



APG NEWS

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

www.TeamAPG.com

THURSDAY, DECEMBER 18, 2014

Vol. 58, No. 50

Operation United Assistance

Ebola fighters, 1st AML honored as Time 'Person of the Year'

By **WALTER T. HAM IV**
20th CBRNE Command

Soldiers from the 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives), were part of Time Magazine's selection for the 2014 Person of the Year.

Time Magazine selected "Ebola fighters" as its 2014 Person of the Year, and Soldiers from the 20th CBRNE Command's 1st Area Medical Laboratory serving in West Africa are part of the U.S. effort to contain the most deadly Ebola outbreak in history.

The 1st AML deployed from APG to Liberia, in late October, to support Operation United Assistance.

"The 1st AML brings unique capabilities to our nation's efforts in support of this mission, and is playing an important role in enabling the understanding of this disease as a part of a larger joint and inter-agency enterprise," said 20th CBRNE Commander-Brig. Gen. JB Burton.

In support of combined and joint military operations, 1st AML deploys around the globe to protect U.S. military forces through surveillance and testing of environmental samples to determine threats and environmental health hazards.

A specialized and highly-trained team of Soldier scien-



Courtesy photo

Soldiers from the 20th CBRNE Command's 1st Area Medical Laboratory deployed to Liberia in late October in support of Operation United Assistance with a mission to establish an infectious disease laboratory for Ebola screening in West Africa.

See 1ST AML, page 14

ChalleNGe Academy graduates 97



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

Military and community leaders, family members, cadre and guests gathered to honor 97 young men and women who successfully completed 22 weeks of rigorous training during the Maryland National Guard (MDNG) Military Youth Corps Freestate ChalleNGe Academy Completion Ceremony at the APG post theater Dec. 13.

Led by Director Charles Rose, the cadets of Class #43 received completion certificates and several received monetary awards and scholarships from supporting organizations and educational institutions.

During opening remarks Brig. Gen. Linda Singh, the first female and African American to hold the post of

See FREESTATE, page 14

From left, Brent Jones gives his son, cadet Davon Jones, a congratulatory hug after the Maryland National Guard Freestate ChalleNGe Academy Completion Ceremony at the APG post theater Dec. 13.

Route 22, Wise Road gate closures

The Route 22 gate on APG North (Aberdeen) will close Friday, Dec. 26 due to the designated federal holiday and resume normal operations Monday, Dec. 29.

The Wise Road gate on APG South (Edgewood) will be closed starting Dec. 25. It will resume normal operations Monday, Jan. 5.

For more information on gate hours, see "Installation Holiday Hours" on page 12.

December marks national effort to prevent impaired driving

APG Army Substance Abuse Program

December is National Impaired Driving Prevention Month, which is a national effort to bring special attention to the problem of driving under the influence of alcohol or drugs.

An estimated 258,000 people were injured in crashes where police reported that alcohol was present - an average of one person injured approximately every two minutes.

"If you can't figure out if you've had too many drinks to drive - don't risk it," said Cindy Scott, prevention coordinator for the Army Substance Abuse Program (ASAP). "Chances are if you're feeling 'buzzed' you are too impaired to drive safely. Risk driving at an illegal level

and chances are law enforcement will catch you and you'll spend the holiday in jail."

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

If you plan to drink

- Designate a driver ahead of time — a designated driver is a non-drinking driver.

See ASAP, page 14



ONLINE

www.TeamAPG.com/
APGNews
facebook.com/
APGMd
twitter.com/
USAGAPG
flickr.com/photos/
usagapg/



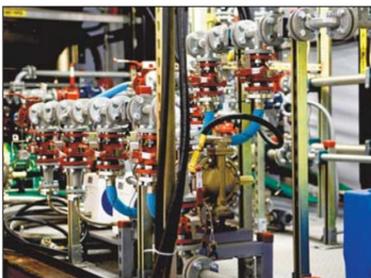
INDEX

Pg 9.....All Things Maryland
Pg 9.....Crossword
Pg 10.....At Your Service
Pg 10.....Mark Your Calendar
Pg 11.....APG News History
Pg 14.....Did You Know?
ICE system
http://ice.disa.mil/
Facebook, http://on.fb.me/HzQlow

More inside

Tips for eating healthy over the holidays **PAGE 4**
New garrison chaplain assistant ready to serve **PAGE 6**
IMCOM positions available overseas **PAGE 8**
Installation holiday hours **PAGE 12**

IN THIS ISSUE



APG team honored by UK CBRN group

Page 3



105 years: a tribute to chaplain assistants

Page 7

WEATHER

Thursday

Sunny
chance of rain 0%



43° | 30°

STREET TALK

What is your message to military and civilian personnel deployed overseas this holiday season?

"We thank you and we hope you have a Merry Christmas. Our thoughts and prayers are with you. We're also thinking about your families and children because they're here and they take care of you so you can do a good job."



Sue Orosz
Family member

"I hope they fix the wars as soon as possible and I wish them well. Thank you for your service."



Fernando Nater-Orsini
Retired military

"Thank you for everything that you're doing. Keep strong and stay with it. Don't let anything bring you down. Stay in touch with your families if you can. If not, letters work, too."



Pvt. Virgil Keele
Alpha Battery, 3rd ADA (JLENS)

"We're grateful for your service. Merry Christmas and we hope you return healthy and safe."



Margie Decker
Retired civilian

"Thank you. Have a Merry Christmas and a Happy New Year!"



Nami Davenport
Family member

Put a freeze on winter fires

By **T.C. GLASSMAN**
APG Fire & Emergency Services

According to the United States Fire Administration (USAF), home fires occur most often during the winter months. Candles, heating, cooking and holiday decorating all lead to an increased risk of home fires but following simple safety guidelines can put a freeze on winter fires.

Candles

Forty-one percent of home decoration fires are started by candles. People often light multiple candles and place them in dangerous areas where they're likely to be knocked over or brushed up against, making candles particularly dangerous.

- Lit candles should be placed out of reach of children or pets.
- Candles should be at least three feet away from a tree or other holiday decorations. USAF reported that 56 percent of all candle fires from 2007-2011 were a result of being placed too close to decorations, curtains or furniture.
- Never leave a lit candle unattended. Eighteen percent of all candle fires from 2007-2011 were the result of candles left unattended or abandoned.

Instead of a traditional open flame candle, opt for battery-powered flameless candles that provide the same flickering ambiance but carry a negligible risk of starting a fire.

Heating

From 2008-2010, USAF reported that heating was the second leading cause of all residential building fires. Half of all fires resulting from home heating equipment occur during December, January and February.

- Keep anything that can burn at least three feet away from heating equipment like the furnace, fireplace or wood stove
- Never use an oven to heat your home.
- Install carbon monoxide detectors to avoid the risk of CO poisoning.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a professional.

An estimated 900 portable heater fires in residential buildings are reported each year, causing 70 deaths, 150 injuries and



\$53 million in property loss.

When using a space heater:

- Keep anything that can burn at least three feet away from the heater.
- Turn it off when you leave the room or go to bed. If the heater has an automatic shut off or timer, be sure to use it.
- Plug it directly into the wall: do not use an extension cord or power strip.
- Use those only approved by a recognized testing laboratory.

Cooking

Unattended cooking is the leading contributing factor to home cooking fires. Frying

food poses the greatest risk for fire and more than half of home cooking fire injuries occur when people try to fight the fire themselves.

- Never leave items unattended on the stovetop. If you leave the kitchen, turn the burner off.
- If you see smoke coming from the pan or the grease starts to boil, turn the burner off.
- Turn pot handles toward the back of the stove to avoid bumping into them or accidentally pulling them over.
- Keep a pan lid or baking sheet nearby to cover the pan if it catches on fire.

Deep frying turkeys isn't just for Thanksgiving. Many families enjoy turkey throughout the holiday season. Before deep frying a turkey, keep these things in mind:

- Turkey fryers can easily tip over, spilling hot cooking oil over a large area
- An overfilled fryer will cause hot oil to spill over the sides when the turkey is put in.
- A partially frozen turkey will cause hot oil to splatter.
- Even a small amount of spilled cooking oil on a hot burner can cause a large fire.
- Without thermostat controls, deep fryers can overheat oil to the point of causing a fire.
- The sides of the cooking pot, lid and handles can get dangerously hot.

