

APG NEWS



Don't forget to change your clocks back this Sunday Nov. 3, 2 a.m.

www.apgnews.apg.army.mil

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Photo by Yvonne Johnson

Tough enough to wear pink

Directorate of Emergency Services firefighters and dispatchers in APG North (Aberdeen) and APG South (Edgewood) wore pink t-shirts in October to support Breast Cancer Awareness Month. DES leaders allow the wear of "morale shirts" as long as they are worn as a group during agreed-upon functions. "Just about everyone is touched by cancer of one kind or another," said Mike Slayman, assistant chief of EMS. "So everyone who wants to can buy a shirt and wear it during those times designated as a show of support or solidarity." (From left, front) Mike Slayman, Curtis Diering, Matt Cochran and Roger Lyons, (From left, in truck) Henry Hom and Scott Kauffman.



Veterans day ride set for Nov. 7

By YVONNE JOHNSON
APG News

With a focus on instilling safe riding habits in all riders, the Garrison Safety Office will host the APG Veterans Day Motorcycle Ride 9 a.m. to 1 p.m., Thursday, Nov. 7.

Riders will gather at the Motorcycle Range on Darlington Street next to the Post Office for a 9:30 a.m. safety brief and depart on the 50-mile ride circling Harford County 10:30 a.m. An 11:30 a.m. lunch at the Golden Corral restaurant in Aberdeen is optional. Best in Class trophies and door prizes will be awarded.

Co-organizer Sgt. 1st Class James Davis, Battalion Motorcycle Mentor of the 22d Chemical Battalion (TE) said that while the event will honor local veterans, who are invited to participate, it also will help impress the importance of safe riding habits and the wearing of Personal Protective Equipment (PPE) on young Soldiers. A rider for more than 20 years and a Soldier for more than 18, Davis said the event also serves as an outreach to the local community.

"There are enough people out there disregarding safety and giving us a bad name," he said. "We want them to see the positives about motorcycle riders."

The event is open to APG service members, Family members and civilians as well as retirees and veterans. Davis said riders will travel up Mountain Road to Route 1 and proceed North to 136, returning to Aberdeen on Routes 22 and 40. It is the same honorary route established for the late Monte Greenhow, an APG civilian and retired first sergeant who was killed in a Bel Air motorcycle accident just over a year ago. The Aberdeen chapter of Worldwide Riders has established a scholarship in Greenhow's name. Contact Davis for more information.

"We're trying to give back to the community," he said. "That's why this is a good time for APG riders to come out, network and get to know people with common interests."

Register for the APG Veterans Day Motorcycle Ride online at www.SignUpGenius.com/go/10C0E4DABAF2DA3F94-aggveterans.

For more information, contact H. Mike Allen, Installation Safety Office, at 410-306-1081 or e-mail: horace.m.allen.civ@mail.mil or Davis at 410-417-2250 or e-mail james.g.davis1.mil@mail.mil.



Halloween safety tips for children and adults

USACR/Safety Center

Halloween is a highly anticipated holiday for children and adults alike. For many people Halloween marks the beginning of the autumn and winter holidays. In recent years, Halloween has been growing in popularity among adults - nearly 1 in 3 adults will attend a Halloween party this year. Whether going to a party or trick-or-treating with children, always remember to think safety.

See KEEP, page 10

Run. Hide. Fight.

What to do during an active shooter incident

Story and photo by RACHEL PONDER
APG News

Knowing what to do during an active shooter incident can mean the difference between life and death, according to APG Special Reaction Team Commander Lt. Joel R. Holdford. Holdford advises people to remember "Run. Hide. Fight." during an active shooter incident.

"Active shooter incidents can happen anytime, anywhere," he said. "You should always be aware of your surroundings, especially in

public areas."

Holdford said an active shooter's mentality is usually both homicidal and suicidal, meaning they have a desire to kill and seriously injure without concern for their own safety or threat of capture.

"The shooter's mindset is not escape," he

active shooter
\ak-tive shū-ter- noun
1. an individual actively engaged in killing or attempting to kill people in a confined or populated area

See KNOW, page 10



(From left) APG Police Officers Jason Schaffer and Eric Ouimette conduct special reaction team training. The SRT is the military equivalent of SWAT and responds to high risk situations, like active shooter incidents.

APG CFC donations climbing toward goal

By YVONNE JOHNSON
APG News

The APG Combined Federal Campaign season is on track and building steadily toward its goal of \$650,000.00 according to Campaign Chairperson Kristine Augustyniak. To date, APG pledges total \$104,131.00 with 169 donors and an average donation of \$616.22.

Augustyniak said the CFC staff will continue to put the word out during the rescheduled 2013 CFC Kickoff celebration that will take place at the APG North (Aberdeen)

post theater on a date to-be-determined.

"Come out and win door prizes while meeting some local vendors and learning about their organizations," Augustyniak said.

She added that the U.S. Army Research, Development and Engineering Command (RDECOM) will host its own kickoff event with a Chili/Soup Cook-off, 11:30 a.m. to 1 p.m., Monday, Nov. 4 in Bldg. 3071, second floor conference room. The event includes CFC vendors, other lunch items and a bake sale.

"Post organizations that would like to include charitable organizations in their CFC events can contact me for further information," Augustyniak said. "I encourage everyone to come out to participate in both events."

For more information about contributing to CFC, see your organization key personnel or contact Augustyniak at 410-278-2830; e-mail kristine.s.augustyniak.civ@mail.mil.

To donate to CFC visit the Chesapeake Bay Area CFC Nexus website at https://www.cfcnexus.org/_chesapeake/.

WEATHER

Thurs.



70° | 63°

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ONLINE

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STREET TALK

What do you miss most about your childhood?

I miss picking blueberries with my sister during the summer. We used to spend a lot of time outdoor-playing games like Red Light, Green Light. Children these days do not spend much time outdoors. I miss that.



