

APG NEWS



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Resource Day to showcase APG services

By **ADRIANE FOSS**
APG News

If you'd like a one-stop shop for job assistance, education and health and wellness, the APG North (Aberdeen) recreation center is the place to be Wednesday, Nov. 13.

Team APG is hosting the installa-

tion's inaugural APG Resource Showcase Day at the center from 10 a.m. to 2 p.m. The event will promote services on post and throughout the community that are available to APG civilians, contractors, service members, Families and veterans.

"Attendees will be pleased to see

such a wide variety of programs, everything from job assistance to employers that are hiring and entrepreneur programs to college degrees, professional development and physical and mental well being," said DPTMS Operations Specialist and one of the event's coordinators, Bill Babauta. "This is a holis-

tic approach to wellness, employment and education."

Babauta said the idea for the Resource Showcase grew out of the garrison's desire to consolidate multiple events on one day to make it more

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22d Chemical puts safety first

Story and photos by
YVONNE JOHNSON
APG News

With an eye on eliminating unnecessary accidents and influencing team members to think before they act, the 22d Chemical Battalion (TE) hosted its 4th Annual Safety Day stand down at the unit headquarters Oct. 18. Safety was the mission of the day and Battalion Safety Officer Lloyd Wallace presented as many aspects of safety as he could fit into one day for the battalion's Soldiers and Family members.

Battalion Commander Lt. Col. Eric B. Towns said the annual event is in synch with the seasonal change to fall and winter that brings its own set of risks.

"When Soldiers have a chance to reflect on the hazards of everyday life it equips them with the skills to prevent unnecessary accidents," he said.

Vendor displays included on and off-post organizations. Ken Gesch from the Army Substance Abuse Program presented a bean bag toss game with drunk driving goggles as well as suicide prevention information, Ann Laughton from Kirk U.S. Army Health Clinic provided a breast cancer awareness month display; and Vickie Venzen from the Directorate of Public Works provided information about the APG Recycling Program. Other organization displays included the U.S. Army Medical Research Institute of Chemical Defense and Child, Youth and School Services, as well as Freedom Feder-

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Joppa-Magnolia volunteer firefighters remove the windshield from a vehicle during a vehicle extrication demonstration at the 22d Chemical Battalion's 4th Annual Safety Day event Oct. 18.

Installation Town Hall

The APG workforce is invited to attend the Installation Town Hall Wednesday, Oct. 30, from 10:30 a.m. to noon at the APG North (Aberdeen) post theater. APG South (Edgewood) Soldiers and civilians can join in via a VTC connection at the Edgewood Conference Center, Bldg. E4810.

This is an opportunity to receive the latest information directly from installation and garrison commanders. Learn about what is new at APG to include upcoming fall/winter events, winter safety and the Ready and Resilient Campaign (R2C).

The Town Hall includes a Question & Answer session. To submit questions in advance, email usarmy.apg.imcom.mbx.apg-pao@mail.mil.

For more information, contact Lisa McClure of the Garrison's Plans, Analysis and Integration Office, at 410-278-0003, lisa.a.mcclure9.civ@mail.mil.

20th CBRNE redesignation, anniversary

By **RACHEL PONDER**
APG News

The 20th Chemical, Biological, Radiological, Nuclear and Explosives (CBRNE) Command held a redesignation and ninth anniversary celebration at its headquarters, Oct. 16.

On Sept 6, Army Chief of Staff Raymond T. Odierno signed Permanent Order 249-5 that redesignated the 20th Support Command (Chemical, Biological, Radiological, Nuclear, and High Yield Explosives) to the 20th Chemical, Biological, Radiological, Nuclear, Explosives Command.

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(From left) Brig. Gen. JB Burton, commander of the 20th CBRNE, Lt. Col. Michael Williams, the unit's oldest Soldier, Pfc. Nicklaus Schmeckpeper, the unit's youngest Soldier, and 20th CBRNE Command Sgt. Maj. David Puig, cut the birthday cake during the unit's ninth anniversary and redesignation celebration at the 20th CBRNE Command Headquarters Oct. 16.



APG provides resources for domestic violence victims



By **RACHEL PONDER**
APG News

All branches of the Department of Defense observe Domestic Violence Awareness Month throughout October. The 2013 theme is "End Domestic Violence - Recognize It, Report It, Prevent It."

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. At

Aberdeen Proving Ground, victims of domestic violence can seek help through Kirk U.S. Army Health Clinic and Army Community Service.

KUSAHC's Behavioral Health Care Services offers a variety of counseling services, crisis intervention and referral assistance to Soldiers, Family members, and military retirees.

KUSAHC can also screen and refer contractors and DOD civil-

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WEATHER

Thurs.



54° | 35°

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STREET TALK

How do you find your motivation?

I stay physically fit. This helps me stay motivated and focused on whatever I have to do. When I do not exercise my energy level is impacted negatively.



Sgt. 1st Class Kevin Lawrence
22d Chemical Battalion

I focus on my goals and what I want to do in the future. Right now I am focused on graduating in December from Freestate Challenge Academy. In the future I want to become a Navy Seal or serve on a SWAT Team.



Cadet Steve Nicholson
Freestate Challenge Academy

Do what you love to do and that will help you stay motivated. Having a good work environment and receiving positive feedback helps me stay happy and motivated.



Anne Healy
Account Representative

I look forward to the fun stuff, what I get to do on the weekend. I give myself small rewards for a job well done.



Capt. Jennifer Vanvuyck
USAPHC

Directorates of Logistics now Logistics Readiness Centers

By **GEN. DENNIS L. VIA, COMMANDER**
U.S. Army Materiel Command

As part of the ongoing reshaping of Directorates of Logistics Army-wide, the U.S. Army Materiel Command (AMC) has rebranded DOLs "Logistics Readiness Centers."