For more winter fire safety tips, visit www.usfa.fema.gov, www.nfpa.org or call APG Fire & Emergency Services at 410-306-0001.



APG News to return Jan. 8, 2015

On behalf of the APG News staff, I would like to wish the entire APG community a safe and happy holiday!

This issue marks the last issue of the year for the APG News as we take a two-week hiatus until 2015. The APG News will return Thursday, Jan. 8 with our yearly Installation Guide, providing an overview of the installation and the organizations that make up Team APG.

The new year holds new and exciting adventures for the newspaper. We are gearing up to increase the number of pages we publish to provide even more news that is interesting and relevant to you every week.

Continue to enjoy our "All Things Maryland" column and "This Day in APG History" page, and look out for increased coverage of MWR events and services and a new column focusing on the Science, Technology, Engi-

neering and Mathematics (STEM) expertise and outreach efforts on APG.

As always, we ask for feedback from you, our readers. What do you like about the paper? What don't you like? What do you wish you saw more of? Less of? We strive to inform you, to educate you and to entertain you – but we can't do that without your help.

Let us know about new or upcoming events at your organization. Tell us about your interesting after-hours hobby. Share with us messages from your Soldier or civilian overseas. Email me at amanda.r.rominiecki.civ@mail.mil and send us your feedback and best ideas.

We thank you for another fantastic year at APG and look forward to what lies ahead.

All the best, *Amanda Rominiecki, Editor*

APG SEVEN DAY FORECAST



APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 5,200. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the

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

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or The Baltimore Sun Media Group of the products or services advertised. For advertising matters, call The Baltimore Sun Media Group, 410-332-6300. Send articles or information for publication to the APG Public Affairs Office, Building 305, IMAP-PA, APG, MD 21005-5001; send a fax to 410-278-2570; contact the

Editor Amanda Rominiecki at amanda.r.rominiecki.civ@mail.mil, contact Assistant Editor Yvonne Johnson, 410-278-1148 or email yvonne.johnson5.ctr@mail.mil, or contact Reporter Rachel Ponder, 410-278-1149 or email rachel.e.ponder2.ctr@mail.mil.

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

Staff

APG Senior Commander ..Maj. Gen. Bruce T. Crawford
APG Garrison Commander .. Col. Gregory R. McClinton
Public Affairs Officer Kelly Luster
Editor Amanda Rominiecki
Assistant Editor..... Yvonne Johnson
Contract Photojournalists..... Rachel Ponder
..... Stacy Smith
Graphic Designer/Photographer Molly Blossie
Website www.TeamAPG.com/APGNews

APG team honored by UK CBRN group

JPEO-CBD

The APG team that developed and operated the system that destroyed the most dangerous materials in Syria's chemical weapons stockpile was recognized Dec. 11 with the CBRN-UK Innovator of the Year Award.

This year's award cited two organizations, the Joint Program Executive Office for Chemical and Biological Defense (JPEO-CBD) and the Edgewood Chemical Biological Center (ECBC) for their rapid response to world events in developing the Field Deployable Hydrolysis System (FDHS), a deployable chemical agent destruction technology. Both organizations are located on APG South (Edgewood).

In late 2012, the Department of Defense (DOD) recognized that it lacked a deployable technology for destroying large amounts of chemical warfare materiel such as the Syrian chemical weapons stockpile.

While the international community engaged the Syrian government to relinquish its chemical weapons stockpile, JPEO-CBD and ECBC formed a team to bring decades of chemical weapons destruction experience to bear on the problem.

Within six months, the team conceived, designed, constructed and systemized a deployable system. In mid- to late-2013, it became apparent that no nation would permit the destruction of Syrian chemical materiel on its soil, and the team adapted and installed two FDHS units aboard the 648-foot Maritime Administration Ready Reserve cargo ship MV Cape Ray.

In July 2014, the MV Cape Ray and a crew of chemical warfare materiel destruction experts from JPEO-CBD and ECBC began destruction of Syrian HD mustard agent and the sarin precursor DF in international waters in the Mediterranean Sea. In less than eight weeks, the deployed team completed its mission of destroying more than 600 tons of Syrian bulk chemical warfare materiel.

Lloyd Pusey is director of product development within the JPEO-CBD's Joint Project Manager for Elimination, and has been involved in the development and deployment of the FDHS from the beginning.

Pusey deployed aboard the Cape Ray as a command post operator, monitoring and directing chemical destruction operations. He said the chemical operations crew, which was comprised of

45 DOD civilian employees who volunteered for the mission, was eager to get the job done.

"The (chemical materiel) processing went remarkably well, although the day-to-day job of trying to work through it was definitely challenging," Pusey said. "You're on a ship, working with chemicals in a way that they've never been worked with before. We spent

months planning for this, and there was still some uncertainty in whether or not all that planning was going to pay off."

Pusey said that the team deployed aboard the Cape Ray depended heavily on reach-back support from their colleagues at JPEO-CBD and ECBC.

"There were a lot of folks involved from both organizations who were sup-

I can't be more proud of the team. Successful completion of this mission was an incredible accomplishment on their part.

Tim Blades

Director, ECBC Chemical Biological Application and Risk Reduction Business Unit

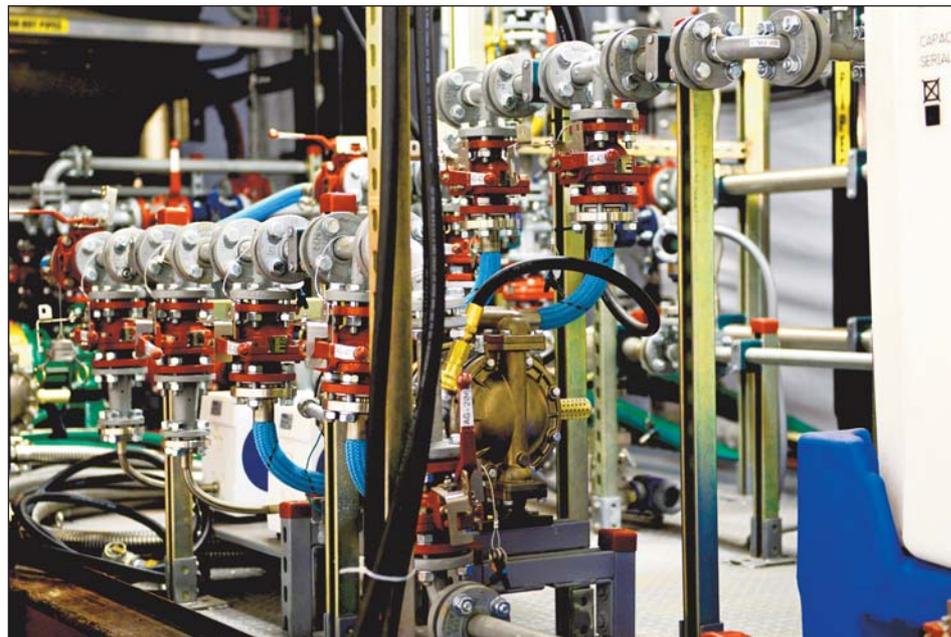


Photo by C. Todd Lopez

A series of pipes, valves and mixing manifolds is part of one of the two Field Deployable Hydrolysis Systems (FDHS) that were installed aboard the MV Cape Ray and used to destroy more than 600 tons of Syrian chemical warfare materiel. The Joint Program Executive Office for Chemical and Biological Defense and Edgewood Chemical Biological Center were awarded the 2014 Tim Otter CBRN Innovator of the Year Award by the CBRN-UK group for their work in developing and deploying the FDHS.

porting the efforts from Edgewood who deserve an enormous amount of credit," Pusey said.

Tim Blades is the director of ECBC's Chemical Biological Application and Risk Reduction Business Unit and served as the commander of the chemical operations team aboard the Cape Ray. He said the success of the mission to destroy Syria's chemical warfare materiel is testament to the expertise and dedication of the DOD's civilian workforce.

"It's a tribute to the talent, energy and commitment of the federal government employees that the bulk of this project -- conception, design, procurement, installation, and operations -- was done by folks who are employed by the Department of Defense," said Blades.

"I can't be more proud of the team. Successful completion of this mission was an incredible accomplishment on their part."