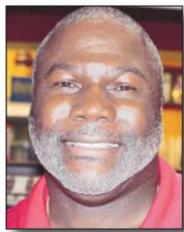
Tabitha Tucker
USAPHC

I grew up in Texas. I miss playing outside until the street lights came on, that is when we knew it was time to go home. My neighbors and cousins would play outside together every day. We would get creative, building 'go karts' using our bikes. I loved having the freedom to create my own world.



Sgt. Janean Wells
Garrison HHC

I grew up in New York City. Despite attending a big church, everybody knew each other. We were a close-knit family. Everyone was supportive. I was very active in the church; I traveled all over the world singing with our choir.



Daniel Lewis
Army veteran

I grew up in Russia. I feel like people were very approachable there, like you could talk to anyone. I knew all my neighbors. We were all active in the community. Children were encouraged to spend time in nature, explore the world. Today, children spend too much time indoors.



Capt. Alla Yablonovskaya
Maryland Defense Force

Healthy Living

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



Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage <http://www.apg.army.mil/> and click on the Community Health icon at the bottom right, or scan the QR code (at right) with your smart phone or enabled device. To suggest health-related topics for the Healthy Living series, email patricia.g.beauchamp.civ@mail.mil or call 410-278-7274.

Flu shots now available

By **JONATHAN GOLDSMITH**
KUSAHC

Flu season is here and the recent cold snap reminds us it's time to gear up to get immunized. The Centers for Disease Control and Prevention (CDC) report of the 2013-2014 season emphasizes that flu seasons can be unpredictable and recommends a yearly vaccination of people age 6-months-old or older as the best defense against the Influenza virus.

"Kirk United States Army Health Clinic (KUSAHC) is ready to ensure that our entire population: military, Family members, retirees, medical staff, and DoD civilians are protected from the flu virus," said 1st Lt. Joanna Moore, Chief of Preventive Medicine.

KUSAHC is offering flu shots at the following locations in the coming weeks:

Oct. 31, RDECOM Bldg. 3071, 11:30 a.m. to 12:30 p.m.
Nov. 5, C4ISR Bldg. 6010, 11 a.m. 1 p.m.

Nov. 7, ATEC Bldg. 2202, 10:30 a.m. to noon

Nov. 12, C4ISR, Bldg. 6000, 11 a.m. to 1 p.m.

Flu shots are also available in KUSAHC Bldg. 2501 Monday thru Friday, 7:30 a.m. to 4:30 p.m.

KUSAHC Patient Advocate/Public Affairs Officer Robert Townsend said that KUSAHC will use multiple modalities to get the word out to the APG community as flu season approaches, including the APG News, the KUSAHC website at <http://kusahc.nrmc.amedd.army.mil/default.aspx> and social media sites like the KUSAHC Facebook page at <https://www.facebook.com/KUSAHC#/KUSAHC>.

The CDC projects that manufacturers will produce 135 to 139 million doses of vaccine for use in the United States. For 2013-2014, most vaccines manufactured will be trivalent and created



to fight H1N1, H3N2, and B/Massachusetts/2/2012 like virus.

In addition to being vaccinated, individuals can take easy steps to help avoid contracting the flu virus, such as washing hands frequently, avoiding those infected, and staying home from work or school if possibly infected. Be aware of the common symptoms of flu. They include fever or feeling feverish, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. Some people experience vomiting or diarrhea.

Individuals should not get the vaccine if they are allergic to chicken eggs, have had previously severe reactions to the vaccine, are younger than 6-months-old, are moderately ill at the time of vaccination, or have a history of Guillain-Barre' Syndrome.

Keep Monday morning mold at bay

By **MICHAEL DONNELLY**
KUSAHC

After a long weekend, employees return to their home away from home to find that the mold fairy has paid a visit to their workplace. Little dark specks freckle the wall from the floor up to about knee height. Cotton candy-like fuzz is growing on top of the carpet. Is this the work of some fantasy being?

Not really. It's the work of fungi - those tiny creatures that aren't quite plant or animal but fall into a kingdom all of their own (taxonomically speaking).

Fungi are part of nature's clean-up crew and they are ubiquitous - that is they are everywhere. Outside, at home, at work, at the ball park - simply everywhere.

So, if they are everywhere, why do we see them growing in some places and not in others?

Like seeds, fungal spores need certain things to grow. They need a food source, warmth, and moisture.

Fungi feed on organic material such as dust, paper, crumbs from yesterday's snack, or the leaf that fell off the plant on your desk. They also like the temperatures that we find comfortable. And, like any other living organism, need water or moisture to sustain them.

As you can see, there is little we can do to deprive fungi of food. Even if we are diligent in cleaning up after ourselves, it doesn't take much dust from paper files to provide the needed food source. Adjusting the temperature to keep mold from growing would present heat stress or cold stress issues for us because they like the same temperatures we do.

The one thing we can control is the moisture that they need to grow. But before we can control that moisture, we need to know where to look.

The three main sources of moisture are water intrusion, leaks and humidity. All of these sources must be controlled to prevent mold growth in buildings.

Water intrusion happens when a building sits on land with a high water table or where the grading of the land around the building doesn't allow for rain water to run off away from the building.

Water leaks can take the shape of a cracked or broken pipe, condensation from un-insulated chilled water lines, or roofs and windows in disrepair.

Humidity is the last of the big three moisture sources. The relative humidity of air in the range of 32 to 50 percent is what we find comfortable and is generally not enough to help mold grow. However; take the relative humidity above 60 percent and mold spores will begin to grow.

Building custodians and all occupants must be vigilant in reporting water intrusion and leaks. Wet carpets, ceiling tiles, or paper that is dried out right away will not give mold spores a chance to grow; but wait 48 hours and you're likely to start seeing some growth.

Properly working air condition units tends to keep the relative humidity below the point where mold will grow. If the air conditioning system goes down, it needs to be reported to the Directorate of Public Works right away.

Keeping mold from growing in your building is the responsibility of every person in the building. You need to let your building custodian or facilities person know about problems immediately. They in turn will submit the work request to DPW to correct the problem.