The fundamental mission of the LRC is to support the Soldier at home station by providing installation and Army logistics readiness.

This transition to LRCs better aligns to Department of the Army naming conventions; more accurately reflects their mission under AMC; and provides a conceptual framework to reshape LRCs as AMC's "Face to the Field." It is much more than just a name change; but rather a concept that will eventually set the conditions to integrate all of AMC's capabilities at the installation level under one umbrella.

LRCs serve as AMC's focal point for installation services at home station, with 73 LRCs located across the Army in the United States, Europe, and East Asia. The LRCs integrate and synchronize AMC capabilities in support of senior commanders and installation tenants, providing a single hub on the installation for customer access to the Army sustainment base. The Army Sustainment Command, as AMC's operational arm, has the responsibility for the management of the LRCs.

LRCs manage installation supply, maintenance, and transportation, to include food service, ammunition supply, clothing issue facility/clothing initial issue point, hazardous material, bulk fuel, personal property/household goods, passenger travel, non-tactical vehicles, rail, and garrison equipment.

The transfer of DOLs from Installation Management Command to AMC in October, 2012 provided a number of benefits for the Army. The transfer reduced redundancy, standardized processes throughout all of the DOLs, improved contract management, and enhanced quality and visibility of services.



The link to the national sustainment base is critical to the future success of the LRCs. Soldiers and commanders now have behind them the full power of a global logistics command, able to access not only needed Soldier services, supply, and maintenance support, but also permitting technical reach-back to the entire AMC enterprise. Under AMC, in addition to being connected to the sustainment base, LRCs are also connected to each other. This provides them the flexibility to support surge requirements and more effectively utilize AMC maintenance assets.

Before the transfer of the DOLs, each installation managed its own contracts through the Mission and Installation Contracting Command. ASC developed a contracting strategy called the Enhanced Army

Global Logistics Enterprise, or EAGLE, to address inconsistencies in requirements and level of services. This program addresses maintenance, supply operations, and transportation services in more than 40 locations in the continental United States, as well as Alaska and Hawaii, using basic ordering agreements for task order competitions. This allows standardization of performance work statements and greater competition among the basic ordering agreement holders, with the goal of reducing cost and increasing small business participation. It also reduces administrative contracting costs by using one contracting strategy for multiple contracts in many locations.

As we implement this transition, our goal is to remain flexible and responsive to senior installation commander requirements, and to provide services to today's Soldiers at reduced cost, while planning for future changes in Army strategy and advances in Army equipment, with a primary enduring mission of sustaining a CONUS-based expeditionary Army prepared to meet future contingencies.

APG News welcomes graphic/web designer Molly Blossie

Staff Report

The newest member of the APG News staff is Molly Blossie of the Baltimore Sun Media Group. Blossie joined the staff in July as a contract graphic designer replacing former BSMG designer Nick Pentz, and she will take on the additional duties of part-time photographer.

Blossie received a Bachelor of Fine Arts degree from the School of the Art Institute of Chicago in 2004 where she lived and worked for 13 years. She also holds a 2013 Graphic Design certificate from the Community College of Baltimore County in Baltimore.

While in school, Blossie was an active member of the National Art Honors Society and her work was displayed at several group gallery shows. In addition, she received a 2010 Chicago Innovation Award for a special marking system she designed for a custom silicone mold library.

Blossie said she developed her gift of drawing at a young age. She has designed custom signs and displays for every position she's held and says that after her Chicago schooling, a job with an engraver influenced her passion for layout and design.

"I'm very excited to be a part of the APG News staff and I see this opportunity as another challenge as I continue to learn

and grow in my art," Blossie said.

APG News editor Pat Beauchamp said Blossie already is busy coordinating redesign efforts that will bring a new look to the APG News paper and website at www.apgnews.apg.army.mil.

"The APG News is all about reflecting the interests of its readers," Beauchamp said, adding that results from the recent public opinion questionnaire offered interesting ideas that are being considered.

As with anything, change is gradual and must be approved at all levels first, Beauchamp cautioned.

"But we're excited about the direction we're moving in and we're happy to have Molly's experience and ideas to help us along. Welcome aboard!"



APG SEVEN DAY FORECAST

Thurs



54° | 35°

Fri



54° | 34°

Sat



55° | 43°

Sun



57° | 38°

Mon



58° | 41°

Tue



59° | 48°

Wed



62° | 46°

APG NEWS

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

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'Greening' brings fresh perspectives for Army scientists, engineers

By **DAN LAFONTAINE**
RDECOM

Thirty U.S. Army civilians now have a greater appreciation and understanding of the rigors and challenges associated with Soldier tasks.

Five days of intense training provided first-hand experience of the technical and physical demands on Soldiers.

Maj. Shane Sims, a military deputy at the U.S. Army Research, Development and Engineering Command's communications and electronics center, led a Greening Course for the civilians from Aberdeen Proving Ground. One of his goals was for participants to think like Soldiers during the training rotations.

CERDEC's Command, Power and Integration directorate developed the course.

"We've put a lot of thought and effort into developing this course because we want to foster a Soldier mindset in our future materiel developers," Sims said. "We keep reinforcing throughout the week the importance of understanding Soldiers and how they use the materiel solutions that we develop for them."

Much of the Army's research, development, engineering and testing is performed at APG. For that reason, this course is especially important for the installation's civilians whose work enables current and future Soldier technology, said John Willison, director of CERDEC CP&I.

"Our mission is to make sure Soldiers have the latest, greatest equipment. To do that, you have to understand their needs," Willison said. "I encourage our employees to get up and get out, to talk to Soldiers on a regular basis. Greening is an opportunity for them to interact with Soldiers and to get a direct appreciation for what our Soldiers do, and what they need."

Greening Phase I course is a mandatory course for all new employees to CERDEC through the new employee orientation each month. Phase II is recommended for employees who want to become more familiar with the Army and its structure.