The Tim Otter CBRN Innovator of the

Year Award is presented by the CBRN-UK -- the United Kingdom's chemical, biological, radiological and nuclear defense industry special interest group. This is the first time organizations outside the United Kingdom have been considered for the award.

The award recognizes an individual or organization for work in the CBRN sector that has a significant impact on the advancement of CBRN capability.

"This was an international mission, and we worked with the UK and many other countries in order to make this happen," Blades said.

"The UK was very involved and contributed to providing destruction capability for some of the other chemicals that were involved in the Syrian stockpile. So we've enjoyed a very close relationship with the UK in this whole endeavor, and it's very much an honor to be considered as a top innovator by them."

Eating healthy over the holidays

By **STACY SMITH**
APG News

Many folks love to trim their Christmas tree this time of year, but few are as eager to trim their waistlines. According to the Academy of Nutrition and Dietetics, the average American gains approximately one to two pounds during the holiday season. That doesn't sound like much, but consider this: over the course of 20 years that could equate to a nearly 40-pound weight gain!

To confront the battle of holiday bulge, several installation employees attended a "Staying Healthy Over the Holidays" seminar on APG North (Aberdeen) Dec. 11.

Anne Healy, a CareFirst representative, presented weight management and healthy lifestyle strategies to support overall mission readiness and strengthen resilience among Soldiers, families and civilians.

"It's a time of year when you give yourself special treats," Healy said. "You're celebrating, you're with your families, and maybe you're not really paying much attention to what you're eating and drinking."

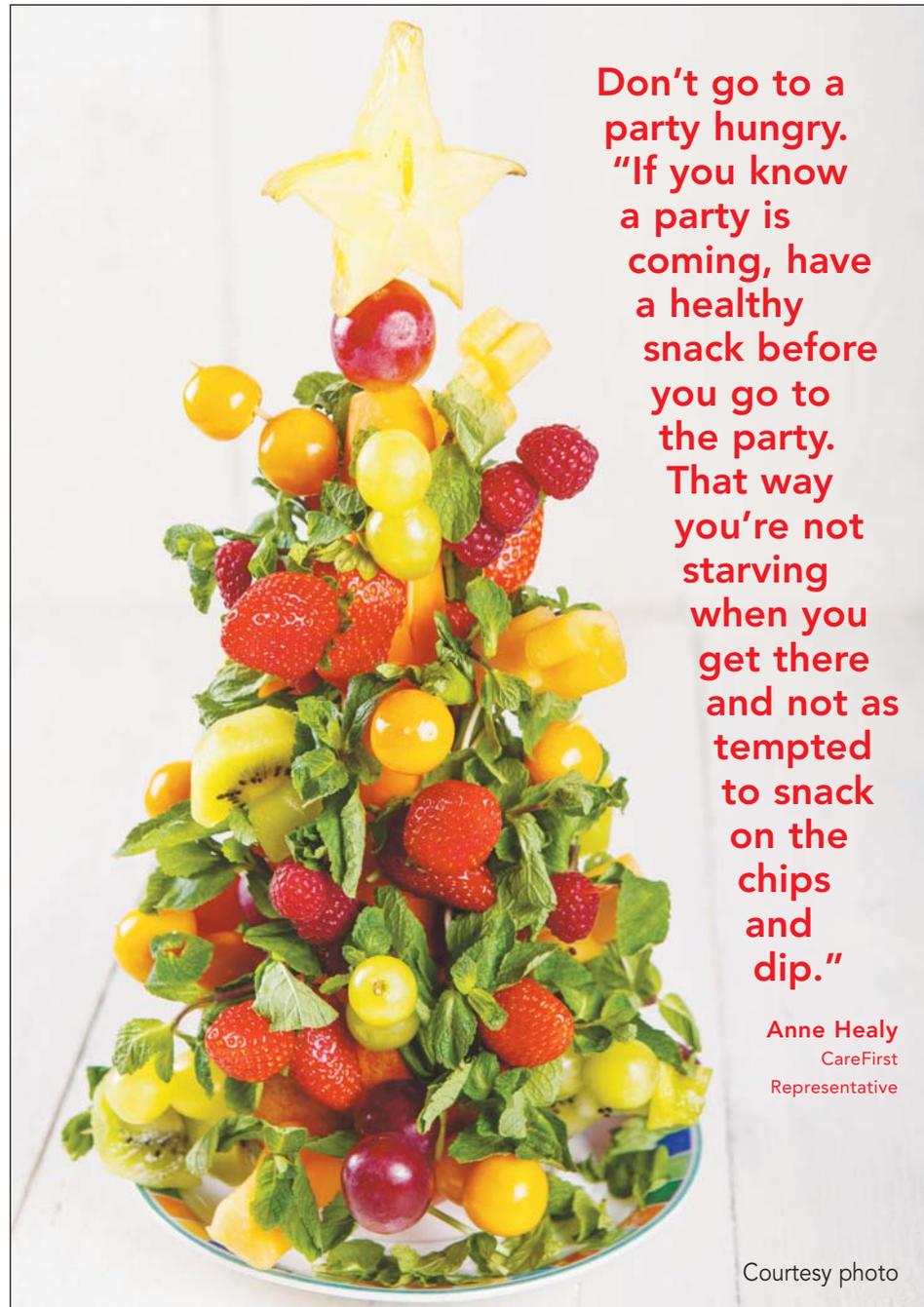
Healy said acknowledging those temptations is only half the battle, and that actually eating right and exercising can be the trickier part.

Healy, and Kirk U.S. Army Health Clinic registered dietician Angela Lang, provided additional tips to make staying healthy over the holidays a little easier:

- **Keep a record:** "Research shows we are 82 percent less likely to gain weight when we're keeping track of [our weight] every day, whether by writing it down, or weighing ourselves, or trying on those jeans that just fit, and making sure they still fit a week later," Healy said.

- **Have a plan:** Don't go to a party hungry. "If you know a party is coming, have a healthy snack before you go. That way you're not starving when you get there and not as tempted to snack on the chips and dip," Lang said.

- **Be choosy:** Choose the items that you really love and cut back or elimi-



Don't go to a party hungry. "If you know a party is coming, have a healthy snack before you go to the party. That way you're not starving when you get there and not as tempted to snack on the chips and dip."

Anne Healy
CareFirst
Representative

Courtesy photo

nate those you don't. You may have to skip the snacks you normally have to make room for those special, once-a-year treats.

- **Last to first:** Be the last to sit down at the table and the first to get up when finished; you'll be less tempted to continue eating after you're full. Sit next to a fellow healthy eater for moral support.

Wait until all the food is on the table before choosing what you'll have.

- **Slow down:** Put your cutlery down between bites and chew thoroughly. Socialize between bites, so your meal will last longer. Use smaller, dessert plates for your main meal, or split desserts and large portions with someone else.

- **Beware of hidden calories:** Drinks, especially alcoholic beverages, are often the chief culprit of high caloric intake. An eight-ounce serving of non-alcoholic eggnog has about 362 calories.

- **Keep up the exercise:** It's a busy time of year, so try to squeeze in mini-workouts throughout the day; they'll make you feel better. Park far away from the mall entrance or the office door. Take the stairs instead of the elevator. Remember: cleaning and shopping also burns calories. "It's all about keeping your body moving," Healy said.

A healthy holiday should also include meal plans that are delicious but sensible. Healy suggests several healthy substitutes and alternatives to some holiday dish favorites. They include:

- Replace mashed potatoes with cauliflower to lighten the calorie load.
- Freeze gravy and then scrape off the top fat after it has hardened.
- Use whole grain bread for dressings and add more fruits and vegetables.
- Use potatoes in green bean casserole to give it a creamy taste without the added fat.
- Use skim milk, instead of whole milk or heavy cream.
- Try lots of herbs and seasoning to add flavor rather than butter or salt.
- Top cakes with fruit instead of ice cream or frosting.

For more information about staying healthy all year-round, visit www.eat-right.org or www.choosemyplate.org. Eat smart, stay active, get enough sleep, and enjoy a healthy holiday.