Don't wait for the mold to start growing to report a problem. Report it when it is still just a leaky pipe, a wet carpet, a wet ceiling tile, or humid conditions.

APG SEVEN DAY FORECAST

Thurs



70° | 63°

Fri



71° | 50°

Sat



65° | 43°

Sun



54° | 35°

Mon



51° | 40°

Tue



58° | 47°

Wed



62° | 53°

APG NEWS

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A Warrior shares his painful brush with suicide

Story and photos by

YVONNE JOHNSON

APG News

What began as an ordinary evening in the Fall of 2010 for 1st Sgt. Tomas Cruz and his wife Heather developed into a series of frantic calls from Family members that eventually led to their home being surrounded by a SWAT team and hostage negotiators. The evening led to Cruz's diagnosis of severe post-traumatic stress disorder (PTSD) and insomnia and changed their lives. Today, they are using that experience to help others.

In a trembly, emotion-filled voice, Cruz, a career Soldier stationed on Aberdeen Proving Ground, shared his story with the Soldiers of the 20th CBRNE Command as part of the units' required Suicide Prevention Training at the APG South (Edgewood) chapel Oct. 24.

Cruz and his wife have shared their story with several APG organizations. They usually bring along their 11-month-old son, Holden, who plays contentedly while mom and dad speak, offering occasional squeals that add emphasis to their words.

Headquarters and Headquarters Company Commander, Capt. Scott Fitzgerald, 1st Sgt. Carlos Corbin and 20th CBRNE Chaplain (Lt. Col.) Thomas Cox, hosted the event.

Cox commended Cruz for having the courage to share his story and asked the Soldiers to heed the warning signs in themselves and their Battle Buddies and seek help.

"If you don't deal with it, it deals with you," he said. "If you feel like you've lost control it helps to talk about your anger and how you can overcome it."

"We have to know what's going on in each other's lives to be able to help someone."

A series of deployments along with other contributing factors drove Cruz to that fateful evening that found him sitting in his home with a hand gun listening to his wife's pleas to reconsider taking his life. Phone calls to Family members didn't help the situation. Cruz, whose memory is hazy about that evening, relies heavily on Heather, who remembers everything.

He does recall, however, being angered by remarks from a few of his family members who he said implored him to consider how his actions would affect them without once considering what might have driven him to that point.



(From left) Aberdeen Proving Ground 1st Sgt. Tomas Cruz shares the story of his struggles with post-traumatic stress disorder (PTSD) during a Suicide Prevention Training session at the APG South (Edgewood) chapel Oct. 24. His wife, Heather, whom Cruz credits with saving his life, looks on with their 11-month-old son, Holden.

"They were blind to the impact on me," he said. "I hung up on them."

Events soon began swirling around Cruz. Neither he nor Heather know for sure what drew the local police to their door but the next thing they knew their home was surrounded and negotiators, believing that he had high-powered weapons and explosives, were imploring him to release his wife and surrender. Cruz said he remembers his wife arguing with the negotiators who he said "said all the wrong things to a person in that frame of mind."

"They only made the situation worse," he said, enough to frighten Heather into thinking they would harm him or he would harm himself if she left his side. Even when he told her to go, she refused to leave; stumping the negotiators' efforts. Finally, Cruz's wife and therapist were able to talk him into surrendering. He put the weapon down and they walked out their front door together. Cruz credits Heather with his being alive today.

"She had all the right words and all the right feelings," he said. "A lesson from this is that one person can stop a horrible situation and that you could be that one person."

He said everyone should familiarize themselves with the symptoms and signs of someone who may be contemplating suicide. And if they see or suspect suicide is being considered, act.

"Reach out. And if you can't reach out find someone who can."

Cruz was taken to Walter Reed Army Medical Center where he was psychologically evaluated for two weeks. He was diagnosed with PTSD and went immediately into a treatment program. He refused to be medically boarded out of the Army and was put on medication for PTSD and insomnia. He said he found that the best therapy for him has been helping others experiencing the same or similar feelings that consumed him.

To date, Cruz has personally stopped or assisted halting 69 suicide attempts/ide-

ations this year through his volunteer work on social media and he talks to groups of Soldiers and civilians at every opportunity.

"I didn't want to get out because I knew I could still be productive," he said. "I knew I could contribute."

Cruz said he feels he is fortunate to have a good chain of command that has confidence in his leadership as a first sergeant.

"First and foremost, I'm a first sergeant," he said, adding that he clears each speaking engagement with his leaders to ensure it does not affect the mission.

"They looked at me and decided as a team that I could lead and I try to live up to that every day. My Soldiers come first."

At first afraid to come forward, Cruz said he was encouraged by Sergeant Major of the Army Raymond F. Chandler, who notified the selection committee of his bout with mental illness while he was being considered for the position and has since promoted various programs emphasizing the importance of seeking help and eliminating the stigma associated with doing so.

Cruz teaches Master Resilience courses at APG and at Fort George G. Meade, Md., and is a strong supporter of the Army's Ready and Resilient Campaign (R2C); a holistic approach to achieve physical, emotional and psychological resilience in Soldiers, their Family members and government civilians.

Cruz said even with the fresh perspectives on mental illness and a new program to combat its effects, success begins with leadership.

"It has to come from the top," he said. "Lower enlisted Soldiers won't go to leaders they view as hostile to their situations."

"The key," added Heather Cruz, "is that they need you to understand how they are feeling, not how you feel about it."

"It's the only way we can stop losing 22 veterans and one Soldier a day, which is the average," Cruz said.

"I never thought I needed help, and then I had to overcome the stigma. A lot of the healing process means being brutally honest with yourself. Now, my goal is to help people not get to the point where I was. I'm learning how to talk to people but more importantly, I'm learning how to listen."

"I try to share everything I've been through through with my Soldiers," he said. "I hope it makes me a leader they can trust in good times or bad."