CERDEC computer scientist Brad Stevenson said the experience helps Army scientists and engineers see how Soldiers use their gear after it leaves the laboratory.

The equipment must be simple, effec-

tive and rugged so that Soldiers can use it under extreme conditions in a fast-paced environment, he said.

"It's absolutely invaluable. Everybody knows that a Soldier's job is difficult, but it's given us a lot of insight into how we can make their jobs easier by providing them extra capability or reducing the amount of weight they have to carry," Stevenson said. "It gives you a better idea of how to insert technology into their day-to-day lives if you see how they live."

Twenty-five civilian employees from CERDEC and five from the Army Test and Evaluation Command comprised the group.

Class participants traveled to Gunpowder Military Reservation, a Maryland National Guard training site in Baltimore County, Sept. 17-19 for a leadership-reaction course, squad formation and movement, weapons simulator, land-navigation training, radio-protocol training and obstacle course.

The group then returned to APG for a closer look at Army ground vehicles and aircraft in action.

On Sept. 24, they visited Aberdeen Test Center to drive and ride in three Mine-Resistant Ambush-Protected variants -- the Buffalo, Cougar and Dash. The MRAP All-Terrain Vehicle, or M-ATV, was also included. An M1 Abrams Tank, Bradley Fighting Vehicle and Stryker Infantry Carrier Vehicle were on display for the group to explore.

The next day, the Maryland Army National Guard briefed the participants on three helicopters -- UH-60 Black Hawk, CH-47 Chinook and LUH-72 Lakota -- at Weide Army Airfield. The Guardsmen then took the group for a Black Hawk flight over Harford County and the Chesapeake Bay.

Sgt. Maj. Kenneth Agueda, RDECOM G-3/5/7 operations sergeant major, served as an instructor for leadership/technology engagement and squad formation and movement.

"Exposing our Army civilian scientists and engineers to the life of a Soldier and allowing them to experience activities like land navigation, obstacle courses and weapons simulators greatly improves



Photo by Conrad Johnson, RDECOM
Chief Warrant Officer 3 Scott Sauer explains the characteristics of a LUH-72 Lakota to Army civilians at Aberdeen Proving Ground Sept. 25.

their ability to deliver effective technology solutions for the Warfighter," Agueda said. "The Greening Program also increases the mutual respect between all professionals in RDECOM."

Sims said the first objective was for civilian employees to better understand how a Soldier overcomes obstacles to accomplish his mission.

"What we stress is that there's a physical burden to Soldiers, and there is also a cognitive burden. When we're dealing with communications and mission command, the cognitive burden will be affected by the physical burden," he said. "The more tired you are, the more difficult it is to cognitively think through certain processes."

"When we put 120 pounds of gear on top of them, they realized this is what Soldiers have to carry around. It was eye-opening for them."

J.J. Kowal, deputy chief at CERDEC CP&I's strategic initiatives office, said he learned how ease of use is important because of the physical challenges that Soldiers confront.

"It's definitely the cognitive load. They are all relatively simple tasks -- keeping

people in the right place, firing a weapon," Kowal said. "When you put them all together and overload somebody, it's a different way of thinking. When designing or assessing a product, I really want to think about what it would be like if I didn't have all the time in the world to look at it."

The course's second goal was to bring Soldiers and civilians together from across APG as part of a team-building initiative, Sims said. Civilian employees participated from CERDEC and ATEC, the National Guard and ATEC contributed with demonstrations, and noncommissioned officers from across RDECOM facilitated training.

Sims said the final objective was recruitment and retention of civilian scientists and engineers.

"We have to get the best computer scientists and engineers if we want to get the best equipment. A lot of these folks will go home and tell their spouses, 'You'll never guess what I did today. I got to fly around the Chesapeake Bay in a Black Hawk helicopter. It was a good day to be in the Army.' Google may be a really cool place to work, but Google can't provide their employees this opportunity," he said.

APG South blood drive draws 62 donors

Story and photo by
YVONNE JOHNSON
APG News

Not one person complained about a mysterious loss of blood during the Halloween-themed blood drive at the APG South (Edgewood) recreation center Oct. 17.

The U.S. Army Public Health Command, led by Sgt. Eric Jimenez, hosted the event as members of the Armed Services Blood Program from Walter Reed National Military Medical Center in Bethesda, Md., collected donations from 62 members of the APG community; meeting the goal of 55-64 donors.

Jimenez said 47 donors pre-registered and the rest were walk-ins. The donors consisted of mainly government civilians. Totals included 34 from the U.S. Army Edgewood Chemical Biological Center (ECBC); 10 from USAPHC; seven from the U.S. Army Medical Research Institute of Chemical Defense (MRICD) and four from JPME. The Chemical Materials Activity (CMA) and U.S. Army Communications-Electronics Command (CECOM) had two donors each and one donor each came from the U.S. Army Research Laboratory (ARL) and the Garrison's Directorate of Public Works (DPW). One donor was retired military.

Navy Petty Officer 2nd Class Tashia Blue led the ASBP team of technicians. She said ASBP teams visit military installations and federal organizations four times a week and ship units out weekly to Afghanistan, Europe or wherever American service members and their Families serve.

"These units go to service members and Family members all over the world," she said. She added that said several APG donors showed up before the team was set up.

"We normally like to get between 50 and 60," she said when the total at the



(From left) Susan Schulz of MRICD looks on as Navy Corpsman Emmanuel Boadu collects a blood sample to check the iron levels in her blood; a part of the screening process during the Armed Services Blood Program blood drive at the APG South (Edgewood) recreation center Oct. 17.

time hovered around 45. "There's a pretty steady flow coming through the door so hopefully we'll top that."

Donors said they give simply because it seems the right thing to do.

