributed to more than a dozen awards from the Maryland, Delaware

& D.C. Press Association; the Department of the Army Keith L. Ware journalism awards competition, and from the U.S. Army Installation Management Command.

Garrison Chief of Public Affairs, Kelly Luster, said the staff could not be more pleased about Johnson's promotion.

“Yvonne has worked long and hard for this well deserved promotion,” he said. “We're very fortunate to have her skills and experience on our news staff and

we're excited about what she brings to its future as the assistant editor.”

“She has great ideas to add to upcoming changes on tap for the APG News that will make it a fresher and more vibrant publication for APG readers. Stay tuned.”



WEATHER

Thurs.



74° | 54°

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ICE system
<http://ice.disa.mil/>
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Government Shutdown

Know where to go for the latest updates

Financial and stress counseling available.

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OPINION

STREET TALK

What are your favorite fall traditions?

Oktoberfest; I like the music, the live bands and drinking German beer. It is a chance to break from the routine. You can just relax and have fun.



Spc. Natasha Roberts
MRICD

I look forward to Thanksgiving. This holiday gives you a chance to bond with Family members you don't normally get to see. I also enjoy the good food and watching football.



Cadet Terrence Squakins
Freestate Challenge Academy

I look forward to celebrating Halloween and Thanksgiving with my children. Now that they are older, they understand what is going on and they get excited. We enjoy going trick-or-treating, carving pumpkins, and going to fall festivals.



1st Lt. Monique Eddins
22D Chemical Battalion

I definitely look forward to watching football. I am a huge Ravens fan. I also play two-hand touch football. Fall is a great season with the change of weather, beautiful scenery and pumpkin flavored food.



Lauren Lynch
Army Wellness Center

CG sends thanks to Team APG

As almost everyone who reads the APG News is aware, the past few months have proven to be a challenging time – especially for our civilian employees and their Families as the summer furlough, along with the more recent furlough during the first week of October, resulted in a very-real hardship for our workforce. I want to express my deepest thanks for the patience, professionalism, dedication and commitment to ‘TEAM APG’ - which our civilian professionals have demonstrated throughout this period. Each and every member of our APG Team is a vital part of our organization and we need your talents, skills and abilities to build the Army and Joint Force of the future.

Recognizing the challenges that some of our fellow team members may be confronting, I wanted to highlight that our APG’s Employee Assistance Program - which provides confidential evaluation, counseling assistance, and referral services for DA civilian employees, retirees, and family members of active duty military and civilian employees - is located in Bldg. 2477 and be reached at 410-278-5319 or by e-mail to Robinstine.stokes.civ@mail.mil. In addition, our Installation and Command Chaplains are a tremendous resource for those in need and the most current information and our Unit Ministry Team points of contact can be found at: <http://www.apg.army.mil/apghome/sites/installation/chaplain/>

As challenging as the recent months have been, we are pleased that many of the vital support services APG offers for our service members, civilians and Families are operational and that we have been able to maintain the quality of life which makes APG such a great installation for those who serve and live here.

I also know that our APG Team and our surrounding communities were looking forward to this year’s second annual Oktoberfest commemoration. However, given the current fiscal environment and the many competing demands placed on our resources, we have reluctantly made the decision to cancel this year’s Oktoberfest, so we are better able to prioritize our



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efforts and ensure our APG military members, civilians and Families receive the best possible support and access to our most critical installation services and programs. I know that the tremendous relationship we enjoy with our local communities will continue to grow and we look forward to building on the great partnership APG has with the leaders and residents of this region.

For the latest information on installation operations, support services and all upcoming events at APG, I encourage everyone to read the APG News, and to checkout our website at: <http://www.apg.army.mil/>. In addition, please follow our APG Social Media resources at the installation Facebook page (www.facebook.com/APGMd) and on Twitter (www.twitter.com/USAGAPG) – which will be updated with the most current APG news.

Once again, I want to thank the entire APG Team for all you are doing to meet our current challenges and ensure a bright future for Aberdeen Proving Ground. Army Strong!

Maj. Gen. Robert S. Ferrell

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



APG Oktoberfest cancelled

Leadership at APG has canceled the Oktoberfest Celebration that was previously scheduled Oct. 10-12, then postponed until Oct. 25-27.

The 2nd Annual “Hoohah with Oompah” Oktoberfest was planned as an event to foster relationships and continue to strengthen existing bonds with the surrounding communities and as a way to thank supporters for unwavering commitment over the past 90 years and continued support as APG continues to evolve.

Maj. Gen. Robert S. Ferrell, APG Senior Commander, said there were many factors and compelling reasons considered before making the final decision to cancel the event.

“I know our APG Team and our surrounding communities were looking forward to this year’s second annual Oktoberfest

Commemoration,” said Ferrell. “However, given the current fiscal environment and the many competing demands placed on our resources, we have reluctantly made the decision to cancel this year’s Oktoberfest, so we are better able to prioritize our efforts and ensure our APG military members, civilians and families receive the best possible support and access to our most critical installation services and programs.”

Ferrell added “I also know that the tremendous relationship we enjoy with our local communities will continue to grow and we look forward to building on the great partnership APG has with the leaders and residents of this region.”

Media are advised to contact the Aberdeen Proving Ground Public Affairs Office with further questions. Teresa.a.kaltenbacher.civ@mail.mil or 410-278-3775.

Leave Donations Employees eligible for donations in the Voluntary Leave Transfer Program

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.

Bridges, Navondi
Kennedy, Sandra
Lamar-Reeve, Kellie
Sosa, Laurice
Samler, Jennifer
Parker, Inger
Bristol, Julie
Crawford, Curtis
Winne, Janeen
Evans, Doretha
Grunde, Rachel
McClintock, Jill

Smith, Deborah A.
Rodriguez, Pedro
Barrett, Patrick
Blethens, Matthew
Decker, Kathy
Rodriguez, Alex
Nahrgang, Margaret
Crawford, Iris
Jones, Deborah
Eberhardt, Joanne
Ludolph, Kerry
Tims, Samuel

France-Haff, Cheryl
Dillie, Amanda
Hoffman, William
Park, Jessica
Blethen, Lena
Shelton, Lena
Conigliaro, Kenneth
Garabo, Ryan
Robinson, Jennifer
Mayes, Katherine
Sumic, Angie
Griffith, Owen

APG SEVEN DAY FORECAST

Thurs



74° | 54°

Fri



66° | 49°

Sat



67° | 67°

Sun



66° | 44°

Mon



59° | 47°

Tue



65° | 49°

Wed



62° | 44°

APG NEWS

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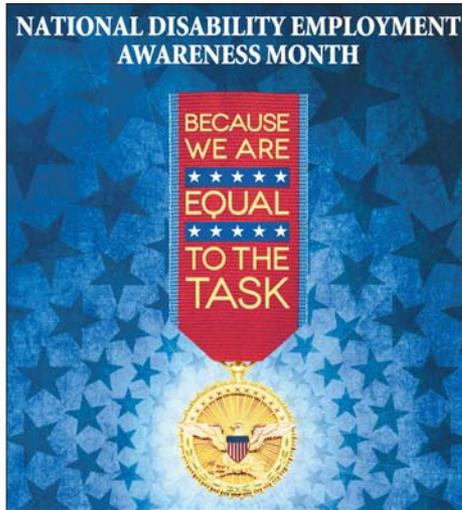
publication to the APG Public Affairs Office, Building 305, IMAP-PA, APG, MD 21005-5001; call the editor at 410-278-7274, DSN 298-7274; send a fax to 410-278-2570; send e-mail to patricia.g.beauchamp.civ@mail.mil or contact reporters Yvonne Johnson, yvonne.johnson5.ctr@mail.mil or 410-278-1148, or Rachel Ponder, rachel.e.ponder2.ctr@mail.mil or 410-278-1149.