Youth center group produces “Monster Academy”

By **RACHEL PONDER**
APG News

Friends and Family gathered at the APG South (Edgewood) youth center for the premier of a short film created by middle school youth and teens called “Monster Academy” on Oct. 26.

“Monster Academy” was produced, written, filmed and directed over the summer by “Donut Kids Productions,” a group of 16 middle school youth and teens, with assistance from Deon Griffin, a summer camp staff member. The short film is a spooky spoof about a “normal” boy who is bullied by a school full of monsters.

“This movie addresses a serious problem that affects everyone,” said Child, Youth and School Services Staff Member Irina Velez. “It shows that these kids are ready to work toward a solution, to end bullying in their community. These kids are really creative.”

Griffin said the movie was a team effort. “They all worked well together, brainstorming ideas for the movie,” he said. “They were focused throughout the entire process.”

Griffin, a senior film major who attends the University of Maryland Baltimore



Middle school youth and teens pose in their “monster academy” costumes before filming a scene at the APG South (Edgewood) youth center

Photo by Deon Griffin

County, said he was eager to teach the campers basic film techniques. He said the name “Donut Kids” is named after his production company, “Donut Guy Productions.” As a child, Griffin played the “Donut Guy” in the first short film he directed while he was a member of the APG South (Edgewood) youth center.

“When I was a child, I couldn’t afford film school, so I taught myself,” he said. “I wanted to give these kids the experience of going to film school.”

“Monster Academy” is the second movie created by Donut Kids Productions. The first movie, “The Cold Trail,” was produced during the 2012 summer camp

program. Griffin brought the film project back this year by popular request.

“Many middle school youth and teens came back this summer because they wanted to produce another movie,” said APG South Youth Center Director Renee Main. “It’s hard to find activities to keep this age group engaged.”

Joseph Sheely, 13, who played the “normal” guy in “Monster Academy,” said that for him, acting is a way to express creativity.

“It’s fun to escape reality for while,” he said.

Sheely’s mother, Linnette Martinez, a Edgewood Chemical Biological Center civilian, said she was impressed with the center’s summer camp program.

“The children learned about every aspect of film making,” she said. “They were so lucky to have this opportunity to learn from someone going to film school.”

Griffin, who is currently an intern for MTV2 in New York City, said he hopes to make more movies with the youth of the APG South youth center. To view “The Cold Trail” visit www.youtube.com/user/DonutGuyProductions.



Drug take back. It’s a wrap

(From left) Directorate of Emergency Services Detective Mike Farlow and Army Substance Abuse Program Prevention Coordinator Cindy Scott bag prescription and over-the-counter medicines for turn in at the APG North (Aberdeen) police station Oct. 26. This is the seventh year Farlow and Scott have led semiannual APG “Drug Take Back” events. This one included two 24-hour collection sites at both APG police stations, one five-day site at Kirk U.S. Army Health Clinic and one-day events at the 22d Chemical Battalion (TE), the Army Test and Evaluation Command (ATEC) and at the Myer Auditorium in the C4ISR Campus. In all, 100 pounds of unused or unwanted prescription and OTC medicines was collected.

“It keeps getting bigger and bigger,” Farlow said in reference to the total pounds. “In most cases, these are medications people are just happy to get rid of,” Scott said.

They took the collected drugs to the Harford County collection point in Bel Air where Joseph Ryan, manager of the Department of Community Services, Office of Drug Control Policy and Sgt. Kevin Thomas of the Harford County Community Policing Unit and other law enforcement officers and DEA agents collected and boxed drop offs for later incineration.

Ryan said since 2010 more than 10,000 pounds of drugs have been taken out of circulation.

“This attacks preventable drug deaths like teenagers taking pills from their grandparent’s medicine cabinet and it fights crime because a lot of burglaries are related to drugs,” he said.

Drug take back totals came to 1,745 pounds: 1,152 pounds from Harford County (including APG), 293 pounds from the Maryland State Police Barracks in Bel Air and 300 pounds from the Havre de Grace Police Department.

Photo by Yvonne Johnson

APG talks the talk and walks the walk for Breast Cancer

Story and photo by
YVONNE JOHNSON
APG News

In a solid show of community unity, more than 200 members of Team APG came out for the 2-mile Pink Out Walk in support of Breast Cancer Awareness Month hosted by Kirk U.S. Army Health Clinic Oct. 23.

Public Health Nurse Ann Laughton and KUSAHC Nurse Sunaina Singh organized the event with 1st Lt. Joanna Moore, Chief of Preventive Medicine.

Moore said the walk was a collaborative effort inspired by a similar event held by Upper Chesapeake Medicine. She said volunteers were plentiful as they installed ¼, ½ and ¾-mile markers along the 2-mile route.

"People here are so motivated," she said. "We couldn't ask for a better turnout. Hopefully they'll stay involved when we try to put another one together."

Laughton said she was gratified by the turnout that included personal supporters in her husband, Nelson, daughter Sierra and granddaughter Ella, and noted that participants included several cancer survivors as well as some who were newly-diagnosed.

"It's so wonderful to see support immediately offered to those battling this disease," she said.

The main purpose of the walk was to enhance awareness and emphasize the importance of monthly self examinations Singh added.

"Many people think it's a death sentence but it doesn't have to be," she said, noting that she has twice found lumps that were found to be negative.

"The most important thing you can do is self examine," she said. "You know your body better than a doctor you only see once or twice a year. Finding a lump is very frightening but it's even more frightening to find it too late."

Participants said they came out to show their solidarity with survivors and victims or to honor a loved one lost to the disease.

"It takes all of us coming together to encourage a cure for cancer to make it happen," said Robin Stokes of the



Mary Buchwald doesn't have to wonder if her co-workers have her back after their show of support during the Pink Out Walk for Breast Cancer Awareness hosted by Kirk U.S. Army Health Clinic Oct. 23. Co-workers and friends wore home-made "Walking With Mary" signs on their backs for the CERDEC program analysis officer whose diagnosis was confirmed Oct. 18.