"I've donated regularly about four years now," said Tim Varny of MRICD. "I'm healthy and I want to do my part for the military. Plus, they make it easy by coming here to Edgewood. I'm out of the office less than an hour."

A donor for 25 years, Susan Schulz,

also of MRICD, said she donates to make a difference.

"I know where it goes. This is my way of helping our military," she said.

Jimenez said blood drive events rotate between APG North and APG South and that when donors see an event advertised they can always pre-register or locate events at other location on the ASBP website at <http://www.militaryblood.dod.mil>.

A message from Victoria Fern-

ette, public affairs specialist with the WRNMMC Armed Services Blood Bank Command, commended Jimenez for the successful event.

"There are very dedicated people who support the blood drives at Edgewood," Fernette wrote, adding that collections were down during the government shut-down. "Needless to say, coming to Edgewood helped us out a great deal. Many thanks to all of you for your support. You are all greatly appreciated."



Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit <http://ice.disa.mil>.

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

It's okay to seek help, relief from depression

By **JUDITH WOODWARD**

U.S. Army Public Health Command

Depression is one of the most common medical illnesses. It can affect anyone at any time.

This year, the Army is joining organizations and communities across the nation to recognize October as National Depression Education and Awareness Month. The Army's theme, "The Courage to Seek Help," emphasizes that depression is also one of the most treatable behavioral health conditions. Getting an early diagnosis and treatment may help reduce the intensity and duration of depression symptoms.

According to the Centers for Disease Control and Prevention, an estimated one in 10 Americans report depression. This means that every year more than 31 million Americans say they suffer from depression. It can affect men, women, the elderly and even children.

When you hear it is National Depression Education and Awareness month, you may think to yourself, "I don't know anyone who is depressed. I will never be depressed. No one around me will ever be depressed. No one I care about will be impacted by depression."

According to the figures above, however, your spouse, mother, sister, child, grandparent—or even you—could become

Healthy Living

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

depressed. In addition, depression affects not only the individual who is depressed, but can impact families, friends and coworkers.

It may be hard to believe, but one of the most effective ways to help yourself or someone you love with depression is with laughter. Laughter is such a powerful, inexpensive, and dependable tool that is always available. Did you know that laughter can ease stress, pain and sadness? There are many other ways laughter is good for your health:

- Laughter helps make you happy. Laughter increases the release of endorphins, which are the body's feel-good chemicals that make you feel well and can even relieve pain.

- Laughter helps you relax. The harder you laugh the more muscles you use in your face, arms, legs and stomach. Using

these large muscle groups increases oxygen flow, so that your muscles relax more efficiently.

- Laughter helps you stay healthy. Laughter decreases stress hormones, helps protect you against infections like a cold or the flu, and increases your ability to fight off infections.

- Laughter makes you smarter. Okay, laughter cannot really make you smarter, but it can boost your memory and learning ability by increasing important brain activity in your cerebral cortex, which controls your higher functioning.

- Consider some ways you can incorporate laughter into your life. The simplest way is to start with a smile—a smile is the beginning of laughter, and it is contagious. Another easy way to start on your path to laughter is to simply make a list of things you are happy about in your life. Or

try to surround yourself with people who laugh and are playful. If you hear laughter, move toward it—most often, people are happy to share what they are laughing about because it gives them the opportunity to laugh again.

Some events are clearly not occasions for laughter, but most life events do not push you toward either laughter or sadness. Most events fall into the in-between place of simple, ordinary life—this gives you the choice to be sad or to laugh. Although studies do not show that laughter adds years to your life, there is evidence that laughter will add life to your years.

For those who feel they need more than laughter to deal with depression, primary care or behavioral healthcare providers can provide screening and care. The Department of Defense also offers anonymous behavioral health assessments for Soldiers, Family members and civilians 24 hours a day, seven days a week, online at www.militarymentalhealth.org.

Check the following websites for more information:

- Depression Screening, <http://www.healthyplace.com/depression/depression-information/depression-test-free-online-depression-test/>
- Mood Tracker, <http://www.healthyplace.com/mood-journal/>

Protecting babies from sudden infant death syndrome

By **MAJ. LAKISHA FLAGG**

U.S. Army Public Health Command

The birth of a child is a miraculous moment. It is a time that is filled with hope as new parents, family members and friends anticipate the many years of joy and happiness that normally accompany the arrival of a newborn.

Unfortunately, about 4,000 of these babies die every year in the United States, and the cause of death for these children is often not obvious or immediately known. Sudden Infant Death Syndrome is responsible for nearly half of them. SIDS is the leading cause of all deaths among infants under a year old, and it often occurs when babies are two- to four-months-old. Some people call SIDS "crib death" because many babies who die of SIDS are found in their cribs.

Many years ago, the American Academy of Pediatrics (AAP), identified sleep position as a contributing factor in SIDS deaths, and in 1994 the organization began its popular "Back to Sleep" campaign, which encouraged parents and caregivers to place infants on their backs when putting them down to sleep. The organization cautioned parents and caregivers to reserve "Tummy Time" for times when infants are awake and closely watched by caretakers. "Back to Sleep" positioning was found to be the most effective action that parents and caretakers could take to reduce the risk of SIDS for children in their care. Because of the campaign, the rate of SIDS deaths in the United States decreased by more than 50 percent.

Since that time, several other factors that contribute to SIDS have been identi-

fied. These factors include physical entrapment in bedding and furniture, suffocation and choking. In response to these newly identified risk factors, the AAP has launched a new SIDS prevention campaign called "Safe Sleep for All Babies." This campaign encourages caregivers to continue placing infants in the proper sleep position and advises them to also ensure that the child has a safe sleeping environment by removing all choking and strangulation hazards from sleep areas. These specific risk-reduction strategies to prevent SIDS include:

- Placing infants in a crib or bassinet, in the same room as the parents.
- Avoiding co-sleeping/placing infants in the same bed as adults or other children.
- Placing babies on their backs to sleep, even for short naps.
- Reserving "Tummy Time" (laying

infants on their belly) for when they are awake and someone is watching.