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

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Team APG hosts disability awareness workshops



By **RACHEL PONDER**
APG News

In honor of National Disability Employment Awareness Month, Team APG hosted free workshops for military, retirees and civilians in the Mallette Training Facility Oct. 9. The event was sponsored by the U.S. Army Public Health Command.

Held each October, National Disability Employment Awareness Month is a national campaign that raises awareness about disability employment issues. The NDEAM theme for 2013 is "Because we are EQUAL to the Task." Work-

shops held at APG included "Understanding Reasonable Accommodations" by Frank Roig from the APG Civilian Personnel Advisory Center, "Revisiting Your VA Claim" by Cindy Smith from USAPHC and "A Brief Overview of Disability Retirement" by Jill McClintick of CPAC.

"This was a great event; we thought it was important to provide this information to the APG community despite the fact that we are currently in a government shutdown," said USAPHC Equal Employment Opportunity Advisor Linda Patrick, who helped organize the event.

According to Garrison EEO Officer Rosa L. Garris-Turner, a workforce containing two percent of individuals with targeted disabilities is the Army's goal. APG's self identification is at 0.47 percent, or 55 employees, which is below the Army's goal. Targeted disabilities are deafness, blindness, missing extremities, partial paralysis, complete paralysis, epilepsy, severe intellectual disability, psychiatric disability and dwarfism. Five percent of the APG workforce or 582 employees have self identified as other disabilities.

Garris-Turner said those with a disability should self-identify as this infor-

mation provides a snapshot of the APG workforce.

"This information can help us identify potential barriers to employment," she said.

For more information about self-identifying call 410-278-1140, or e-mail, rosa.l.garristurner2.civ@mail.mil.

Attendees said they found the workshops informative.

Attendee Tony Shumpert from the U.S. Army Communications-Electronics Command Field Sustainment Support Division said he thought attendance to briefings on reasonable accommodations should be mandatory for supervisors.

"All this should be a requirement," he said.

Earl Thurman Whitley III, from USAPHC, said he enjoyed the interactive workshops.

"I liked how the presenter Mr. Roig used basic and complex scenarios that supervisors may encounter to present the information," Whitley said. "The other attendees also brought a wealth of knowledge to the training."

Mike Zajicek, a U.S. Army Research Laboratory civilian and a military veteran said he felt more informed after attending Smith's "Revisiting your VA Claim" workshop.

"Cindy was very knowledgeable. Hopefully after speaking with her I can get the ball rolling on receiving my medical benefits," he said. "Vets do not receive this information unless they ask questions. I feel relieved."

Smith, a military veteran and a former service officer for the Maryland Department of Veterans Affairs, said she also offers pro bono counseling at Veterans of Foreign Wars Post 5337 in Abingdon.

"I am very passionate about helping veterans," Smith said. "Veterans deserve guidance. Receiving these benefits can make a huge difference; these benefits can help get veterans off the streets. I have seen it happen."

For more information contact Smith at serviceofficer.vfw5337@gmail.com.

Patrick said Team APG plans to host future "Revisiting Your VA Claim" and "Understanding Reasonable Accommodation" workshops. Dates, times and location will appear on the APG Facebook page at <https://www.facebook.com/APGMd> and in the "Mark Your Calendar" section of the APG News. For more information contact Installation EEO Advisor Tracy Marshall from CECOM at 443-861-4366, or EEO Specialist Tiphonie Pharris, from the Garrison EEO Office, at 410-278-1131.

APG Prescription Take-Back Campaign

By **YVONNE JOHNSON**
APG News

The APG Army Substance Abuse Program (ASAP) and DES Community Policing/DARE have developed numerous drop-off opportunities for the APG community to properly dispose of expired, unused and unwanted prescription and over-the-counter medicines during the APG Prescription Take Back Campaign.

The campaign is held in conjunction with National Prescription Drug Take-Back Day, a Department of Justice/Drug Enforcement Administration program that seeks to provide a safe, convenient, and responsible means of disposing of prescription

drugs, while also educating the general public about the potential for abuse of medications.

National Prescription Drug Take-Back Day is Oct. 26.

On APG, drop off sites are available Monday, Oct. 21 through Friday, Oct. 25 at the APG North (Aberdeen) police station, Bldg. 2200, 24 hours; the APG South (Edgewood) police station, Bldg. E4420, 24 hours; and at Kirk U.S. Army Health Clinic, Bldg. 2501, 7 a.m. to 4:30 p.m.

Special one-time drop off dates and sites include:

Friday, Oct. 18, 22D Chemical Battalion, Bldg. E1942, 11 a.m. to 1 p.m.

Tuesday, Oct. 22, Myer Auditori-

um, Bldg. 6000, 11 a.m. to 1 p.m.

Wednesday, Oct. 23, ATEC, Bldg. 2202, 11:30 a.m. to 1 p.m.

In addition Harford County has set up the following Take Back sites for Saturday, Oct. 26:

Harford County Office Building, 220 S. Main Street, Bel Air

Havre de Grace police station, 715 Pennington Avenue

Maryland State Police Barrack D, 1401 Bel Air Road, Bel Air

The Take-Back campaign is one way for people to rid their homes of unused and potentially dangerous drugs, according to Cindy Scott, ASAP prevention coordinator.

Scott said that studies show that

teens often get drugs from inside their own homes or from relatives' homes. She said it's also important that medications are not left unsecured in medicine cabinets or even in desks at work.

"How we control our medications, as well as where we store them can make a difference in public safety," Scott said.

For more information, contact Scott at 410-278-4013 or DES Detective Mike Farlow at 410-278-3609.



USAPHC wins Military Softball Tournament

By **YVONNE JOHNSON**
APG News

After the dust settled from the intramural softball competition in September, MWR hosted a Military Softball Tournament for post military units and bragging rights. On Oct. 3 the U.S. Army Public Health Command team defeated the 22D Chemical Battalion (TE) 26-7 for its second consecutive post championship at the APG South (Edgewood) sports field.

PHC Coach Marc Rattigan called the team's willingness to step up after a nearly month-long layoff and play so well, "uplifting."

"It was a last hurrah because many of us won't be returning next year," he said.

After three years at APG as a behavioral health NCO and a member of the APG Audie Murphy Club, Rattigan is heading to Joint Base San Antonio.