Healthy Living

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 www.TeamAPG.com To suggest health-related topics for the Health Living series, email amanda.r.rominiecki.civ@mail.mil



Come and follow us <https://twitter.com/USAGAPG>

CHPC eyes new year of health goals

APG Community Health Promotion Council looks to improve cross-communication between tenant organizations

By **STACY SMITH**
APG News

As the new year quickly approaches, the APG Community Health Promotion Council (CHPC) is gearing up to take advantage of opportunities to improve the health and resiliency of Team APG in 2015.

The group discussed objectives and started developing a community health and wellness strategic plan for the 2015 fiscal year during the CHPC quarterly meeting Dec. 11.

According to Wendy LaRoche, health promotion officer with the U.S. Army Public Health Command, the coun-

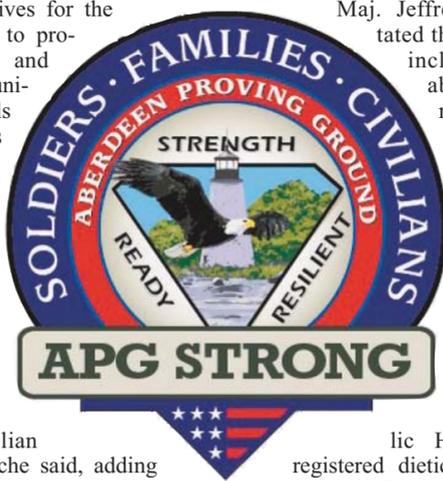
cil's main objectives for the coming year are to promote a healthy and informed community with individuals who have access to education and prevention services.

Fulfilling these objectives lowers health risks associated with chronic illnesses and helps maintain a ready and resilient Soldier and civilian workforce, LaRoche said, adding that one of the first events in the new year will be the annual installation-wide Slim Down Challenge, with a new twist.

"We want to increase the number of tenants who participate," she said "It's a garrison initiative in which we're incorporating Fitbits."

For six months, individuals participating in the Slim Down Challenge will be able to use Fitbits provided by Kirk U.S Army Health Clinic to track their activity levels, sleep and progress toward fitness goals.

CECOM Chief of Staff Col. Charles Gibson and Garrison Command Sgt.



Maj. Jeffrey Adams facilitated the meeting, which included discussion about health promotion goals and initiatives - from tobacco cessation and suicide prevention to physical and mental resilience and medication use and disposal.

According to Col. Joanna Reagan, Public Health Command registered dietician and program manager of Creating Active Communities and Healthy Environment, plans to change the nutrition environment on APG include providing healthier vending options.

Cindy Scott, CHPC risk reduction program coordinator, noted that Army Community Service will have a financial advisor available to assist the growing population of younger Soldiers on APG who may be at greater financial risk. Financial instability and stress decreases an individual's physical and mental resiliency, Scott said.

LaRoche says another goal of the

CHPC is to improve cross-communication between tenant organizations to avoid the 'silo' effect, which occurs when organizations work independently on the same health and resiliency goals rather than collaborate effectively as a team.

LaRoche said the CHPC is "a forum to talk about some of the trends that are going on- what are some of the interventions, are the interventions working to help mitigate risk across the installation....and [to] come up with some type of plans if there are certain risks or trends that we need to look at. It also looks at whether there are any gaps in services or programs that we provide."

The next CHPC meeting is tentatively scheduled for March 12. For more information about the CHPC or the Slim Down Challenge, contact LaRoche, at 410-278-1153, or wendy.c.laroche.civ@mail.mil.

APG NEWS
Visit us online at
www.
TeamAPG.com/
APGNews



Have a great idea for a story?

Know about an interesting upcoming event?

Wish you saw more of your organization in the paper?

The APG News accepts story ideas and content you think the APG community should know about.

- Story ideas or content must be geared toward the greater APG community and cannot appear to endorse any private company.
- The deadline for content to appear in an upcoming issue of the APG News is the **Thursday PRIOR** to publication. The APG News cannot guarantee submissions received after the Thursday prior to publication will appear in the next issue of the paper.
- Send story ideas or pre-written content to amanda.r.rominiecki.civ@mail.mil or call 410-278-7274 for more information.

Please note, the APG News editor reserves the right to (1) reject any content deemed inappropriate, irrelevant or against regulation, (2) delay the publication of submitted material if it is not timely and (3) edit or shorten content for space and style reasons without altering the meaning of the submission.

New garrison chaplain assistant ready to serve

By **RACHEL PONDER**
APG News

New to the Army, Pfc. Joseph Freeman is ready to serve the APG community as a chaplain assistant.

A California native, Freeman joined the Army in July and came to APG at the beginning of this month.

Based at the main post chapel, he is one of three APG Garrison chaplain assistants. Freeman and his colleagues are responsible for any logistical need or



Freeman

directive issued by an Army chaplain.

The main post chapel provides religious support to the entire APG community: Soldiers, civilians, retirees and their family members. The chapel facilitates many programs, ranging from youth groups and prayer breakfasts to marriage retreats and financial planning seminars.

“We provide support to the chapel, seven days a week,” added Sgt. 1st Class Daniel Sponsel, the chapel’s non-commissioned officer in charge.

Freeman, who describes himself as “adaptable” and “easy going,” said the variety of the job appealed to him.

“This job stood out to me,” he said. “I was raised in the church, so this job

intrigued me.”

Freeman added that he wants to emulate his Advanced Individual Training instructor Sgt. Michael King from the U.S. Army Chaplain Center and School in Fort Jackson, South Carolina.

“He was approachable,” he said. “He had a way about him that made you want to do your absolute best. I want to be like that. I want to be approachable and available to help people in the APG community.”

Before joining the Army, Freeman was a college student studying criminal justice while working as a manager at a retail store. After being contacted by an Army recruiter he decided to join.

“The recruiter called me when I was

in a transitional period in my life,” he said. “My dad served in the Army so the option of joining the military was in the back of my mind. I guess you could say the timing was right.”

He was also attracted to the Army’s educational, travel and professional development opportunities.

“Before joining the Army I was struggling from paycheck to paycheck,” he said. “I like having financial independence.”

Freeman’s educational goals include attending the University of Maryland to earn a bachelor’s degree in criminal justice. After leaving the Army, his goal is to become a police officer.

Gifts for children, adults with special needs



By **NANCY GOUCHER**

Exceptional Family Member Program

The holiday season is here and as a parent, family member or a friend of a child or adult with special needs, you understand that it is not always simple to find the “right gift.”

Generally, one can’t walk into a department store and pick out the item that person wants or needs. Understanding the benefits of a gift as that aligns

with the abilities of a particular person can be a huge challenge. Thankfully, the internet can be utilized to research and purchase appropriate gifts.

Below are some suggestions on where to look for gifts as well as a video showing how to make switch adaptive toys.

- **Able Play:** Offers a toy rating system to help people make the best decisions when purchasing products for children with special needs. www.able-play.org/

- **Ability Station:** Provides therapist-approved toys for many different special needs and skill sets. www.abilitystation.com

- **Amazon:** Search “Special Need” for special needs multi-sensory toys. www.amazon.com

- **Different Roads to Learning:** Items are carefully selected to support the Autism Community. www.difflearn.com

- **Enabling Devices:** Offers assistive technology toys for special needs children. www.enablingdevices.com

- **eSpecial Needs:** Offers a variety

of appealing active play toys for children with special needs. www.especial-needs.com

- **Fat Brain Toys:** Provides an expansive organized break down on developmentally appropriate gifts. www.fatbraintoy.com/special_needs/index.cfm

- **Fun and Function:** Designs sensory toys and therapy equipment to help children learn adaptive responses for what they may lack or crave. www.funandfunction.com

- **Gummy Lump:** Offers pretend, play and educational toys for toddlers and preschoolers. www.gummylump.com/c/SpecialNeedsToys/489

- **Independent Living Aids:** Provides products for individuals with low vision, low hearing or mobility impairments. www.independentliving.com/

- **Lakeshore Learning:** Creates innovative educational materials that spark young imaginations. www.lakeshorelearning.com

- **Lekotek:** A central source on toys and play for children with special needs. www.lekotek.org

- **Playability Toys:** Designs and develops toys for children with special needs. www.playabilitytoys.com

- **Playworks:** Separates toys into seven sub-categories to facilitate finding toys that address specific special needs www.playworks.net/special-needs-toys.html

- **Special Needs Toys:** Offers a wide range of special needs toys, from mobile Multi-Sensory, to Swings, Trampolines and other Sensory Integration kits, www.specialneedstoys.com

- **Toys 'R' Us:** Offers a complete “Differently-Abled” Kids toy guide. www.toysrus.com/shop/index.jsp?categoryId=3261680

- **Switch Adapted Toys:** Provides a basic overview of how to adapt a toy to operate with a communication switch. www.instructables.com/id/Switch-Adapted-Toys-Basics/

For more information about gifts and toys for children or adults with special needs, contact the Nancy Goucher 410 278-2420 or nancy.e.goucher.civ@mail.mil.