- Using a firm sleep surface, such as a crib mattress covered with a fitted sheet.

- Keeping soft objects like pillows, quilts, bumper pads and stuffed animals out of the crib until infants are older than 12 months;

- Keeping soft objects and loose bedding away from sleep area.

- Making sure babies don't get too hot and keeping the room at a comfortable temperature for an adult.

- Avoiding the use of cribs that are broken, that have missing parts or that have drop-side rails.

- Keeping infants away from tobacco smoke and places where people smoke.

By adopting these simple safety tips, parents and caregivers can reduce the risk of SIDS for infants in their care.

MARK YOUR CALENDAR

TODAY

OCTOBER 24 RESTORATION ADVISORY BOARD MEETING TODAY

The next RAB meeting will be held 7 p.m. this evening 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.

TODAY

OCTOBER 24-25 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 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.

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

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 Chapter 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 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.

WEDNESDAY

OCTOBER 30 INSTALLATION TOWN HALL

The APG workforce are invited to attend the Installation Town Hall 10:30 a.m. to noon at the APG North (Aberdeen) post theater. APG South (Edgewood) Soldiers and civilians can join in via a VTC connection at the Edgewood Conference Center, Bldg. E4810.

This is an opportunity to receive the latest information directly from installation and garrison commanders. Learn about what is new at APG to include upcoming fall/winter events, winter safety and the Ready and Resilient Campaign (R2C).

The Town Hall includes a Question & Answers session. To submit questions in advance, email usarmy.apg.imcom.mbx.apg-pao@mail.mil.

For more information, contact Lisa McClure of the Garrison's Plans, Analysis and Integration Office, at 410-278-0003, lisa.a.mcclure9.civ@mail.mil.

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.

SATURDAY

NOVEMBER 2 5K, 1 MILE WALK & KIDS FUN RUN

Run or walk to home base to support STEM at Ripken Stadium, 573 Long Drive, Aberdeen, Md. Packet pick-up begins at 7 a.m.; event starts at 8 a.m. Proceeds will benefit Harford County Library's Little Leapers – 'I am a Mechanical Engineer' Kit and STEM & Beyond nights.

Register at <http://www.afcea-aberdeen.org/youngafceans5K>

Volunteers are needed for pre-race planning, registration, refreshment tables, awards and more. Contact Maggie Quelet at 410-436-1994; mary.m.quelet@leidos.com.

MONDAY

NOVEMBER 4 NAF OPEN SEASON BEGINS NOVEMBER 4

This year's Nonappropriated Fund (NAF) Open Season begins Nov. 4 and runs through Nov. 29. This applies to regular full-time and regular part-time employees only. This year NAF employees will not receive Open Enrollment packages in the mail. Instead, an employee can review Open Season Enrollment information at: <http://www.NAFBenefits.com>

Employees that currently have Flexible Spending accounts (FSA's) must re-elect during Open Season if they wish to continue this benefit since current FSAs do not carry over to 2014. Employees may call 410-278-5126/5127/8992 or 8994 if they cannot access a computer, have questions or desire an appointment.

Employees that are not eligible for our medical insurance are encouraged to access: <http://www.healthcare.gov> All employees must have some type of medical coverage in 2014 due to the Affordable Care Act.

WEDNESDAY

NOVEMBER 6 NEWCOMERS' ORIENTATION

The Newcomers' Orientation has been rescheduled for Nov. 6, 1 to 3 p.m. in the Aberdeen Area Recreation Center (bldg 3326).

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-leisure-travel@mail.mil

VETERANS DAY MOTORCYCLE RIDE

Team APG will host a Veterans Day Motorcycle Ride for riding enthusiasts, 9 a.m. to 1 p.m. Riders will meet 9 a.m. at the Motorcycle Range at 4510 Darlington Street behind the Post Office. The day includes a 9:30 a.m. safety briefing; line up 10:15 to 10:30 a.m., ride a 50-mile route, 10:30 to 11:30 a.m., and lunch at the Golden Corral restaurant in Aberdeen, 11:30 a.m. to 1 p.m.

Best in Class trophies and door prizes will be given away.

To register, go to www.SignUpGenius.com/go/10C0E4DABAF2DA3F94-appgveterans

For more information, contact H. Mike Allen, Installation Safety Office, at 410-306-1081 or e-mail: horace.m.allen.civ@mail.mil

SATURDAY

NOVEMBER 9 VETERANS DAY PRESENTATION

The Hosanna School Museum, located at 2424 Castleton Road in Darlington, Md., will mark Veterans Day 11 a.m. to 1 p.m. with a Living History Presentation. Interpreter Willis Phelps, Jr. will share stories about African Americans who rallied to the fight for freedom during the Civil War as told through the eyes of Pvt. James H. Elbert of the United States Colored Troops. The 24-year-old private enlisted in the USCT in September, 1863. The event is free and open to the public and includes light refreshments and the panel exhibit: USCT of Harford County, Maryland and Beyond.

Established in 1867 as the first public school for African American in Harford County, the Hosanna School Museum is listed on the National Register of Historic Places.

For more information, call 410-457-4161 or visit the museum website at <http://www.hosannaschoolmuseum.org/>.

MONDAY

NOVEMBER 11 VETERANS DAY SPECIALS

Many local businesses and restaurants are offering free and discounted meals to veterans and active duty military. Visit the website

<http://freebies.about.com/od/freefood/tp/veterans-day-free-meals.02.htm> for more information and details.

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 25 COMMUTER SURVEY EXTENDED

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. 25 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/apptracmain>. For more information or to register contact the APG Leisure Travel Office in Bldg. 3326 at 410-278-4011/4907.

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.

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.

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.