Army Substance Abuse Program. "I feel blessed to be in a command that provides the opportunity to focus on and participate in this kind of event and I'm glad to be an employee at APG."

Carlton Rucker, a program manager with the U.S. Army Communications-Electronics Command (CECOM) said he walked to support cancer in general.

"I'm a survivor, Rucker said, adding that he was declared cancer-free after surgery earlier this year. He said he decided to join the walk after hearing about it from co-workers.

"I feel a lot more energetic," he said

after crossing the finish line. "I think I've gained my spirit back."

More than 20 participants walked to support their co-worker Mary Buchwald, a program analysis officer with the U.S. Army Communications-Electronics Research, Development and Engineering Center (CERDEC) whose diagnosis was confirmed less than a week prior on Oct. 18. All wore pink "Walking With Mary" signs on their backs.

Buchwald said her boss was "all over it" when she heard about the Pink Out Walk and suggested they all walk to show their support. As one who "doesn't

look for a lot of attention," she said her co-workers' support felt "wonderful."

"I'm surrounded by love from my family and my faith and it's good to know my work family is right there with me too," she said.

With no history of breast cancer in her family to her knowledge, Buchwald said she was blindsided by the news.

"I'm not doing this for attention but to let people know this could happen to anyone," she said. "This should send the message to get in touch with your health because you never think it could be you."

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

MARK YOUR CALENDAR

TODAY 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.

FRIDAY NOVEMBER 1 BREAST CANCER AWARENESS 5K RUN/WALK

In honor of Breast Cancer Awareness Month, the U.S. Army Public Health Command will host a Breast Cancer Awareness 5K Run/Walk starting from Hoyle Gym in APG South (Edgewood).

The 6:30 a.m. opening ceremony includes remarks by breast cancer survivor Ann Laughton of Kirk U.S. Army Health Clinic. The run begins 6:45 a.m. Donations are welcome and will go to Breast Cancer Research. Please wear pink to show your support.

This event is open to APG active duty service members, their Family members, and government civilians and contractors. IPFU must be worn IAW AR 670-1.

For more information, contact Spc. Stephen Murray at 410-436-4530, or e-mail stephen.k.murray3.mil@mail.mil.

SATURDAY NOVEMBER 2 FREE COLLEGE FOOTBALL TICKETS

Aberdeen Proving Ground ID card holders can receive free tickets to this weekend's Morgan State football game vs. Hampton University (Va.) at Hughes Stadium on the MSU campus in Baltimore.

Through Friday, Nov. 1, personnel can receive up to four tickets each from Leisure Ticket Offices in the APG North (Aberdeen), Bldg. 3326, 410-278-4011, and APG South (Edgewood), Bldg. E4140, 410-436-2713, recreation centers.

Tickets will be issued first come, first served.

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.

AFFORDABLE CARE ACT HEALTH FORUM

On Sat. November 2, the Harford County Chapter of the National Association for the Advancement of Colored People (NAACP) will host a county-wide Affordable Care Act Health Forum from 2 to 4 p.m. at Union United Methodist Church, 700 N. Post Road in Aberdeen. The event is part of a larger, comprehensive outreach initiative targeting the approximately 20,000 uninsured Harford County residents under the age of 65.

The Forum will provide information on a wide variety of topics and terms related to the Affordable Care Act, MD Benefits Exchange insurance options, Medicaid program expansion and eligibility, the Maryland Children's Health Program, the Small Business Options Program, health care tax credits for business owners, information about health disparities, and more.

For more information, contact William Wiseman, PIO and Director,

Division of Public Health Educ & Cancer Prev Services Harford County Health Department at 410-612-1771.

MONDAY NOVEMBER 4 NAF OPEN SEASON BEGINS

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.

Those 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.

Food is available 5 p.m. Free admission with receipt of meal purchase of \$7.50 from 1st Sgts BBQ.

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

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-apgveterans

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

FRIDAY NOVEMBER 8 MARINE CORPS BIRTHDAY LUNCHEON

Celebrate the 238th Marine Corps Birthday by attending the 4th Annual APG Marine Corps Birthday Luncheon at Ruggles Golf Course at noon. All Marines (Active, Retired, Reserve, Veteran, FMF Corpsman, DoD civilian, DoD contractor) who work on APG, their Families and supporters are invited. A two entrée buffet costs \$20 per person; the ceremony begins at noon. RSVP to Craig at 443-477-0670 or visit www.MarylandMarines.org. Once a Marine, Always a Marine!

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.hosannaschool-museum.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.bbcanda.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.

FRIDAY NOVEMBER 15 THROUGH 18 FRIENDS OF THE ABERDEEN LIBRARY FALL BOOK SALE

The annual fall book sale at the Aberdeen branch of the Harford County Public Library will be held Friday through Monday, Nov. 15 through 18. Hundreds of books, DVDs and CDs will be on sold for fantastic prices. Included are items excessed by the library and donated items. The sale will be held during regular library hours: Fri. and Sat. 10 a.m. to 5 p.m.; Sun. 1 to 5 p.m. and Mon. 10 a.m. to 8 p.m.

WEDNESDAY NOVEMBER 20 NATIVE AMERICAN HERITAGE MONTH

Team APG will present the 2013 Native American Heritage Month Celebration 10:30 a.m. at the APG North (Aberdeen) post theater. The event will include entertainment and a traditional Native American food sampling. The program theme is "Guiding Our Destiny with Heritage and Traditions." The guest speaker is Mark "Wild Turkey" Tayac.

For more information, contact; Sgt. 1st Class Howard Norcross, ATEC equal opportunity advisor, at 443-861-9251 or Tracy Marshall, CECOM Installation EOA, at 443-861-4366

ONGOING 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.