He credited co-coaches Kelby Mowery and Ryan Diem with providing the team's strong foundation and he attributed the team's success to its great chemistry.

"Any given day they [Mowery and

Diem] could be counted on to step up," he said. "They've been rocks."

"We're a close team on and off the field," he said. "We know each other well."

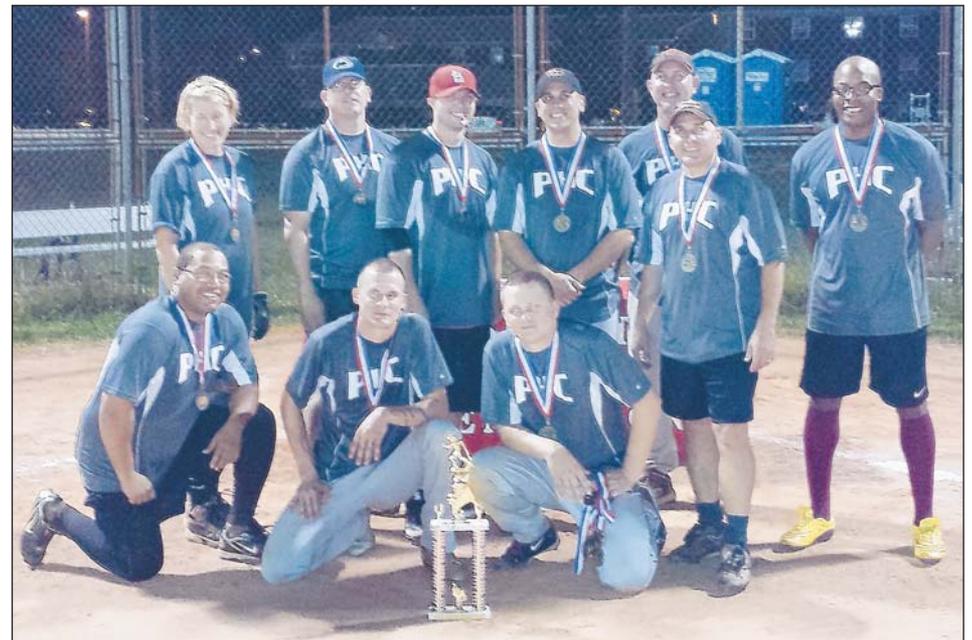
He said he gave the game ball to PHC commander, Maj. Gen. Dean Sienko.

"This was for the PHC and our commander who supports us completely," he said.

The 22D Chem. team returned from deployment just in time for the tournament. It missed the entire regular season. Coach Douglas Nelson put the team together in a week. He said the score was no indication of how competitive the team is.

"We normally would have had two teams but couldn't this year," he said. "Their resilience was great. We talk about pulling together all the time and this time we did it well enough to earn second place so nobody's holding their head down."

"Most definitely we'll be back to compete next year. Everyone else had better watch out."



(Top) Members of the USAPHC intramural softball team pose with their medals and trophy after winning the Military Softball post championship Oct. 3. From left, front, Avery Jones, Stephen "Benny" Murray and Coach Ryan Diem. From left, rear, Ann Schiavetta, Brad Nindl, Chase Potter, Coach Marc Rattigan, Coach Kelby Mowery, Scott Newkirk and William Spruill.

(Below) Members of the 22D Chemical Battalion (TE) clinch second place in the Military Softball post championship after missing the entire regular season. Team members include (from left) Terry Blunt, Jeremy Strait, Coach Douglas E. Nelson, Matthew Reed, Christopher Sickels, Carmela Brown-Nelson, Joshua Thomas, Johnny Arias, Maria Barrett and Jason Bryan.

Courtesy Photos



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

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Click on "ARMY" then "Aberdeen Proving Ground."

Sango silvers in third armed forces appearance

Story and photo by
YVONNE JOHNSON
APG News

Every year that Master Sgt. Sheila Sango of the U.S. Army Test and Evaluation Command has qualified to play golf at the All Army level she's done better than the year before.

This was Sango's third year of actually making the All Army team which went on to compete in the 2013 Armed Forces Men's and Women's Golf Championship, held Sept. 12-19 at Marine Corps Recruit Depot, Parris Island, S.C.

The All Army women won second place silver after winning third place last year. Navy women came in first with the Air Force in third and the Marine Corps, fourth.

On the men's side, Air Force came in first with the Marine Corp second, the Army third and the Navy fourth.

"Every year I get better and better," Sango said, adding that the first and second place teams are the only ones that "medal."

She said she was happier with her performance during this year's outing than during her previous trips to the All Army level and she credited Ruggles PGA Pro Jeff Litteral with helping improve her technique and knowledge of the game.

"He was one of the most contributing factors of me doing well," she said. "He worked with me continually and shared every bit of knowledge he could to help me out."



Master Sgt. Sheila Sango of ATEC shows off the silver medal and plaque she brought home from the 2013 Armed Forces Golf Championships. As a three-time member of the All Army Women's Team, Sango ranks with the U.S. military's top golfers.

She said it was not unusual for her to be on the Ruggles Golf Course driving range before sun up and that the grounds crews would just work around her.

"Everyone at Ruggles has been wonderful," she said. "I could feel my game

improving over time."

The ATEC command, Sango said, could not be more supportive.

"I couldn't ask for a better group of Soldiers and civilians to work with," she said. "Even while I was gone they were send-

ing supportive e-mails to check on my progress."

While each year of competing with the military's top players has been special, Sango said that this competition was the most memorable as it is likely her last one.

"I will miss them," she said of her teammates Col. Shauna Snyder of Fort Belvoir, Va., and Maj. Sunny Mitchell of Nashville, Tn.

"Even though we're competing you want them to do well because combined totals count. So we've gotten to know each other and we cheer each other on and even offer advice to help each other's game. Just the thought of not seeing them again made this year much more special. I just feel like golf is a blessing. God gives everyone gifts and you shouldn't waste those gifts."

As much as she loves the sport, Sango scoffs at the thought of "going pro."

"I could never do that. Then it would be a job and I want it to remain fun," she said. "But I would love to teach children the game of golf. Golf teaches you that it's okay not to be perfect. It's okay to be second or third if you know you tried hard. And that's a part of growing up."

Sango is considering retirement but for now the ATEC Retention NCO is undecided about hanging up her boots.

"I still love the Army and I love helping Soldiers so I don't think I'm done yet," she said. "I know there's something else out there for me but for now, helping that one Soldier is all that matters to me."



Mike Slayman

Assistant chief of EMS operations

Meet Mike Slayman, assistant chief of Emergency Medical Service (EMS) operations for the Directorate of Emergency Services.

Slayman oversees the daily operations of the DES Fire and Emergency Services medical division. This includes employing evaluations of advanced life

support procedures, ensuring equipment is maintained and operable, overseeing the cardiopulmonary resuscitation (CPR) and automated external defibrillator AED training program; and providing first aid and advanced life support training to physicians and nurses.

Slayman said six Advanced Life Sup-

port instructors on the DES staff help make his job easier.