Like us on Facebook

www.facebook.com/APGMd



105 years: a tribute to chaplain assistants

By **SGT. MAJ. PAMELA A. WILSON**
IMCOM Chaplain Sergeant Major

As the U.S. Army Installation Management Command Chaplain Assistant Sergeant Major, I am proud of all the chaplain assistants supporting our Soldiers, Families and Civilians.

We are celebrating 105 years since the Army officially introduced this unique Military Occupational Specialty (MOS).

The Army officially created the position of chaplain assistant Dec. 28, 1909, for the first time authorizing an enlisted Soldier to provide full-time religious support. The War Department's General Order No. 253 simply read, "one enlisted man will be detailed on special duty, by the commanding officer of any organization to which a chaplain is assigned for duty, for the purpose of assisting the chaplain in the performance of his official duties."

Every day, chaplain assistants are responsible for helping Soldiers exercise their constitutional right to practice their faith, whatever it is, wherever they may be. Chaplain assistants do not have an easy MOS. There are no other military occupational specialties in the military blending so many capabilities.

We are leaders. From the beginning, chaplain assistants learn skills that enable them to step into a battalion or installation and perform leadership tasks. Leadership is developed at the U.S. Army Chaplain Center and School. After graduation and arrival at the first duty station, chaplain assistants quickly integrate into the battalion staff, where they interact with the command sergeant major and other staff sections to coordinate religious support.

The chaplain assistant's job becomes much more important in a combat environment. The chaplain is not allowed to bear arms, so the chaplain assistant, as the other half of the unit ministry team, emerges as a leader by providing force protection for the chaplain. This is a core responsibility of the chaplain assistant.

Every day, the chaplain assistant provides religious support to the unit, assesses its overall morale and provides proper referral, counseling sources and spiritual outlets for the troops. Chaplain assistants deliver variety to the unit ministry team because enlisted personnel tend to be more comfortable approaching another enlisted Soldier with a personal issue. The chaplain assistant, therefore, serves as a unit ministry team multiplier.

The chaplain assistant allows troubled Soldiers the option of confiding in someone who can offer understanding while also maintaining the strictest confidence -- as dictated by the charter of privileged communication that all chaplains and chaplain assistants must adhere to.

We are also logisticians. Property and supply acquisition is a normal task. Chaplain assistants account for religious supplies and equipment, ensuring communion wafers, wine and hymnals are on hand, properly stored and presented in respect for each worshipper.

We are accountants and contract managers. Chaplain assistants assigned to some of our garrisons hold the position of fund managers. They manage an annual operating fund of \$24 million Army-wide. They receive two weeks of special training for this arduous task.

1909

**the year the Army
officially created
the position of
chaplain assistant**

**by way of War
Department General
Order No. 253**



Photo by Spc. Kandi Huggins

Spc. Faith Bedwell, a chaplain assistant assigned to Company C, 101st Brigade Support Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, prepares the pulpit at Freedom Chapel, Contingency Operating Site Warrior during her daily upkeep of the chapel.

Many of them manage contracts more than \$500,000.

We are project managers. Chaplain assistants participate in and manage all phases of chapel construction and renovation. I have witnessed chaplain assistants totally remodeling state-of-the-art conference facilities or accounting for property with huge price tags.

We are caregivers. Chaplain assistants serve as master resilience trainers and suicide prevention leaders, and assist in the care of those experiencing trauma in any way. We provide research on world religions, enabling the chaplain to assess military conflicts for the commander.

We are battle staff trained. Brigade chaplain assistants receive specialized training that allows them to work in tactical operations centers at all levels of the

command. On installations, we provide world-class religious support to the senior commander. We integrate and coordinate religious support in cooperation with all tenant units.

We are trainers. We help teach Strong Bonds - a unit-based, chaplain-led program to help commanders build individual resiliency by strengthening the Army Family through relationship education and skills training.

Your chaplain assistant, whether assigned to garrison or another unit, is a valued resource and force multiplier for any command. Take the opportunity to thank them for their service to our military and for providing 105 years of religious support to our Army.

Pro Deo et Patria! For God and Country!

ICE

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"

IMCOM positions available overseas

By **REBECCA SILVAS**
IMCOM Human Resources

With critical installation management vacancies in deployed locations open now, U.S. Army Installation Management Command employees have additional career development opportunities at their fingertips.

“No one knows installation management better than IMCOM,” said Maj. Gen. Lawarren Patterson, IMCOM deputy commanding general for operations and chief of staff. “It’s the willingness of our employees to provide and manage support to Soldiers in deployed locations that sets this command apart as an enabler of readiness and premier support organization.”

According to IMCOM leaders, there is an immediate need to fill about 23 vacancies that includes positions in public works, administration, housing, construction, plumbing and operating forklifts. In the long term, the command hopes to develop a pool of applicants ready to serve at any location.

The deployment experience allows civilians to use their capabilities, experience and knowledge to support crucial DOD missions abroad. Deployable civilians are needed to serve as qualified volunteers to fill critical functions in Afghanistan and other locations across the globe – everything from humanitarian aid and disaster relief to support infrastructure and contract management.

Volunteering to deploy gives civilian employees an extraordinary opportunity to broaden skills and expertise while directly supporting operations of national interest. As a deployee, you will live and serve on a variety of American bases and compounds with your mili-



Photo by Sgt. Jarred Woods

Department of the Army civilians inspect a base expeditionary targeting surveillance systems-combined (BETSS-C) tower before transferring it to the Afghan National Army near Kabul, Afghanistan in April.

tary and government colleagues. Some of the locations will be quite austere and remote, and unlike any community back in the United States, contributing to the overall experience. You will receive training to help you prepare for living in-theater.

In addition to the experience you will gain from your deployment, you may be also eligible for a 35 percent post differential pay, 35 percent hazardous duty differential pay and significant overtime

compensation in addition to base salary.

Supporting Soldiers, communities and national interests is what IMCOM is all about. Imagine being able to help the local community build hospitals and schools, bring electricity to a village and disperse disaster relief. Consider taking the next step in career development, and apply today.

The application process begins with filling out an Army Civilian Volunteer Request for Deployment form, found

at <http://cpol.army.mil/library/mobil/webforms/index-Army.html>. Submit your completed form and resume to the HQ IMCOM deployment coordinator email address: usarmy.imcom-hq.mbx.g1-civper@mail.mil. Please note that incomplete forms will NOT be considered.

For additional information, please email usarmy.imcom-hq.mbx.g1-civper@mail.mil or visit <http://www.cpms.osd.mil/expeditionary/>.

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); or OPM 630- B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell.civ@mail.mil.

Alba, Audrey
 Benysek, Lee
 Budzinski, David
 Burrell, Craig
 Cannon, Marcy
 Clark, Lyra
 Courie, Anna Fitch
 Donlon, Jacqueline
 Dunston, Samuel

Eberhardt, Joanne
 Fedorisko, Christine
 Gaddis, Lonnie
 Gilley, Christopher M.
 Johnson, Douglas
 Kennedy, Sandra
 King, Safari
 Leonguerrero, Louis
 Lloyd-Simpson, Tygar

Merkel, Arthur J.
 McCauley, Adrienne
 Nguyen, Amy
 Palm, Natalie
 Parker, Alonzo D
 Piper, Carol Lynn
 Pitrat, Charles A.
 Robinson, Jennifer
 Rodriguez, Pedro

Smith, Sonia
 Snodgrass, Deanne
 Trulli, Wayne R.
 Vaccaro, Dominic
 Vincelli, Louis
 Wade, Lamesa S.
 Weimer, Carl R.

ALL THINGS MARYLAND

Next stop: wonderland

Train gardens pick up steam during the holidays



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

Intricate displays of model trains – known as train gardens in Maryland – increase in popularity during the holidays, and there are countless displays to visit in the area.