NOVEMBER 1-30 THRIFT SHOP \$3 BAG SALE

The APG Thrift Shop, located in Bldg. 2458, behind the Main Post Chapel, will host a \$3 bag sale starting Nov. 1 and lasting the entire month. Patrons will be charged only \$3 for everything they can stuff in one bag. This applies only to items in the clearance area. For more information, contact the Thrift Shop Manager Fran Diantonio at 410-272-8572. Thrift Shop hours of operation are: Wednesday, 11 a.m. to 6 p.m. and Thursday, 10 a.m. to 2 p.m. Consignment hours are Wednesday, 10 a.m. to 1 p.m. and 4:30 to 5:30 p.m.; and Thursday, 10 a.m. to 1 p.m.

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

CATHOLIC MASS AND LITURGY SCHEDULE

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

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

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

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

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

APG BARBER SHOP REOPENS

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

CPR, AED CLASSES SCHEDULED

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

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.

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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 homeschooled children can have access to classrooms, the computer lab and gym on a scheduled basis. For more information, call 410-278-7571/7479.

FRIDAY NIGHT OPEN RECREATION FOR TEENS

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

FIREWOOD SALE

Firewood is now available at a cost of \$20 per level standard 8' pick-up truck, \$15 per level standard 6' pick-up truck, and \$5 per car trunk load. Permits to buy wood are good for ten days, or until an order is filled, whichever comes first. Permits will be issued on a first-come-first served basis in APG South (Edgewood), Bldg. E4630 Monday through Thursday, 8 a.m. to 3 p.m. Call Kathy Thisse, 410-436-8789 or Scott English, 410-436-9804 for more information.

KEYSTONE CLUB

This free class for high school students meets every other Friday, 7 to 9 p.m. at the APG North (Aberdeen) Youth Center, Bldg 2522. This unique leadership development experience provides opportunities for young people ages 14 - 18. Youth participate in activities, both in and out of the club, in three focus areas: academic success, career preparation and

community service. With the guidance of an adult advisor, Keystone Club aims to have a positive impact on members, the club and community. Participants may bring up to two non-DoD friends. For more information, call 410-278-4995.

DARTMOUTH COLLEGE RESEARCH STUDY

Geisel College of Medicine at Dartmouth is sponsoring a research study for post-deployment veterans. If you are a recent veteran experiencing difficulty adjusting to life post-deployment and need help accessing or deciding whether to seek mental health treatment, please call Meissa at Geisel School of Medicine at Dartmouth at 603-448-0263 ext. 135. You will be asked questions as a way to screen potential subjects for a DOD-funded research study. Everything is done by phone and is completely confidential. Eligible Veterans will receive compensation for their time.

INSIDE APG

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

For previous interviews, follow these links: <http://youtu.be/a8vuM-dxmG50>; <http://youtu.be/se7hTk-wnb08>

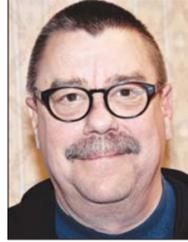
PIANO & GUITAR LESSONS

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



MORE ONLINE

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



Timothy Jennings

Outdoor Recreation Programs Manager
(Community Recreation Division)

Family and Morale, Welfare and Recreation offers a variety of recreation choices through its Outdoor Recreation division and overseeing it all is Timothy Jennings.

As the Outdoor Recreation Programs manager, Jennings oversees day-to-day operations in APG's two marinas, three picnic areas, three swimming pools, hunting program, archery and skeet & trap ranges, horse stables and RV/Boat storage and vehicle resale lot.

Added to that is the wide variety of rental equipment available through the Equipment Resource Center.

Jennings, who started as a marina recreation aide, said the number one priority throughout the division is serving the customer.

"Working with people is the best part about working here," he said. "We try to make all customers happy."

With ski season approaching, customers should be very happy about upcoming ski specials, Jennings said.

Tune up specials for skis, equipment rental specials and basic ski instruction classes will be posted in upcoming issues of the APG News and in MWR's InDemand e-newsletter.

Available ski equipment includes downhill and cross country sets, snowboards, ski bibs and car top racks.

Jennings said customers are the number one priority of all Outdoor Recreation Programs.

"Anyone who comes to us can expect fast, reliable and dependable service," he said.

The Outdoor Recreation main office and Equipment resource center are located in Bldg. 2184 in APG North (Aberdeen)

Hours of operation are Monday – Friday, 10 a.m. to 6 p.m.; Saturday, 9 a.m. to 2 p.m.; Closed Sunday and holidays.

For more information, call 410-278-4124/5789 or visit the MWR website at <http://apgmwr.com>.



You never have to miss an issue of the APG News

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



Bell, Book & Candle on rec center stage Nov. 7

By **ADRIANE FOSS**
Garrison Public Affairs

Meet Gillian Holroyd, a beautiful, free-spirited ... witch, who falls in love with a ... mortal.

Holroyd is the main character in the APG Theater Group's production of Bell, Book & Candle, a romantic comedy onstage at the recreation center Nov. 7. The plot centers around Holroyd falling in love with her handsome, human neighbor—at the risk of losing her magical powers.

According to APG's FMWR Theater Group Director Tricia Devine, the group is sticking close to the original Broadway play, from which a 1958 movie starring Jimmy Stewart, Kim Novack, Jack Lemmon and Ernie Kovacs, was critically acclaimed, garnering Oscar and Golden Globe nominations.

"You can't go wrong with a cast like that," said Devine.

And you can't go wrong with the volunteer actors that were cast for APG's production.

"It's a very small, talented group which allows the audience to really get to know the characters, watching the evolution of Gillian as she discovers and tries to understand human emotions," said theater group member Alyssa Buxbaum.

Buxbaum is making her directorial debut with Bell, Book & Candle, which influenced the 1960s hit sitcom Bewitched. Buxbaum's theater experience includes acting in five productions at APG as well as assisting backstage, acting and directing courses in college and participating in the her school's annual One-Act Festival.

Devine said the show's subject stands the test of time and encouraged to the community to attend.

"Whatever flaws are discovered in a relationship, they can always be overcome," she explained.