"We have a deep core group of paramedics which allows us to run these programs as well as conduct in-house certifications," he said.

With ongoing first aid programs focused on training civilian personnel at remote sites, Slayman said programs such as Emergency Response Drills can only aid in advancing lifesaving skills.

"Our goal is to help people know what to do in the event of a medical emergency," he said. "We're pushing public education, face-to-face training with risk assessments to ensure they are prepared to respond appropriately.

"Knowing what to do during a medical emergency eliminates the panic factor," he added. "Like a drill sergeants

yelling, it trains you to make a decision in a stressful environment.

"I've been doing this since 1986 and the best part about it is knowing that even if I'm personally not there, hopefully someone I trained is there to make a difference."

Slayman said that APG civilians, Soldiers and organizations are welcome sign up for training in the monthly CPR/AED classes set to restart in January. The training is mandatory for Child Development Center or Family Child Care certifications.

The 2014 schedule appears in this issue.

For more information or to set up training, contact Slayman at 410-306-0566 or e-mail michael.p.slayman.civ@mail.mil.

MARK YOUR CALENDAR

TODAY SOCIETY OF AMERICAN MILITARY ENGINEERS MEETING

The October meeting of the Society of American Military Engineers Chesapeake Post will be held at the Wetlands Golf Club, Aberdeen, Md., at 11:30 a.m. Ed Adams, Director of Public Works for Baltimore County is the featured speaker. Adams will focus on Baltimore County's consent decree with the EPA, and its financial, policy and management ramifications for the DPW and the county. He will also discuss the general state of infrastructure and developments in waste-to-energy of the county. For reservations, send an e-mail to rsvp@fredward.com. Walk-ins are also welcome. For more information call 410-638-9699.

HALLOWEEN BLOOD DRIVE

Give the treat of life this Halloween. Follow the blood drop signs to the ASBP Blood Drive at the APG South (Edgewood) recreation center, 9 a.m. to 1 p.m. The Armed Services Blood Program can provide blood and blood products to injured service members, a child undergoing cancer treatments or a Family member in need of heart surgery. There always is a need for this priceless gift. Donors can register online at <http://www.militaryblood.dod.mil/Donors/> or walk-in 9 a.m. to 1 p.m.

For more information, contact Sgt. Eric Jimenez, U.S. Army Public Health Command, at eric.jimenez3@us.army.mil or call 410-417-0149.

FRIDAY OCTOBER 18 SAFETY STAND DOWN

The 22D Chemical Battalion (TE) will host its 4th Annual Safety Day Event 9 a.m. to 1 p.m. at Bldg. E1942 in APG South (Edgewood). The event is the unit's annual Safety Stand Down. It includes safety related displays and demonstrations by installation, local and state agencies. They include the Maryland State Police seat belt converter; the Harford County Sheriff Department; the Maryland State Highway Motor Assistance Division; the Maryland Department of Transportation – motorcycle training/licensing; Mid-Atlantic Foundation for Safety and Education, the Joppa-Magnolia and Abingdon fire departments and much more.

The day includes a vehicle extrication demonstration by APG Fire and Emergency Services firefighters.

The Annual Safety Day Event is mandatory for 22D Chemical Battalion Soldiers. Family members and all other APG Soldiers and civilians are welcome. All activities will be cancelled in the event of inclement weather.

For more information, contact Lloyd Wallace, 22D Chemical Battalion occupational health & safety officer, at 443-949-6490.

SATURDAY OCTOBER 19 MILITARY RETIREE APPRECIATION DAY

CANCELLED

SUNDAY OCTOBER 20 ARMY TEN MILER SUP- PORTS TEAM APG

Are you participating in the Army Ten Miler in Washington, D.C.? If so APG MWR wants to support your efforts. Provide your registration information to receive:

- TEAM APG T-shirt
- Information about race packet pick up support
- TEAM APG Hoah Tent information
- Other support as determined

Send registration information to marni.allison@us.army.mil. For more information, contact Byron Reasin at 410-436-3375 or e-mail byron.a.reasin.naf@mail.mil.

MONDAY OCTOBER 21–25 PRESCRIPTION TAKE BACK CAMPAIGN

The APG Army Substance Abuse Program (ASAP) and DES Community Policing/DARE have set up several sites for the community to dispose of expired, unused or unneeded prescription and over-the-counter medicines during the APG Prescription Take Back Campaign.

Drop-off sites are available Monday, Oct. 21 through Friday, Oct. 25 at

the APG North (Aberdeen) police station, Bldg. 2200, 24 hours; the APG South (Edgewood) police station, Bldg. E4420, 24 hours; and at Kirk U.S. Army Health Clinic, Bldg. 2501, 7 a.m. to 4:30 p.m.

Special one-time drop off dates and sites include:

Friday, Oct. 18, 22D Chemical Battalion, Bldg. E1942, 11 a.m. to 1 p.m.

Tuesday, Oct. 22, Myer Auditorium, Bldg. 6000, 11 a.m. to 1 p.m.

Wednesday, Oct. 23, ATEC, Bldg. 2202, 11:30 a.m. to 1 p.m.

For more information, contact Cindy Scott, ASAP prevention coordinator, at 410-278-4013 or DES Detective Mike Farlow at 410-278-3609.

WEDNESDAY OCTOBER 23 FALL TECHNOLOGY EXPO

ECBC/CIO and Federal Direct Access Expositions (FDAE) will present the 2013 APG Fall Information Technology Expo 9:30 a.m. to 1:30 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326 Erie Street.

Vendors will display the latest in state-of-the-art technologies covering everything from cyber security to office supplies. Attendance is free and open to active duty, government civilians and contractor personnel with access to Aberdeen Proving Ground. Refreshments will be served. Register online at <http://www.fdaexpo.com/register.php?id=130>

For more information, contact Mary McCully, ECBC/CIO Acquisition Team, at 410-436-2625, e-mail mary.p.mccully.civ@mail.mil; or call FDAE toll free at 877-332-3976.

PINK OUT WALK FOR BREAST CANCER

Kirk U.S. Army Health Clinic will mark Breast Cancer Awareness Month with a 2-mile Pink Out Walk around the clinic from noon to 1 p.m. This is a KUSAHC event but all APG Soldiers and civilians are welcome to participate. Bring your own reflective belt and don't forget to wear pink!

For more information, contact Public Health Nursing at 410-278-1771.

RED RIBBON CONTEST UNDERWAY

The National Family Partnership (NFP) announces the national contest for its 28th annual Red Ribbon Week is Oct. 23-31. Students can enter to win \$1,000 for their K-12 school and an iPad for the home.

To enter:

Students bring the Red Ribbon Week® message home by working alongside parents to decorate their front door, mailbox or fence with a red ribbon and this year's theme "A Healthy Me Is Drug Free."

Take a photo with the family and your Red Ribbon Week® decoration, and then upload to <http://redribbon.org/contest> by Nov. 4. Must be 18 or older to upload to the site.

The voting begins Nov. 5-19. Ask your family and friends to vote for your entry at <http://redribbon.org/vote/>.