Dave Shackelford, the chief curator of the B&O Railroad Museum in Baltimore, said holiday train gardens originated in what is now Germany and portions of Eastern Europe. These gardens were called “putze.”

“These [gardens] were religious in nature, focusing on the nativity scene and grew to include buildings, trees and other landscaping,” he said. “Eventually these gardens became more secular in nature with the inclusion of battery operated and electric trains that were added to the scenes beneath the trees. This took place beginning in the late 1890s to early 1900s and really took off in the 1910s to 1930s with the increased popularity of electric and toy trains.”

Shackelford added that when Moravian and German immigrants settled in Maryland, they brought the train garden tradition with them. The success of toy trains in the 1950s made the tradition go mainstream.

“While popular in homes in the area, the layouts also became rooted in local firehouses as a way to celebrate and give back to the community,” he said. “By the early 1950s many firehouses in the area had a train garden.”

While the tradition tapered off in the 1960s and 1970s, in the last 20 years model trains have made a comeback. The website, “Grandpa’s Holiday Train Garden Page for 2014” (<http://www.wvmgrs.org/TrainGardens.htm>) lists



This train garden is part of the Mason Dixon Large Scale Railroad Society’s free holiday open house located in the Bel Air Town Center, off of Route 1.

more than 100 train gardens located in Maryland, Washington, D.C., Virginia and Pennsylvania.

Joe Sova, a long-time member of the Mason Dixon Large Scale Railroad Society said local families get together throughout the year to build model trains. This year, the club is hosting a free open house located in the Bel Air Town Center.

“Nowadays, fewer people travel by train, so trains are a novelty,” Sova said. “Train gardens are a way to teach children about the past.”

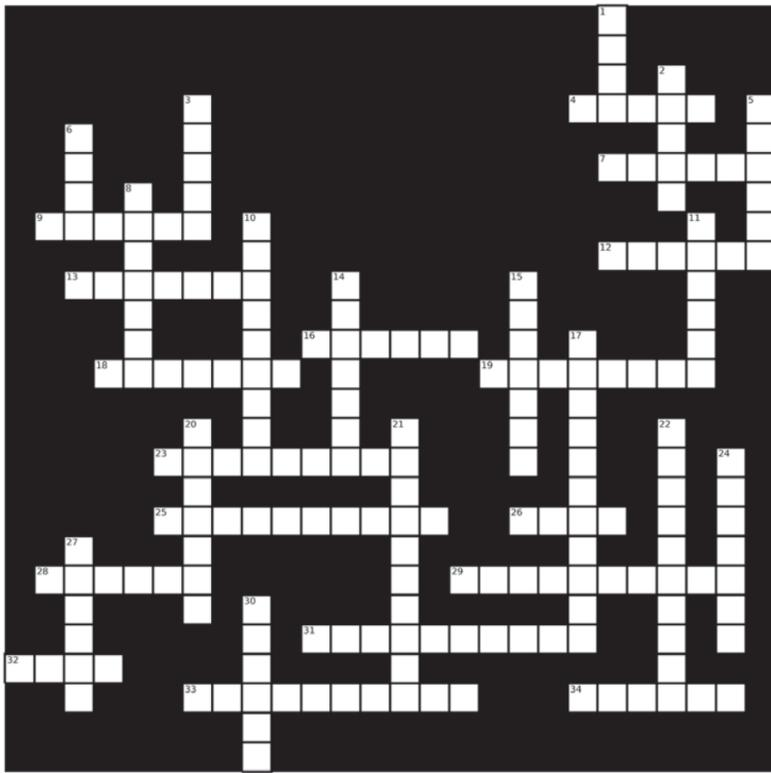
Bloom’s Broom Ice Cream and Dairy Store in Bel Air hosts the annual “Christopher’s Train Garden,” which was built to honor the memory of Christopher Cooper, a teenager who passed away in 2007. The garden features replicas

of Ocean City attractions and Bel Air landmarks.

“Christopher really connected with trains, he absolutely loved them,” said Cooper’s grandmother, Janet Fisher. “Now we volunteer our time to share these trains with other children.”

For more information about building an indoor train garden, visit <http://www.bigindoortrains.com/index.htm>.

The APG Crossword



By **RACHEL PONDER**, APG News

Test your knowledge about holiday traditions from around the world.

Across

- 4. Labels placed on mail during the holiday season to raise funds and awareness for charitable programs.
- 7. _____ Santa is a gift-giving tradition in which members are randomly and anonymously chosen.
- 9. A type of calendar used to count or celebrate the days in

anticipation of Christmas.

- 12. In Norway, people hide these on Christmas Eve.
- 13. Children leave this sweet treat out for Santa on Christmas Eve.
- 16. A Kwanzaa feast
- 18. According to tradition, Santa enters homes through the _____.

- 19. An empty sock that is hung on Christmas Eve.

- 23. Japan has its own version of Santa Claus, an old priest named _____. It is said that he has eyes on the back of his head.
- 25. Another name for caroling.
- 26. Some people want this to fall from the sky on Christmas Day.
- 28. This holds the candles that are lit during Kwanzaa.
- 29. The traditional Christmas gift-bringer in Europe.
- 31. Rudolph the Red-Nosed Reindeer first appeared in a 1939 booklet written by Robert L. May and published by _____ Ward.
- 32. The Yiddish word for “money.” Traditionally given to children during Hanukkah.
- 33. The German term for fir tree.
- 34. A sparkling type of decorative garland material that mimics the effect of ice or icicles.

Down

- 1. The candy _____ is a popular alternative to bulbs and ornaments for Christmas tree decorations.
- 2. Traditional Kwanzaa colors are red, green and _____.
- 3. _____ cake is made with dried fruit, nuts, and spices.
- 5. Another name for potato pancakes, traditional Hanukkah food.
- 6. The Boar’s _____ Feast is probably the oldest continuing festival of the Christmas season, practiced in England and America.
- 8. This is traditionally lit during the Hanukkah celebration.
- 10. According to tradition, if you are caught under this plant, you have to give the person next

to you a kiss.

- 11. _____ Day is a holiday traditionally celebrated the day after Christmas Day in several countries.
- 14. A creature from the folklore of Alpine countries thought to punish children who have misbehaved.
- 15. In Russia, these dolls are a traditional Christmas gift.
- 17. Russian composer of the “The Nutcracker.”
- 20. Las _____ is a nine-day celebration with origins in Spain, now celebrated in Mexico, Guatemala and portions of the Southwestern United States.
- 21. This plant has red and green foliage and is widely used in Christmas floral displays.
- 22. The Seven _____ are the core of the Kwanzaa celebration.
- 24. A spinning top.
- 27. The Christmas _____ ornament is hidden on the Christmas tree on Christmas Eve. Some say this tradition began in Germany.
- 30. a sweetened dairy-based beverage traditionally made with milk or cream, sugar, and whipped eggs.

Solution to the December 11 puzzle



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!

MARK YOUR CALENDAR

SATURDAY

DECEMBER 20 GOSPEL YOUTH CHOIR EXTRAVAGANZA

The APG Gospel Service Youth Choir will host a Youth Choir Dance Extravaganza at the APG main post chapel from 4 to 6 p.m.

The children of the Gospel Youth Choir, ages 6 to 14, will perform songs, dances and a Christmas play. The event, a celebration of the choir's first year at APG, is free and open to the entire APG community.

For more information, contact Trudy Tisdale at gertrude.s.tisdale.ctr@mail.mil.

CHRISTMAS CONCERT

The APG main post chapel Protestant Choir will host a Christmas Concert at the Perry Point VA Medical Center Chapel at 2 p.m. Saturday, Dec. 20.

The APG Protestant Choir will present the Cantata "Silent Night, Holy Night." Refreshments and a gift giveaway at the chapel's recreation center will follow the concert.

The Perry Point Medical Center Chapel is located in Bldg. 314 at 515 Broad St., Perry Point, MD 21902.

For more information, contact Chaplain Percy Williams at 1-800-1003 Ext. 5606.

WEDNESDAY

DECEMBER 24 CANDLELIGHT CHRISTMAS EVE SERVICE

The annual combined Candlelight Christmas Eve Service will be held at the APG South (Edgewood) Chapel at 7 p.m., Wednesday, Dec. 24. Refreshments will follow the service.