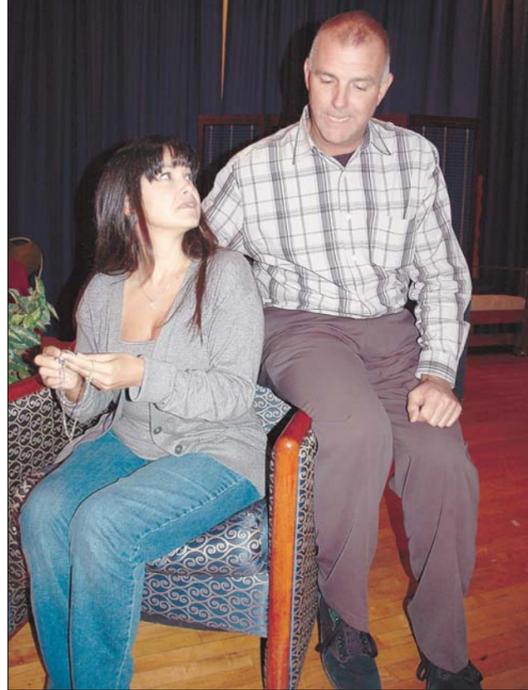
Buxbaum also encouraged the community to come out and support local entertainment.

"The APG Theatre Group, as with the other arts, can only continue to exist with the support of the community," said Buxbaum. "Audience members can expect an enjoyable evening out, inexpensive in relation to shows off post, while supporting coworkers, military members and their Families"

Before and during the show, local talent will perform play-related songs. Admission is \$5 for active duty and \$10 general admission. And with the receipt of a \$7.50 meal purchased from the onsite vendor, admission is free.

The show starts at 7 p.m. but attendees can arrive as early as 5 p.m. for a meal. The performance is recommended for ages 12 and up.

The Theater Group is looking for volunteers for onstage and offstage participation. For tickets or more information, contact the Leisure Travel Office in Bldg. 3326 or call 410-278-4011 / 4907, or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.



Don't miss the APG Theater Group's production of Bell, Book & Candle at the APG North (Aberdeen) recreation center Nov. 7, at 7 p.m. The play is a romantic comedy about a witch Gillian Holroyd, who casts a love spell on a mortal, Shep Henderson. (Top) Author "Sidney Redlitch" [Kyle Champion] discusses his research on witches during a rehearsal. (Bottom from left) "Gillian Holroyd" [Rebecca Nuce] receives a special gift from "Shep Henderson" [Kevin Vienneau] during a rehearsal of Bell, Book & Candle Oct. 24.

Photo by Rachel Ponder

MORE ONLINE



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



Want to make a difference in how services are rendered at APG? Tell us how we can improve, or provide kudos for great service, via the Interactive Customer Evaluation system at <http://ice.disa.mil/>. Click "Army" then "Aberdeen Proving Ground." Or check us out on Facebook at <http://on.fb.me/HzQlow>. View the QR code to visit us immediately.



Know your surroundings, plan escape route

Continued from Page 1

said. "Their goal is to kill and injure as many as possible."

Holdford advises people to plan escape routes ahead of time. Supervisors should create a "rally point," or a safe meeting place.

"Having a rally point creates accountability, it helps first responders determine how many people are still in the building," Holdford said.

He also said the best option is to evacuate the scene as quickly as possible. "Always try to escape or evacuate, even if others insist on staying. Leave your belongings behind."

If it is not safe to evacuate, victims should find a place to hide, acting quickly and quietly. Those who choose to hide should lock or barricade the door using whatever is available. Individuals should also close the blinds, turn off all lights, computer monitors and cell phones, to give the appearance of an empty room. He said that usually active shooters will not spend time trying to break into a barricaded room, because they know their time is limited.

Victims should fight only if it is the last resort, Holdford advised. Those who decide to fight should act as aggressively as possible against the shooter, using improvised items, like hot coffee, scissors, fire extinguishers and chairs, as weapons. Holdford said fighting can distract the shooter and buy more time until the authorities arrive. Those who decide to fight should commit to their actions.



Photo by Rachel Ponder
APG Police Officer Jason Schaffer participates in Special Reaction team training. The SRT is a specialized element within law enforcement on military installations. All SRT police officers receive rigorous training and are prepared to respond to high-risk situations.

Holdford said that in the event of a shooting, victims should try to remain as calm as possible.

"Most gunshot wounds are sustainable," he said. "People can die from the shock of a gunshot wound."

He recommends calling 911 as soon as it is safe to do so. If it is not safe to

speak to a 911 operator, dial 911 from a landline and set the phone down. This action will create a recording of what is going on in the room or building, as well as alert the authorities to the location of the incident.

"If you get a busy signal, that is a good sign, it means that multiple people are

reporting the incident," he said.

Holdford said initial responding officers or contact team members will come in quickly. They are there to find and incapacitate the shooter. They are not there to treat the injured or begin evacuations. People in the building should keep their hands visible, so responding officers know right away that they are not a threat. Victims should remain in their secure areas until they are instructed otherwise.

Holdford said the phrase "Run. Hide. Fight." is taken from an educational video by Ready Houston, (www.ready-houstonx.gov/videos.html), that teaches people what to do in the event of an active shooter incident. He recommends viewing the video and visiting <http://www.ready.gov/planning> for more information on emergency preparedness. Active shooter response training is available to any APG workplace by request. For more information call 410-278-3212.

REMEMBER

- Be aware of your surroundings and possible dangers
- Take note of the nearest exits in any facility you visit
- If you are in an office at the time of an attack, stay there and secure the door
- Only as a last resort should you attempt to take action against the shooter

Keep Halloween safe for children, adults

Continued from Page 1

Trick-or-treating

APG recommends observing Trick-or-Treat on Halloween from 5 to 8 p.m., the same time as Harford County and the City of Aberdeen.

- Drivers are urged to use extra caution during this time.
- Children 12 and younger must be escorted.
- All children should wear reflective clothing or carry flashlights.
- If you will be dispensing candy on trick-or-treat night be sure to turn all porch and exterior house lights on so folks don't trip on the steps leading to your house or sidewalk.
- Map out a safe neighborhood route

for your children to follow. It's even a good idea to walk it ahead of time with your kids.