Ten lucky winners from regions across the U.S. will win.

Winners will be announced Dec. 6 on <http://redribbon.org/> and recognized at winning schools throughout December.

This campaign is for the prevention of drug and alcohol abuse by youth.

The DEA is co-sponsoring this year's national contest - the nation's oldest and largest drug prevention campaign, reaching more than 80 million people nationwide.

THURSDAY OCTOBER 24 RESTORATION ADVISORY BOARD MEETING

The next RAB meeting will be held 7 p.m. at the Ramada Conference Center 1700 Van Bibber road in Edgewood at I-95 exit 77. The topic of discussion will be an update on The Remedial Action Operations Sites.

FRIDAY – SUNDAY OCTOBER 25-27 OKTOBERFEST

CANCELLED

FRIDAY OCTOBER 25 3RD ANNUAL HALLOWEEN SCHOLARSHIP GOLF SCRAMBLE

The Lt. Gen. Alfred J. Mallette Chapter and AFCEA Aberdeen Chap-

ter present the 3rd Annual Halloween Scholarship Golf Scramble at Ruggles Golf Course. (Costumes Encouraged!) Three Club Limit, putters will be provided.

Shotgun Start at 9 a.m. Followed by Pig Roast Dinner at Ruggles and Final Fridays

Cost: Active Duty Officers- \$35, Enlisted Soldiers - \$15, All others - \$100; includes golf cart, green fees, BBQ

Sponsorships available. For more information or application, contact Kit Roache, P.O. 7376, Shrewsbury, N.J. 07702; call 732-778-4005 or e-mail kitroache@verizon.net

TUESDAY OCTOBER 29 FOOD AND FACTS AT TOP OF THE BAY

Join the staff from CMU's Global Campus at APG for a delicious free lunch and information about the Master of Science in Administration degree at the Top of the Bay, 11 a.m. to 1:30 p.m. To RSVP or for additional information call Barbara Jenkins at 410-272-1532."

THURSDAY OCTOBER 31 HALLELUJAH HARVEST

The Main Post Chapel will host an "alternative to Halloween" with a Hallelujah Harvest Celebration for military and civilian families, singles and retirees 5:30 to 7:30 p.m.

The celebration includes refreshments, cake walk, fish pond, funnel cakes, slushies, popcorn, games for all ages with neat prizes, balloon pops, piñatas, face painting, crafts and much more. Each child and youth will receive a bag of assorted candy and goodies as a "treat without a trick." Come out and enjoy this free, fun and safe celebration.

The donation of a non-perishable item is requested.

For more information contact Gerri Merkel, APG Director of Religious Education, at 410-278-2516 or e-mail caroline.j.merkel.civ@mail.mil.

THURSDAY NOVEMBER 7 BELL, BOOK & CANDLE

The APG Theater Group will present "Bell, Book & Candle" a romantic comedy play featuring musical performers from the MWR Talent Show. Come see what happens when a lively and free-spirited witch conjures up an extra helping of romance in her life. The show is recommended for ages 12 and older.

Admission is \$10 general admission; \$5 active duty.

Doors open 5:30 p.m.

Free admission with receipt of meal purchase of \$7.50 from on-site provider.

For more information, contact the Leisure Travel Office, Bldg. 3326, 410-278-4011/4907, or e-mail usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil

MONDAY NOVEMBER 11 FREE B&B FOR VETERANS

Nearly 250 innkeepers in the U.S. and hundreds of innkeepers in Canada will offer a complimentary overnight stay and free breakfast on or around Veterans Day, Monday, Nov. 11, as part of the Bread & Breakfast for Veterans program.

Participation is open to thousands of active and retired military across the country. More than 750 veterans nationwide participated last year.

Simply go to <http://www.betterwaytostay.com/current-promotions/bbs-for-vets/> and search by state to find a participating inn. For information about B&B for Veterans in Canada, visit <http://www.bbcanada.com/bbforvets>. To see a complete list of participating inns visit www.bnbsforvets.org.

Applicants must present proof of service to participate.

WEDNESDAY NOVEMBER 13 APG RESOURCE SHOWCASE DAY

APG has something for everyone. Join us 10 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center to view programs at APG and in the local community that are available to service members, veterans, and Family members. Food and beverages will be available for purchase.

ONGOING THROUGH OCTOBER 18 COMMUTER SURVEY

APG employees are encouraged to take a short commuter/telework survey at www.apgcommutesurvey.com. If you are employed at APG, as part of the military, civilian, and contractor workforce, your feedback is appreciated. The survey is voluntary and anonymous; however, participants who submit their name and e-mail will be eligible to win a variety of prizes, including bowling and golf certificates from FMWR and even a 7-inch PC tablet

The survey will run through Oct. 11 and results will be shared in a future news article. For more information, contact Syreeta Gross, Transportation Services Coordinator at 410-278-5491, apgrides@harfordcountymd.gov.

THROUGH OCTOBER 31 VTF HALLOWEEN COSTUME EXTRAVAGANZA

The APG Veterinary Treatment Facility invites pet owners to show off their pet's Halloween costume. This is a chance for owners to show their pride in their pet and their creativity. Owners can bring their pet to the VTF in costume and a staff member will take a photo, or owners can provide a picture of their pet to the facility. The pictures will be posted on the facility's community bulletin board throughout the month of October for all to see. At the end of the month, Oct. 31, the photos will be judged by disinterested parties. The top three participants with the most votes will have their photos published in the following week's issue of the APG News. This contest is open to everyone. The clinic is located on APG North across the street from Kirk U.S. Army Health Clinic at Bldg. 2479 on Oakington Street. For more information call 410-278-4604.

THROUGH NOVEMBER 30 ARMY DIGITAL PHOTOGRAPHY CONTEST

The 2013 Army Digital Photography Contest will accept submissions between Oct. 15 and Nov. 30. Those eligible to participate in the Army-wide contest include active duty personnel and their Family members, DA civilians, and retirees. The categories are Animals, Design Elements, Digital Darkroom, Military Life, Nature/Landscapes, People, and Still Life. Participants should complete the entry form and submit their photos online at <https://apps.imcom.army.mil/appractmain>. For more information or to register contact the APG Leisure Travel Office in Bldg. 3326 at 410-278-4011/4907.

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.

Dates and locations are:

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.

UFOOD GRILLS CLOSED

Until further notice, the APG Ufood Grill restaurants, located in the Exchange lobby and inside bldg. 6010, are closed. No further information is available at this time.

THRIFT SHOP DISBURSING FUNDS

The APG Thrift Shop is disbursing funds to eligible charities through October.

To apply contact Thrift Shop Manager Fran Diantonio at 410-272-8572 or visit the shop, in Bldg. 2458 behind the Main Post Chapel, during business hours: Wednesday, 11 a.m. to 6 p.m.; Thursday, 10 a.m. to 2 p.m.