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 their facilities during the week so home-schooled 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.



MORE ONLINE

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

Campbell: NCOs still 'backbone' of Army

By **LISA FERDINANDO**
ARNEWS

Vice Chief of Staff of the Army Gen. John F. Campbell says non-commissioned officers remain the backbone of the force, and are especially critical as the Army downsizes and the world becomes more dangerous.

The Army will have to make some "very tough decisions" as it downsizes, Campbell told noncommissioned officers at the Sergeant Major of the Army Recognition Luncheon during the Association of the United States Army Annual Meeting and Exposition, Oct. 21.

Noncommissioned leaders, however, need to continue their focus on training their Soldiers and expanding the Army's professionalism to preserve the nation's trust and prepare for the next war, he said.

"In order to remain the backbone of our Army, a noncommissioned officer must be flexible, agile, adaptive and able to think quickly," he said. "We're seeing this more and more every single day."

Another critical aspect, he said, is for noncommissioned officers to learn, adopt and understand all the elements of the Ready and Resilient campaign.

"The purpose of this campaign is to establish an enduring cultural change that integrates resilience in how we build, how we train, how we strengthen, how we maintain fitness, individual performance and unit readiness," he said.

The Army must overcome the stigma associated with seeking help for behavioral health, he said.

Another area of concern, he said, is sexual assault and sexual harassment, which must be treated like an "insider threat."

"We cannot tolerate that in our force," he said.

Campbell said he wanted noncommissioned officers not to worry about the budget crisis and political deadlock in Washington -- he said that is his job -- and for them to instead keep their focus on their Soldiers.

Campbell paid tribute to Wounded



Courtesy photo
Army Vice Chief of Staff Gen. John F. Campbell speaks during the Sergeant Major of the Army Recognition Luncheon at the 2013 Association of the U.S. Army Annual Meeting and Exposition in Washington, D.C., Oct. 21.

Warriors, Gold Star families, and those currently serving in harm's way.

"Our nation continues to be a nation at war," he said, adding that may be easy for Americans to forget, as the war in Afghanistan doesn't always make the news.

"We have 50,000 Soldiers, Sailors, Airmen and Marines in Afghanistan today," he said. "I really try to remind people about that. Since July, we've had 474 casualties in Afghanistan. That includes all of our wounded and our killed in action."

At the luncheon, Sgt. Maj. of the Army Raymond F. Chandler III recognized the winners of prestigious Army awards.

"They have done something to demonstrate what is best about our non-commissioned officers and Soldiers -- that's excellence in what they do, their commitment to their profession, their commitment to their character and their confidence," said Chandler.

Chandler recognized the following noncommissioned officers:

Sgt. 1st Class Krystal Jarret, Army Recruiter of the Year

Sgt. 1st Class Mariela Richardson, Army Reserve Recruiter of the Year

Sgt. 1st Class Joshua Mannel, Army National Guard Recruiter of the Year

Sgt. 1st Class David Stover, Army Drill Sergeant of the Year

Sgt. 1st Class Ryan McCaffrey, Army Reserve Drill Sergeant of the Year

Sgt. 1st Class Rodney Harris, Strickland Award Winner

Command Sgt. Maj. Ronald Johnson, Strickland Award Winner

Sgt. Maj. (retired) Andrew McFowler, Bainbridge Award winner

Chandler said the Best Warrior Competition that was scheduled for last week, but postponed because of the budget crisis, will be held Nov. 19-22, with the award ceremony for Nov. 22.

In years past, the winners of the Best Warrior Competition were announced during the sergeant major's luncheon at the AUSA annual meeting.

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



At your service

Angeline Marie Boatwright MWR Custodial Worker

Her job description reads “Custodial Worker” but to the folks at the Hoyle Fitness Center in APG South (Edge-wood), Angeline Marie Boatwright is much more than that. An average day

for Boatwright includes opening the facility, ensuring exercise equipment is clean and serviceable, servicing rest-rooms and locker rooms, supplying clean towels to patrons, explaining

equipment or rules to new patrons and assisting MWR staff members and contracted instructors as needed.

The Nonappropriated Fund employee became the newest addition to the facility Aug. 1 after applying through the USAJobs website.

“The best part about working here is meeting new people,” she said. “You never know when you can help someone with just a smile. That first greeting could make the difference in their whole day.”

With a 21-year-old son stationed at Fort Bragg, N.C., Boatwright says she considers the job a blessing.

“The Soldiers that come here remind me of him all the time,” she said. “I

like to think someone might be greet- ing him and making his day the same way.”

Hoyle Fitness Center is one of three sites supplying sports and fitness facilities as well as intramural sports activities for APG Soldiers and their Family members, civilians, retirees and contractors. They include:

Hoyle Fitness Center, Bldg. E4620, 410-436-7134.

APG North (Aberdeen) Athletic Center, Bldg. 3300, 410-278-7933/7934

Fitness Center, Bldg. 320 (APG North), 410-278-9725.

For operating hours, facility features or more information, visit the MWR website at <http://apgmwr.com/>.

Tell them you saw it in the **APG News**

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-Reevey, Kellie
Mojjueh, Daniel
Sosa, Laurice
Samler, Jennifer
Urban, Brenda
Hill, Christian
Herbert, Bryant
Birch, Garfield
Bristol, Julie
Crawford, Curtis
Green-Farley, Jessica
Winne, Janeen
Deller, Patricia

Grunde, Rachel
McClintick, Jill
Wickham, Kristen
Rodriguez, Pedro
Barrett, Patrick
Blethens, Matthew
Decker, Kathy
Lamb, Pamela
Robinson, Lisa
Stewart, Kathleen
Nahrgang, Margaret
Jones, Deborah
Eberhardt, Joanne
Lowry, Teresa
Ludolph, Kerry

Poole, Rodney
Torrisse, Carmen
France-Haff, Cheryl
Dillie, Amanda
Hoffman, William
Park, Jessica
Blethen, Lena
Cobb, Joyce
King, Beverly
Shelton, Lena
Robinson, Jennifer
Mayes, Katherine
Sumic, Angie
Griffith, Owen



Visit us at <http://apgnews.apg.army.mil/archives/archives.html> or scan the QR code



You never have to miss an issue of the APG News

Resource day offers multiple opportunities

Continued from Page 1

convenient for community members to attend.