- Warn children never to go inside a home. All trick-or-treating should be done in full view of the porch.
- Reinforce traffic safety rules with your children including looking both ways before crossing a street and following all traffic signs.
- Make sure costumes are easy to see in the dark. While black is often used to create a scary costume, it isn't visible to drivers unless there are reflective patches. Also, check that the costumes are flame retardant.
- Be sure you have fully charged cell phones or walkie-talkies in case of an

emergency. Test out the ring tone before the kids leave the house.

- Masks can impair vision; try using face-makeup instead.

Adult Halloween parties

Designate a sober driver in advance. If intending to drink alcohol, plan ahead to get home safely by selecting a designated driver or ensuring cab service is available from the party location

- Consider an overnight stay. If attending a party at a friend's home, consider asking to stay overnight or look into hotel accommodations without walking distance. Many hotels offer special Halloween weekend rates and promotions.
- Exercise extreme caution when

driving a vehicle. If possible, try to avoid cutting through residential areas where trick-or-treaters are likely to be present. If providing directions to a party, try not to route guests through residential areas unnecessarily.

- Watch for children in the street. Be on the alert for excited youngsters, whose vision may be obscured by masks, darting out into traffic. Trick-or-treating, children may not pay attention to traffic and might cross mid-block or between parked cars.
- Obey the speed limit. Motorists should obey the posted speed limit. When driving through residential areas where trick-or-treaters are likely out, consider driving under the speed limit.

You could win \$10,000 with a special photo or video

A picture may be worth a thousand words but in the Army & Air Force Exchange Service's latest contest a picture and 50 words could be worth \$10,000.

From Nov. 1 to Dec. 31, authorized Exchange shoppers can enter the "Homeward Bound" contest by submitting a picture or video of a military welcome home experience, along with a 50-word or less description, for a shot at the \$10,000 Exchange gift card grand prize.

"We've all been moved by video footage and pictures of military members returning to their Families," said the Exchange's Senior Enlisted Advisor Chief Master Sgt. Tony Pearson. "We are excited to see the stirring submissions competing to land the \$10,000 prize."

In addition to the grand prize, the second-place winner will receive a \$5,000 gift card and third place will take home a \$2,000 gift card.

The "Homeward Bound" contest is open to all authorized Exchange shoppers 18 years of age or older. Complete rules and entry instructions can be found at www.shopmyexchange.com/homewardbound.

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency).

For info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

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|-----------------------|--------------------|---------------------|
| Bridges, Navondi | Grunde, Rachel | Poole, Rodney |
| Kennedy, Sandra | McClintick, Jill | Torrise, Carmen |
| Lamar-Reeve, Kellie | Wickham, Kristen | France-Haff, Cheryl |
| Moiueh, Daniel | Rodriguez, Pedro | Dillie, Amanda |
| Sosa, Laurice | Barrett, Patrick | Hoffman, William |
| Samler, Jennifer | Blethens, Matthew | Park, Jessica |
| Urban, Brenda | Decker, Kathy | Blethen, Lena |
| Hill, Christian | Lamb, Pamela | Cobb, Joyce |
| Herbert, Bryant | Robinson, Lisa | King, Beverly |
| Birch, Garfield | Stewart, Kathleen | Shelton, Lena |
| Bristol, Julie | Nahrgang, Margaret | Robinson, Jennifer |
| Crawford, Curtis | Jones, Deborah | Mayes, Katherine |
| Green-Farley, Jessica | Eberhardt, Joanne | Sumic, Angie |
| Winne, Janeen | Lowry, Teresa | Griffith, Owen |
| Deller, Patricia | Ludolph, Kerry | |

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

Visit the APG News online <http://www.apgnews.apg.army.mil/>

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/>.



Courtesy photo

APG “GO BIG OR GO HOME” IN THE ARMY TEN MILER

Team APG participants and members of the APG Army Ten Miler Team pose in front of the MWR Hooah Ten before the 29th running of the Army Ten Miler race at the Pentagon Oct. 20. A record 35,000 registered runners participated in the annual race that benefits Family and Morale, Welfare and Recreation activities. Team APG ATM came in second place in the Government Agency division and ATEC 1 (comprised of Army Test and Evaluation Command civilians) came in third. View more photos and information on the AG MWR Flickr site at <http://www.flickr.com/photos/apgfmwr/sets/72157636910102573/>



Photo by Yvonne Johnson



Photo by Yvonne Johnson



Photo by Molly Blossie

PINKING UP TO CANCER



Photo by Molly Blossie



Photo by Molly Blossie



Photo by Yvonne Johnson

(clockwise from top left)

APG soldiers, civilians and Family members head out on the Pink Out walk for breast cancer awareness hosted by Kirk U.S. Army health clinic Oct. 23.; KUSAHC Public Health Nurse and breast cancer survivor Ann Laughton hugs an APG walker; Family member Sierra Laughton and her daughter Ella await the start of the walk; CECOM cancer survivor Carlton Rucker and other walkers leave KUSAHC at the start of the walk; KUSAHC Nurse Sunaina Singh wears one of several pink hats decorated with the names of breast cancer survivors; and more pink-clad walkers strut the sidewalks in support of survivors and victims everywhere. View more photos on the APG Flickr site at www.flickr.com/photos/usagapg/.



Photo by Rachel Ponder

FAMILY FUN AT THE APG PUMPKIN CARVING NIGHT

Samantha Devorak carves a spooky pumpkin during Family pumpkin carving night at the APG South (Edgewood) youth center Oct. 25.



Photo by Rachel Ponder

YOUTH LEARN LESSONS THROUGH GOLF

First Tee of Baltimore Coach Karen Hoffmann gives Jordan Richards, 10, putting tips during a class at the APG South (Edgewood) youth center Oct. 23. First Tee is a youth development program that teaches life skills and leadership through golf. This program is offered at the APG South youth center year-round.

Tell them you saw it in the APG News