MORE ONLINE

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

Prevent kitchen fires in 2014

By **CHRIS STARLING**
DES Fire Protection Inspector

The theme for the 2013 fire safety campaign is “Prevent Kitchen Fires.” Unfortunately, according to www.nfpa.org, the statistics regarding kitchen fires in 2012, illustrate why this is the theme and why special attention should be given to safe practices while cooking.

Fire Departments across the nation responded to an estimated annual average of 156,600 cooking-related fires between 2007-2011, resulting in 400 civilian deaths, 5,080 civilian injuries and \$853 million in direct damage.

The findings resulting from these incidents are undeniable:

Two of every five home fires start in the kitchen.

Unattended cooking was a factor in 34 percent of reported home cooking fires.

Two-thirds of home cooking fires started with ignition of food or other cooking materials.

Ranges accounted for the 58 percent of home cooking fire incidents. Ovens accounted for 16 percent.

Children under five face a higher risk of non-fire burns associated with cooking than being burned in a cooking fire.

Microwave ovens are one of the leading home products associated with scald or burn injuries not related to fires. Nearly half (44 percent) of microwave oven injuries seen at emergency rooms in 2011 were scald burns.

Clothing was the item first ignited in less than 1 percent of home cooking fires, but these incidents accounted for 16 percent of cooking fire deaths.

To ensure that you and your Family members, friends, and co-workers are using safe cooking practices, urge them to remember the following advice while cooking:

Be alert. If you are sleepy or have consumed alcohol or drugs – even certain prescription medications - don’t use the stove to cook.

Stay in the kitchen while frying, grilling, or broiling food. If you leave the kitchen even for a short time, turn the stove off. Unattended cooking is a leading cause of fires in the home and can cause immense property damage and personal injury.

If simmering, baking, roasting, or boiling food, check it regularly. Remain in the home while food is cooking, and use a timer to remind you that you are cooking.

Keep anything that can catch fire such as dish towels, paper towels, oven mitts, wooden utensils, food packages, curtains etc. away from the stovetop.

Keep a lid nearby when you are cooking to smother small grease fires. Smother the fire by sliding the lid over the pan. Turn the stovetop off and remove the pan from the heat source if it is safe to do so. Leave the pan covered until it is completely cooled –removing the lid before the fuel source sufficiently cools could initiate a spontaneous rekindle event and pose a serious burn threat.

Should a larger fire break out in the kitchen while cooking, remember the following:

Get out immediately and stay out. When you leave, close the door to contain the fire.

Call 911 after you are safely out of the house.

During an oven fire, turn off the heat, keep the door closed, evacuate the home, and call 911.

Smoke Alarms

As cliché as it sounds, smoke alarms DO save lives. Most fire-related deaths in dwellings occur in homes that either don’t contain smoke alarms or have smoke



alarms that are faulty or non-functioning alarms. Current laws require that new homes have a smoke alarm within EVERY bedroom of a home and at least one on each level of the home. If one has an older home, stand-alone detectors can often be obtained at local volunteer fire departments or for purchase for as low as \$5 from area retail stores.

Home smoke alarms should be tested by manually activating the devices test switch at least once a month. The batteries should be replaced at least twice a year. A good way to remember this is to change smoke alarm batteries every time we change the clocks.

Smoke alarms do not last forever. Most manufacturers suggest that smoke alarms be replaced every ten years. If unsure of the age of a smoke alarm, replace it.

Fire Safety Education

While only seven days in October are designated as the “official week for fire prevention education,” the Aberdeen Proving Ground Fire and Emergency Services Division treats every day as if it were solely designated for fire safety education. Accordingly, the garrison’s fire prevention division has many educational events

scheduled over the coming weeks. These range from organizational fire extinguisher training classes, announced and unannounced fire drills, youth-group fire safety training, fire station/fire apparatus tours, and community based fire prevention details. For a list of these events, contact Fire Protection Inspector Chris Starling at 410-436-2377 or christopher.starling@us.army.mil.

If you, your organization, or Family would like to attend one of our listed programs, schedule a new program, schedule a home-fire inspection (on-post only), or inquire about anything related to fire safety, fire prevention or fire protection, contact the Aberdeen Proving Ground Fire and Emergency Services Division:

APG North (Aberdeen):

Fire Protection Inspector T.C. Glassman
Fire Protection Inspector Ernie Little
Building 2200
410-306-0572

APG South (Edgewood):

Fire Protection Inspector Chris Starling
Fire Protection Inspector William Bond
Building E5180
410-436-4451

How are we doing? E-mail comments and suggestions for the APG News to the editor at usarmy.apg.imcom.mbx.apg-pao@mail.mil

ASAP counselor poised to assist community

Story and photo by
YVONNE JOHNSON
APG News

The soft glow of desk lamps rather than the harsh glare of fluorescent lights illuminates the office of Patricia Coburn, the new substance abuse counselor with the APG Army Substance Abuse Program. The intent, Coburn said, is to offer a welcoming, relaxing, atmosphere in which clients can speak openly.

A licensed clinical social worker, Coburn serves as a clinician who provides evaluation and treatment to Soldiers, their spouses and Family members age 17 and older, government civilians, military retirees and their spouses.

“Soldiers have priority,” Coburn said. “Services are open to others as space and time permit.”

The primary focus of substance abuse counseling is to evaluate Soldiers involved in alcohol and/or drug related issues and provide that information – assessments and evaluations – to

commanders.

Soldiers can be command-referred to the program as the result of a DUI incident, positive urinalysis result or for behavior raising suspicions of alcohol or drug abuse. They also can be self-referred, Coburn said.

“There are multiple services and treatments offered in outpatient treatment. My job is to evaluate what level of care is appropriate and encourage compliance.”

She said that one-on-one interviews, bio-social assessments and comprehension enable her to make “clinically appropriate assessments.”

Coburn has been in the Army environment less than a year. A former Employee Assistance Program counselor with other federal agencies in the Washington, D.C. area, she has more than 20 years of post-graduate experience in chemical dependence and intensive outpatient treatment programs.

She said her chosen field is never

boring.

“I enjoy the fact that no two days are alike,” she said. “I provide rhythm through individual and group counseling. It’s a privilege to get to know people intimately and with that comes an awesome responsibility and a satisfaction that you wouldn’t find with an ordinary desk job.”

“I try to be the consummate professional,” she added. “My role is to inspire and influence and make the best decisions based on my training and information. There is no way of knowing what they will do when they leave this office. I provide the rhythm and within that rhythm is success.”

Coburn does not work alone. Clinical psychologists, case managers and behavioral health personnel at Kirk U.S. Army Health Clinic, APG chaplains, Military Family Life Consultants and community provider referrals, including follow-up counseling, all play a role in facilitating the client’s success.



But the bulk of the work, Coburn said, is on the client. Recovery, she said, is available through hard work.

“It is the gift of hard work and it comes from within.”

For more information, contact Coburn at 410-278-1762 or e-mail patricia.r.coburn2.civ@mail.mil.