For more information, contact Joyce Wood at 410 - 278 - 4333.

FRIDAY

DECEMBER 26 RT. 22 / WISE GATES CLOSE

The Route 22/Harford Road gate in APG North (Aberdeen) and the Wise Road gate in APG South (Edgewood) will close Friday, Dec. 26 as a result of the designated federal holiday. President Obama signed an executive order granting federal employees a day of paid holiday leave on Dec. 26, and all federal agencies and departments will be closed, following normal federal holiday procedures. All drivers should plan to use the Route 715 gate in APG North or the Route 24 gate in APG South which will remain open throughout the holidays.

The Route 22/Harford Road gate will resume normal operations Monday, Dec. 29.

The Wise Road gate will remain closed through the holidays and resume normal operations Monday, Jan. 5.

For information about additional gate closures check the APG social media sites listed on the front page.

TUESDAY-THURSDAY

JANUARY 6-8 DAU TO HOST 'LEADING PROJECT TEAMS' WORKSHOP

The Defense Acquisition University will host a three-day "Leading Project Teams" workshop which will be conducted from 8:30 a.m. to 4:30 p.m. Tuesday, Jan. 6 to Thursday, Jan. 8. The workshop will be held in the DAU facility located at 6175 Guardian Gateway, Aberdeen Proving Ground.

The Leading Project Teams workshop emphasizes best practices of building and maintaining high-performing teams using practical examples and exercises. It is geared toward those civil servants performing in leadership roles such as IPT lead, team leads, etc.,. The course objectives include: to identify the competencies needed to successfully perform as a project team leader; to understand the unique requirements for leading project teams in the current acquisition environment; to identify the advantages and barriers to successful team performance; to develop action steps to apply the lessons learned from this course back on the job.

Seating is limited and will be handled on a first come, first served basis. Those interested must RSVP no later than Dec. 23, by contacting Ben Metcalfe at benjamin.metcalfe@dau.mil or 410-272-9471.

TUESDAY

JANUARY 13 IMPROVE YOUR CREDIT SCORE WORKSHOP

A workshop geared toward ways to improve your credit score will be held from noon to 1 p.m. at the Myer Audi-

torium, Bldg. 6000.

Make your resolution this year to improve your credit score! The workshop will include a guest presenter from a local federal credit union, and the event is open to all installation employees, contractors and military personnel.

For more information, contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

ONGOING

ARMY DISASTER PERSONNEL ACCOUNTABILITY & ASSESSMENT SYSTEM

All Department of the Army personnel must validate their emergency data as well as their family members in the Army Disaster Personnel Accountability & Assessment System (ADPAAS).

Department of Army Leadership uses ADPAAS to account for personnel and make decisions within the geographic area of natural and man-made disasters. All Active Duty, Selected Reserves, National Guard, DA Civilians, Non-Appropriated Fund employees must update and maintain their emergency data at the ADPAAS website to ensure their Army Leadership has valid personnel data.

Visit <https://adpaas.army.mil> and follow the instructions below to validate/update your personnel data:

1. Select "Soldiers, DA civilians, NAF employees, OCONUS contractors and their family button."
2. Choose one of the three login methods
3. Click the "My Info" tab at the top of the page.
4. Select "Contact Information" to review, add or edit your emergency contact information.
5. Select "Family Member Info" to review, add or edit your family member information.

Individuals in a geographic area of natural or man-made disasters will be prompted to complete an assessment survey.

CPR, AED CLASSES SCHEDULE FOR 2015

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2015. Classes are open to the entire APG community.

Jan. 21 - APG North (Aberdeen) Chapel, Bldg. 2485 - 9 a.m. and 1 p.m.

Feb. 18 - APG South (Edgewood) Conference Center, Bldg. E4810 - 9 a.m. and 1 p.m.

March 18 - APG North (Aberdeen) Chapel, Bldg. 2485 - 9 a.m. and 1 p.m.

April 22 - APG South (Edgewood) Conference Center, Bldg. E4810 - 9 a.m. and 1 p.m.

May 20 - APG North (Aberdeen) Chapel, Bldg. 2485 - 9 a.m. and 1 p.m.

June 17 - APG South (Edgewood) Conference Center, Bldg. E4810 - 9 a.m. and 1 p.m.

July 15 - APG North (Aberdeen) Chapel, Bldg. 2485 - 9 a.m. and 1 p.m.

Aug. 19 - APG South (Edgewood) Conference Center, Bldg. E4810 - 9 a.m. and 1 p.m.

Sep. 16 - APG North (Aberdeen) Chapel, Bldg. 2485 - 9 a.m. and 1 p.m.

Oct. 21 - APG South (Edgewood) Conference Center, Bldg. E4810 - 9 a.m. and 1 p.m.

Nov. 18 - APG North (Aberdeen) Chapel, Bldg. 2485 - 9 a.m. and 1 p.m.

Dec 16 - APG South (Edgewood) Conference Center, Bldg. E4810 - 9 a.m. and 1 p.m.

For more information, contact Mike Slayman at 410-306-0566.

FIREWOOD AVAILABLE

Firewood is available to authorized patrons at a cost of \$20 per level standard 8-foot pickup truck bed; \$15 per level standard 6-foot pickup truck bed, and \$5 per car trunk. Checks or money orders only will be accepted for payment. 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 8 to 3 p.m., Monday through Thursday at Bldg. E4630 in APG South (Edgewood). For more information, contact Kathy Thisse at 410-436-8789 or Scott English at 410-436-9804.

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/a8vuMdxmG50>; <http://youtu.be/>

se7hTkwnb08

REPORT POWER OUTAGES TO CORVIAS MILITARY LIVING

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

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

APG: 1-866-958-5412

Patriot Village: 1-866-871-6257

NH Office: 410-305-1076

HOT WORK PERMIT

The APG Fire and Emergency Ser-

vice has a new phone number to request a Hot Work Permit. A permit can be obtained by calling 410-306-0001. When is a Hot Work Permit required?

A Hot Work Permit is required before performing electric and gas welding, cutting or soldering operations requiring an open flame device, and for outdoor cooking with a grill, or similar device.

Please try to give 24 hours notice prior to the work or event. Leave a message if there is no answer. The inbox is checked throughout the day.

For more information, call 410-306-0001.

AIRBORNE HAZARDS & OPEN

MORE ONLINE

More events can be seen at www.TeamAPG.com



Marita Witherspoon

Casualty Affairs and Separations Specialist

By **STACY SMITH**

APG News

As the APG military casualty affairs and separations specialist, Marita Witherspoon assists Soldiers and their families as they leave the military either through separation or casualty.

"I'm really 24/7 on-call," said Witherspoon. In the event of a casualty, Witherspoon "sets things in place with notifications and casualty assistance" within four hours of the event.

Witherspoon briefs the chaplain and a casualty notification officer, who then notifies the family of the deceased. She also notifies Fort Meade headquarters and assigns a casualty assistance officer to help the surviving next-of-kin prepare funeral arrangements and survivor documents.

In addition to handling casualty affairs, Witherspoon also processes separations for regular Army officers and enlisted Soldiers from the military and assists them with the transition to civilian life. She identifies Soldiers who are approaching their expired term of ser-

vice date and creates and enters data into their military service record and discharge and separation documents.

Witherspoon said she ensures that separating Soldiers schedule the mandatory Army Career and Alumni Program and Department of Labor classes. She said Soldiers often visit her office wanting "to know what they need to do, and which steps have to be taken care of so they have a smooth transition."

Witherspoon has been in her current position since 2012. She began her career in the Enlisted Records section where she in and out-processed student Soldiers attending Advanced Individual Training courses.

Witherspoon said her experiences as a military family member helps her relate well with her clients.

"I really enjoy the work with the Soldiers because I know what they're dealing with, and it's an honor for me to serve," she said.

For more information, contact Witherspoon at 410-306-2345, or marita.s.witherspoon.ctr@mail.mil.

BY THE NUMB#RS

December is National Impaired Driving Prevention Month

Avoid the three D's: drunk, drugged, and distracted driving

\$59 billion+

Annual cost of alcohol-related car crashes in the U.S.