Units and organizations are encouraged to afford their employees an opportunity to take advantage of what this event has to offer.

Attendees can visit the information booths and interact with subject matter experts from more than 30 vendors, "and not just APG vendors," said Babauta. "There will also be county and state resources there to make sure we're offering the best of what's available from the entire area."

There will also be a workshop presented by Maryland non-profit Startup

Partners Incorporated (SPI) about its Veterans Entrepreneur Program from 10:00 a.m. to 2 p.m. SPI will present "Starting and Growing Your Own Business," a short course that introduces attendees to the full business cycle, from opportunity identification to customer delivery and beyond.

Topics will include product and service opportunities, current and future trends, and the actual steps to start and growing a business. SPI will also provide information on its Veterans Entrepreneur Program.

Food and beverages will be available to purchase.

For more information, contact Babauta at 410-278-5228.

Employment reps include:

- DLLR, Division of Workforce Development & Adult Learning
- Maryland Employer Support of the Guard and Reserve (MD ESGR)
- Hero2Hired
- VELTEC, Inc.
- First Command
- MANTECH
- APG CPAC
- IKEA Center
- Customs and Border Protection
- Adams Communication

Education Reps include:

- SPI Entrepreneur
- Several colleges

Health & Wellness and other reps include:

- ASAP
- Vet Center
- Public Health nurses with Kirk U.S. Army Health Clinic
- Army Wellness Center
- Sappari Solutions
- Freedom Federal
- APG Federal Credit Union
- Healthy Harford
- Department of Health
- Community Services
- Maryland's Commitment to Veterans/Resource Center
- Maryland Department of Housing and Community Development: Maryland Homefront

20th CBRNE redesignation captures real mission

Continued from Page 1

effective Oct. 16.

Command Sgt. Maj. David Puig said the name change reflects a command that is ready, reliable and globally responsive to CBRNE forces. The unit is the Army's only globally responsible force capable of leading and executing CBRNE related operations and activities, anytime, anywhere.

Puig said the change of "high yield explosives" to "explosives" denotes that the command is an all hazards force.

"We have a force that is not just dedicated to combating weapons of mass destruction, but all of those five hazards," he said. "It's all explosives; it doesn't matter if it is a hand grenade or a 2,000 pound bomb."

Puig added that the name "20th Support Command (CBRNE)" led some people to assume that the command was a logistical support formation.

"The name '20th CBRNE Command' really captures what this command does," said Puig.

The celebration included a ceremonial ribbon cutting in front a new 20th

CBRNE Command sign led by Burton and Puig.

Brig. Gen. JB Burton, commander of the 20th CBRNE, said the command is embarking on a transformation campaign. He said he wants the command to be known as the "go-to" U.S. Army unit to be used against existing and emerging CBRNE threats.

"It is essential to have a name that conveys what we are and what we do," Burton said. "We are reliable, experts in what we do."

The celebration concluded with a cake cutting ceremony by Burton, Puig, Lt. Col. Michael Williams, the unit's oldest Soldier, and Pfc. Nicklaus Schmeckpeper, the unit's youngest Soldier.

About the 20th CBRNE Command

The 20th CBRNE is the Army's premier command charged with combating chemical, biological, radiological, nuclear, and explosive threats facing the nation. The 20th CBRNE Command is comprised of more than 4,900 Soldiers and 225 DoD civilians distributed across 16 states, on 19 instal-



Photo by Rachel Ponder
Brig. Gen. JB Burton, commander of the 20th CBRNE addresses Soldiers, civilians, contractors and distinguished guests during the unit's ninth anniversary and redesignation celebration at the 20th CBRNE Command Headquarters Oct. 16.

lations. The command and control of these highly-trained and specialized forces is headquartered on APG South (Edgewood). The 20th CBRNE Com-

mand gives the Army and the nation a scalable CBRNE response capability with the flexibility to operate in a variety of environments.

Domestic violence campaign focuses on Family help

Continued from Page 1

ians to community resources.

The KUSAHC Family Advocacy Program (FAP) works closely with APG's Directorate of Emergency Services, local police and agencies off post, like the Sexual Assault/Spouse Abuse Resource Center (SARC) a non-profit agency serving victims of domestic violence, sexual violence, child abuse and stalking, located in Harford County.

The Army provides two types of reporting options, restricted and unrestricted. Restricted reporting does not involve a military chain of command or law enforcement. Unrestricted reporting involves some type of investigation by a command or law enforcement. All victims are eligible for services that include a medical evaluation and counseling,

regardless if they choose restricted or unrestricted reporting.

Social Worker Margo Digan, from KUSAHC Family Advocacy Program, said there are some exceptions to restricted reporting. For example, if there is child abuse, or the victim is in immediate danger, then the Family Advocacy Victim Advocate must report the incident.

Digan said domestic violence affects males and females from all walks of life. She said that male victims typically do not want to report domestic violence, because they do not want to be perceived as "weak."

"We want them to know that we are here for them [and that] it is okay to come forward and get help," Digan said.

ACS Director Janice Downey said the ACS Family Advocacy Program (FAP) provides one-on-one support. She said the

ACS Victim Advocate can help victims come up with a safety plan, find emergency shelter and other needed resources, and offers moral support. If necessary, the Family Victim Advocate can serve as a liaison, accompanying the victim to meetings with lawyers and to court.