APG North/South gate hours during Government Shutdown Aberdeen Area Gate Hours and Visitor Center Operations

Gate	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Federal Holiday
RT 715	24 Hrs							
RT 22	Closed	5 a.m.- 7 p.m.	Closed	Closed				
Aberdeen	Closed							
Visitor Control Center	6 a.m. - 6 p.m.							
Badge Office	Closed	8 a.m.- 4 p.m.	Closed	Closed				

Edgewood Area Gate Hours and Visitor Center Operations

Gate	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Federal Holiday
RT 24	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs	24 Hrs
Wise Road	Closed	6 a.m.- 6 p.m.	Closed	Closed				
Magnolia	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Visitor Control Center	Closed	6 a.m. - 4 p.m.	Closed	Closed				
Badge Office	Closed	8 a.m.- 4 p.m.	Closed	Closed	Closed			

Think safety while walking and driving

Continued from Page 1

accident every seven minutes and pedestrians account for 11 percent of roadway fatalities each year."

Kravitz said pedestrians are just as responsible for their actions as drivers. Pedestrians should be extra careful at intersections and remember to look both ways before crossing the street.

"The rule is if there is traffic coming, you wait before stepping into the street," Kravitz said. "If the driver is at a reasonable distance establish eye contact, he or she should courteously stop to allow you to cross. Pedestrians do not have the right to step out into the street to force a driver to break. That could be catastrophic. Believing you have the right of way will not stop a 4,000 pound vehicle."

Kravitz recommends that pedestrians avoid walking or jogging on main roads, freeways and restricted zones. Pedestrians should use the sidewalk whenever one is provided. Where a sidewalk is provided, a pedestrian may not walk along and on an adjacent roadway. If

no sidewalk is provided, walk facing the traffic.

Kravitz also cautions against "jay walking," or crossing the street in the middle of the block, instead of at intersections.

"Most people are hit by cars when they cross the road at places other than intersections," Kravitz said. "If there is a pedestrian signal, utilize it and obey it, even if it means going out of your direct route in order to use the protected pedestrian crossings."

No headphones while exercising outdoors (APGR 385-4 Chapter 5-4 g)

It is against APG policy for individuals to wear headphones on DoD installations, while walking, running, cycling and driving. This includes individuals exercising on the sidewalk and on the fitness path. Kravitz said distracted exercising can be hazardous because it reduces the ability to hear vehicles, approaching runners and cyclists, and alarms. It is also against APG policy to use a hand held phone while walking, running or biking.

"People need to be alert and aware of their surroundings when they are exercising outdoors," Kravitz said. "For instance, a car could lose control and endanger someone exercising on the sidewalk. You never know what can happen."

Kravitz also advises against talking or texting on a cell phone while walking.

"Cell phones can impair your ability to walk safely, just like they do a person's ability to drive," he said. "Besides it's against policy."

Reflective gear (ISO-09)

APG policy requires all individuals, military or civilian, to wear a brightly reflective belt worn diagonally over the right shoulder and down under the left arm or an orange, green or yellow vest if they walking, running or bicycling on installation roads, at all times. It is also DoD and APG policy for all bicyclists riding on DoD installations to wear approved and properly secured helmets.

Capt. Nick Stamos, from DES, said APG police will issue an Administrative Citation to those who do not follow these policies. This citation will be

sent to the violator's supervisor or commander to be reviewed and signed.

"There is also a new APG policy letter awaiting signature that includes all these regulations," Kravitz said.

Troop formations (APGR 385-4 Chapter 6-6)

When approaching troop formations, the speed limit from the front is 10 miles per hour or less. Vehicles approaching a troop formation from the rear will not pass the formation while it is in the lane of traffic. However, passing marching formations which are completely on the shoulder of the road, i.e., not one troop or leader is stepping into the traffic lane, is permitted at 10 miles per hour or less.

According to APG regulations motorists will not jeopardize the safety of troop formations. If the potential exists where the driver is in doubt about safely passing a formation, the vehicle will stop and await directions from the person in charge of the formation.

Formations must also obey traffic laws.

Eleven earn gold, silver GAFPB badges

Continued from Page 1

determination paid off Sept. 26, when she became one of eleven Soldiers from the USAPHC to earn the German Armed Forces Proficiency Badge, after completing a grueling competition held in Reston, Va.

Introduced in the 1970s, the GAFPB competition recognizes and rewards those Soldiers in the German Armed Forces who possess superior physical abilities. U.S. military service members may also compete for the distinguished badge.

An extremely strenuous competition, the GAFPB challenges even the most physically fit Soldiers.

The participants compete in several categories, including first aid testing, CBRN (chemical, biological, radiological, nuclear) testing, a German military basic fitness test, swimming, marksmanship and a road march. Each participant must pass all events in order to be awarded the badge.

Many of the USAPHC Soldiers who participated in the event said that completing the swimming event was the most difficult part of the competition.

"As U.S. Army Soldiers, we are used to running and we are used to doing push-ups, but we are not used to timed swimming events," Castillo explained.

According to the rules of the competition, Soldiers had to swim 100 meters in less than four minutes, while wearing



Capt. Erika Huerta, aide de camp to the USAPHC commanding general, swims 100 meters while wearing her full ACUs during the German Armed Forces Proficiency Badge competition.

their full Army Combat Uniform, minus the socks and boots. Once they completed the timed swim, Soldiers had to remove their ACU top and bottom while treading water.

"I consider myself a decent swimmer, but the first time that I hit the water with the uniform, it was a rude awakening," said Castillo. "It was extremely difficult to complete this part of the competition because the weight of the ACUs really dragged you down."

Fortunately participants could attempt this feat multiple times.

46-65 seconds, depending on age and gender.

Capt. Erika Huerta, aide de camp to the USAPHC commanding general and gold badge winner, exceeded these standards and held on for 82 seconds, longer than any other USAPHC team member.

Now that the competition is over, USAPHC team members are relieved, and proud of their accomplishments.

In addition to earning the right to wear this distinguished badge on their service uniforms, they were presented with the newly developed "Sienko Silver" award from USAPHC Commanding General Maj. Gen. Dean G. Sienko. Sienko Silver is a time-off award presented to military and civilian employees to reward and show appreciation to those in the organization who exceed standards of excellence.

GAFPB winners were awarded gold, silver or bronze badges depending on their level of physical performance throughout the competition. Other winners of the gold badge included 1st Lt. Victoria Schuele, Spc. Stephen Murray, Spc. Thomas Laswell and Pfc. Michelle Kneivitt of the USAPHC headquarters. Gold winners from Public Health Command Region-North included Sgt. 1st Class William Uhila and Spc. Marcus Lee. Silver winners included Staff Sgt. Nichaya Brown, Spc. Ryan Diem and Pfc. Michael Murphy, USAPHC headquarters.

Photo by Gwen Schoenberger
USAPHC

"It took me four tries to pass this portion," said Castillo, who eventually earned the gold badge. "The key to success is staying focused and determined, despite the obstacles that come your way."

Another challenging aspect of the competition was the flexed arm hang, which required Soldiers to hold onto a horizontal bar while suspended in the air for as long as they could, while never allowing their chin to fall below the bar. To earn top honors, USAPHC team members had to hang on for at least

GOVERNMENT SHUTDOWN

The APG community is encouraged to stay informed about the government shutdown and services affected by the shutdown by visiting the APG homepage (www.apg.army.mil) and installation Facebook page (www.facebook.com/APGMd), and by calling the 410-278-SNOW (7669). Up-to-date information will be posted as it becomes available.

The following links include resources available for financial and stress counseling, and may be of use for military personnel and civilian employees impacted by the shutdown.

MILITARY

Military One Source is available at 1-800-342-9647, or their crisis line is 1-800-273-TALK. They are available online at <http://www.militaryonesource.mil/army>.

CIVILIANS:

For stress, counseling:
Employee Assistance Program -- EAP
EAP (FOH4you) is a free, 24-hour confidential counseling and referral service that can help you and your Family successfully deal with life's challenges. They are available via phone at 1-800-222-0364, or online at www.foh4you.com.

Federal Occupational Health's Work/Life program is offered to you and your Family members at no cost and you can use the services as often as you like.

Call or log in today at 1-877-WL4-NOAA (1-877-954-6622), (TTY 800-873-1322), or online www.WorkLife4You.com.

OTHER RESOURCES AND INFORMATION

OPM: Furlough guidance
<http://www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance?url=Shutdown-Furlough>
Civilian Personnel Office: Guidance for the 2014 lapse in appropriations
<http://cpol.army.mil/library/general/2013sequestration/FY14Lapse.html>
DOD: Financial planning during civilian furlough
<http://www.whs.mil/HRD/Furlough/FinancialPlanning.cfm>
Army Emergency Relief
<http://www.aerhq.org/dnn563/>
SecArmy McHugh letter to force about government shutdown
<http://usarmy.vo.llnwd.net/e2/c/downloads/314625.pdf>

APG free fall activities

Continued from Page 1

will be available for extra decorations. Pre-register for this event at the APG South youth center no later than Oct. 18.

This event is for Families with school age children, ages 5 to 18 years.

For more information: contact renee.s.main.naf@mail.mil or call 410 436-2862.

Premier of "Monster High," an original production

Saturday, Oct. 26, 7 to 9 p.m.
APG South (Edgewood) youth center, Bldg E1902

APG South youth center staff member Deon Griffin and a group of middle school youth, also known as the "Donut Kids productions" wrote, directed, filmed, and produced this spooky spoof, about a "regular" boy who attends a school full of monsters.

Hot-dogs, popcorn, drinks and snacks will be furnished.

This event is for ages 11 to 18, and their parents.

For more information contact renee.s.main.naf@mail.mil or call 410 436-2862.

Hallelujah Harvest

Thursday, Oct. 31, 5:30 to 7:30 p.m.
APG Main Post Chapel, Bldg. 2485
This event is a fun, safe, Family-

friendly alternative to trick-or-treating. During the event, attendees can win prizes at carnival-style games. Free food will also be provided.

For more information call 410-278-4333

Trick-or-treating

Thursday, Oct. 31, 5 to 8 p.m.
APG residential areas
Children under age 12 must be accompanied by an adult and are encouraged to carry a flashlight and wear reflective markings on their costumes. Motorists on the installation should exercise extreme caution during this time.



Tell them you saw
it in the APG News

APG SNAPSHOT

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



Photo by Yvonne Johnson

SPIT AND POLISH

Aberdeen Proving Ground noncommissioned officers get pointers from 1st Sgt. Wayne Goode of the 22D Chemical Battalion (TE) (second from left), before appearing before the Sergeant Audie Murphy selection board in the APG Training Center, Bldg. 3147, Oct. 15. From left, Sgt. 1st Class Kishann Smith, ATEC; Goode; Sgt. 1st Class Tantra Peyton, 46th Chemical Company; and Sgt. 1st Class Shane Machleit, ATEC. Sgt. 1st Class Joseph Conway, ATEC, also appears before the board.



GERMAN ARMED FORCES PROFICIENCY BADGE COMPETITION

(Left) Staff Sgt. Nichaya Brown, a noncommissioned officer from USAPHC headquarters, tests her physical endurance while completing sprints during the German Armed Forces Proficiency Badge competition.

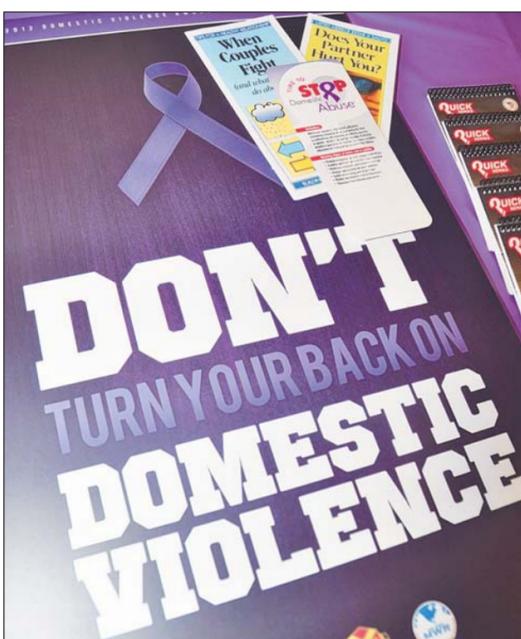
Photo by Christina Graber, USAPHC

(Below) A USAPHC Soldier tests his marksmanship skills on the range during German Armed Forces Proficiency Badge competition.

Photo by Gwen Schoenberger, USAPHC



Domestic Violence: Recognize It, Report It, Prevent



A Domestic Violence Awareness Month display at Kirk U.S. Army Health Clinic is prominently displayed in the clinic foyer to remind visitors of the national observance. An APG Victim Advocate can be reached 24 hours a day, 7 days a week using the APG 24/7 Sexual Assault Hotline: 410-322-7154 or DOD SAFE Helpline 877-885-5247 / Text 55247.

The Domestic Violence Awareness Month campaign is developed

to protect and honor one of the most important assets of the Army -- the Family -- as Family members are a vital part of the nation's security through the foundation they provide to Soldiers.

With the theme, End Domestic Violence: Recognize It, Report It, Prevent, the focus of the campaign is to raise awareness of domestic violence, inform victims that help is available and emphasize the negative impact it has on Family readiness.

The U.S. Army Installation Management Command is making a concerted effort during Domestic Violence Awareness Month to highlight the Army's resources that support the resilience of Army families. The Army provides varying degrees of resources everyone can use to prevent domestic abuse and develop skills to help restore stability and health through the Army's Family

Advocacy Program, a congressionally mandated program intended to prevent and reduce the occurrence of Family violence. Resources include support groups for young parents, reintegration programs for families experiencing deployment and redeployment stress, and programs on anger management, dating violence and gender issues.

Throughout the month of October, Domestic Violence Awareness Month campaigns will be executed at every garrison to highlight prevention programs and services to Soldiers and Family members. The Army is committed to fully support families and overcome negative events that diminish health and well being. We all must acknowledge that interpersonal violence is wrong, reach out to support victims, hold offenders accountable and create a climate of safety and respect.