"This is needed because Soldiers and their Family members often live far away from their extended Families and close friends and need to feel a sense of safety in the community they now have made their home," Downey said.

KUSAHC and ACS also provide free preventative programs like anger management classes and conflict containment classes, by referral. Digan said these classes teach couples how to deal with conflict and communicate more effectively. Chaplains on post also provide free marriage counseling. For more infor-

mation call the Main Post Chapel at 410-278-4333.

Throughout the month, pamphlets on domestic violence, crisis management, post-traumatic stress disorder and marital strategies will be available in the KUSAHC foyer located in Bldg. 2501 on Oakington Street and in the ACS lobby located in Bldg. 2503 on Highpoint Road.

APG Victim Advocates can be reached 24 hours a day, 7 days a week on the Domestic Violence Hotline 410-652-6048 or the Sexual Assault Hotline at 410-322-75154 or call the DOD SAFE Helpline at 877-995-5247. For KUSAHC Family Advocacy Appointments, call 410-278-1768. For information about ACS FAP prevention classes, call 410-278-4372. The Harford County Mobile Crisis Team at 410-638-5248, provides 24/7 crisis intervention and suicide prevention.

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.

Provided by the INTEL DIV/DPTMS

Say Something

Installation Watch Card

Awareness is key! Everyone is a sensor.

Do: Observe and Report

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the Installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around the Installation.
- Any possible compromise of sensitive information.

Do Not

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss FP measures, capabilities, or posture.
- Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police.

APG North 410-306-2222

APG South 410-436-2222

Off post in Md. call 1-800-492-TIPS or 911

Your call may save lives!

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/>.



APG TAKES BACK DRUGS THIS WEEK

The APG Prescription Take-Back Campaign, co-sponsored by the Army Substance Abuse Program and the Directorate of Emergency Services, is an opportunity for community members to properly dispose of expired, unused, unwanted prescription and over-the-counter medicines. APG drop off sites are available through Friday at the APG North (Aberdeen) Police Station Bldg. 2200, 24 hours; the APG South (Edgewood) police station, Bldg. E-4420, 24 hours; and at Kirk U.S. Army Health Clinic, Bldg. 2501, 7 a.m. to 4:30 p.m. For more information, contact ASAP Prevention Coordinator Cindy Scott at 410-278-4013 or DES Detective Mike Farlow at 410-278-3609.

(Left) Jay Hanrahan, of CECOM, and Ken Gesch, from ASAP, deposit unused medicine in a collection bin during an APG Prescription Take-Back Campaign event at the Myer Auditorium Oct. 22.

(Below) Expired, unused, unwanted prescription and over-the-counter medicines fill a collection bin during the APG Prescription Take-Back Campaign event at the Myer Auditorium Oct. 22.

Photos by Rachel Ponder



22d CHEM HOSTS 4TH ANNUAL SAFETY STAND DOWN DAY

(Left counter clockwise) Trooper 6 takes off from a field near the 22d Chemical Battalion. Soldiers and Family members were able to get up close to the Maryland State Police helicopter.

A 22d Chemical Battalion Soldier exits the 50 foot ladder on the Joppa-Magnolia fire truck.

Staff Sgt. Corey Chaffman navigates the roads on the computer simulator Safe Motorcyclist Awareness & Recognition Trainer (Smart) supplied by the Maryland Motorcycle Safety Program.

Photos by Yvonne Johnson



Local first responders participate in safety event

Continued from Page 1

al Credit Union, and Optimal Spine Chiropractic.

Outdoor displays included vehicle and equipment displays by local and state law enforcement elements as well as local and post fire fighters.

They included APG Directorate of Emergency Services police officers displaying speed control devices and the Harford County Sheriff Department's Mobile Unit and command center. Troopers from the Maryland State Police presented a Smart Trainer motorcycle video training system, a Seat Belt Convincer which simulates an accident at 10 miles per hour, a car seat safety display for infants and toddlers and a drunken driving goggles bean bag toss game.

Firefighters from the Abingdon and Joppa-Magnolia fire departments brought fire trucks and engines, and

allowed some brave attendees to climb 50 and 105-foot ladders. The volunteer firefighters then joined DES firefighters in a vehicle extrication demonstration.

Also on hand were vintage Maryland State Police cars and equipment from the Maryland Department of the Environment Spill Response Team.

Trooper 6, a medevac, search and rescue and law enforcement helicopter from the Maryland State Police arrived from the Eastern Shore and pilot Mike Harding and flight paramedic TFC J. Krebs gave tours and answered questions about the aircraft.

The vehicle extrication demonstration drew the largest crowd of onlookers who watched as firefighters used cutters, spreaders and rams to dismantle a vehicle with the purpose of safely removing an injured passenger or driver.

"This is often the end result of

drunken or distracted driving," said APG firefighter Erick Beber. He explained that extrication doesn't always mean totally dismantling the vehicle and that medical personnel can advise firefighters, call for further medical assistance, and when possible get inside and remain inside the vehicle to treat and calm the patient throughout the process.

"We only go as far as it takes to remove the patient," he said. "It's loud and scary and sometimes it's necessary to start treatment during an extended extrication."

"Some of the best medical care in the nation is located in this region," he added.

Participants received certificates of appreciation from Towns at the conclusion of the day's activities. Wallace said the goal for the stand down was met and.

he offered his thanks to the vendors

and organizations that participated.

"Everything came together beautifully," he said. "You couldn't ask for a better day."

"I'd like to extend my thanks to everyone who helped make this day a success"

He said the message of safety, while reinforced throughout the year, cannot be over emphasized and that Soldiers and their Family member, as well as government civilians and contractors are all vital parts of the Army mission.

The success of events like this, Wallace said, is measured in how well the safety message is accepted.

"We measure success through their response. At the end of the day if we're getting positive feedback telling us Soldiers and Family members understand the safety message, then we've been successful."