9.3 million

Americans aged 16 or older reported driving under the influence of illicit drugs in a 2011 National Survey of Drug Use and Health.

3,360

Americans were killed in distracted driving crashes in 2011. The number decreased slightly to 3,328 in 2012.

1,620

Days have passed since President Obama issued an executive order prohibiting federal employees from texting while driving on government business or with government equipment.

12

Ounces of beer are considered one drink. A 5 ounce glass of wine and a 1.5 ounce shot of hard liquor are also considered one drink each.

By **STACY SMITH**, APG News

Source: www.cdc.gov, www.dui.drivinglaws.org, www.whitehouse.gov

THIS WEEK IN APG HISTORY



Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1995.

By **YVONNE JOHNSON**, APG News

2015
2010
2000
1990
1980
1970
1960
1950

10 Years Ago: Dec. 16, 2004



(Left) Soldiers sing holiday songs with Santa during a tree lighting ceremony at the APG South (Edgewood) chapel.



(Right) Joe Wurm, left, presents Spc. Jeffrey Johnson, of Headquarters Support Troop, right, his wife Adora, and daughter Jordyn with gifts donated by the U.S. Army Materiel Systems Analysis Activity and other organizations for APG families.

25 Years Ago: Dec. 20, 1989



(Above) Chantell Van Pelt, 2, seems unsure about this person called Santa who paid a surprise visit to her family child care provider.

(Right) Maj. Gen. Marvin D. Brailsford, left, commander of the U.S. Army Armament Munitions and Chemical Command, passes the U.S. Army Chemical Research, Development and Engineering Center colors to incoming commander, Brig. Gen. David A. Nydam during an assumption of command ceremony on APG South (Edgewood).



50 Years Ago: Dec. 14, 1964



(Left) Soldiers from the U.S. Army Ordnance Center and School board buses that will transport them to airports and train and bus stations as they depart APG on Project Exodus leave for the holidays.



(Right) Red Cross volunteers Mrs. Paul Bain, left, Mrs. Ralph Cowan, kneeling, and Mrs. Paul Burgoon decorate the Kirk U.S. Army Hospital holiday tree.

Installation Holiday Hours

ACTIVITY	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI
	Dec. 24	Dec. 25	Dec. 26	Dec. 27	Dec. 28	Dec. 29	Dec. 30	Dec. 31	Jan. 1	Jan. 2
AA ATHLETIC CENTER	6 am - 2 pm	CLOSED	CLOSED	8 am - 4 pm	8 am - 4 pm	6 am - 2 pm	6 am - 2 pm	6 am - 2 pm	CLOSED	Regular Hours
AA Health & Fitness Ctr (320)	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
EA HOYLE GYM/FITNESS CTR	6 am - 2 pm	CLOSED	CLOSED	8 am - 4 pm	8 am - 4 pm	6 am - 2 pm	6 am - 2 pm	6 am - 2 pm	CLOSED	Regular Hours
ARMY COMMUNITY SERVICE	8 am - 5:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	8 am - 5:30 pm	8 am - 5:30 pm	8 am - 5:30 pm	CLOSED	8 am - 4:30 pm
CHILD & YOUTH SERVICES*	6 am - 12 pm	CLOSED	CLOSED	CLOSED	CLOSED	7 am - 5 pm	7 am - 5 pm	7 am - 5 pm**	CLOSED	7 am - 5 pm
CORVIAS Housing Office	9 am - 1 pm	CLOSED	CLOSED	CLOSED	CLOSED	8 am - 6 pm	8 am - 6 pm	8 am - 3 pm	CLOSED	8 am - 6 pm
AA RECREATION CENTER	9 am - 2 pm	CLOSED	CLOSED	CLOSED	CLOSED	10 am - 6 pm	10 am - 6 pm	9 am - 2 pm	CLOSED	Regular Hours
EA RECREATION CENTER	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
BOWLING & SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
AUTO SKILLS SHOP	CLOSED	CLOSED	CLOSED	9 am - 5 pm	9 am - 5 pm	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
ODR & EQUIPMENT CENTER	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	9 am - 5 pm	9 am - 5 pm	CLOSED	CLOSED	Regular Hours
LIBRARY	9 am - 2 pm	CLOSED	CLOSED	CLOSED	CLOSED	10 am - 6 pm	10 am - 6 pm	9 am - 2 pm	CLOSED	Regular Hours
MWR LEISURE TRAVEL	9 am - 2 pm	CLOSED	CLOSED	CLOSED	CLOSED	10 am - 6 pm	10 am - 6 pm	9 am - 2 pm	CLOSED	Regular Hours
NORTH SIDE GRILL/1SG BBQ	11 am - 1 pm	CLOSED	CLOSED	CLOSED	CLOSED	11 am - 1 pm	11 am - 1 pm	11 am - 1 pm	CLOSED	Regular Hours
SOUTH SIDE GRILL	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
TOP OF THE BAY	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
SUTHERLAND GRILLE	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
DONNA PIT BEEF	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
RUGGLES GOLF COURSE	CLOSED	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
EXTON CAF'E/GOLF COURSE	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
COMMISSARY	10 am - 4 pm	CLOSED	CLOSED	9 am - 6 pm	11 am - 6 pm	CLOSED	9 am - 7 pm	10 am - 7 pm	CLOSED	10 am - 7 pm
Kirk Clinic	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	7:30 am - 3:30 pm	CLOSED	Regular Hours
DENTAC	Regular Hours	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	CLOSED
SJA / LEGAL	Regular Hours	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	Regular Hours
Veterinary Treatment Facility	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8 am - 4 pm Pet Appt.	8 am - 4 pm Pet Appt.	CLOSED	CLOSED	CLOSED
Directorate of Human Resources	Regular Hours	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	Regular Hours
MAIN EXCHANGE	10 am - 4 pm	CLOSED	10 am - 4 pm	10 am - 4:30 pm	10 am - 4 pm	10 am - 6 pm	10 am - 6 pm	10 am - 4 pm	CLOSED	10 am - 4 pm
GNC	9 am - 3 pm	CLOSED	10 am - 4 pm	10 am - 4 pm	11 am - 4 pm	10 am - 6 pm	10 am - 6 pm	10 am - 3 pm	CLOSED	9 am - 4 pm
BARBER SHOP	9 am - 3 pm	CLOSED	10 am - 4 pm	10 am - 4 pm	10 am - 4 pm	9 am - 5:30 pm	9 am - 5:30 pm	9 am - 3 pm	CLOSED	9 am - 4 pm
OPTICAL	9 am - 3 pm	CLOSED	9 am - 3 pm	10 am - 3 pm	CLOSED	CLOSED	10 am - 5 pm	10 am - 3 pm	CLOSED	10 am - 4 pm
Laundry/Dry Cleaners	10 am - 3 pm	CLOSED	10 am - 4 pm	10 am - 3 pm	CLOSED	10 am - 6 pm	10 am - 6 pm	10 am - 4 pm	CLOSED	10 am - 4 pm
Lunch Box	7 am - 3:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	7 am - 3:30 pm	7 am - 3:30 pm	7 am - 3:30 am	CLOSED	CLOSED
Melvins Auto	7 am - 1 pm	CLOSED	9 am - 4 pm	CLOSED	CLOSED	7:30 am - 5 pm	7:30 am - 5 pm	7:30 am - 3 pm	CLOSED	9 am - 4 pm
APG Shoppette	8 am - 4 pm	CLOSED	10 am - 5 pm	9 am - 7 pm	9 am - 7 pm	9 am - 7 pm	9 am - 7 pm	9 am - 7 pm	CLOSED	9 am - 7 pm
APG Shoppette Subway	9 am - 3 pm	CLOSED	CLOSED	CLOSED	CLOSED	10 am - 6 pm	10 am - 6 pm	10 am - 6 pm	CLOSED	10 am - 6 pm
Tim Hortons bldg 6002	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	7 am - 1 pm	7 am - 1 pm	CLOSED	CLOSED	6 am - 5 pm
Tim Hortons bldg 6008	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	7 am - 1 pm	7 am - 1 pm	CLOSED	CLOSED	7 am - 1 pm
Subway Bldg 6008 C4ISR	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours
Burger King	10 am - 4 pm	CLOSED	10 am - 4 pm	CLOSED	CLOSED	6 am - 6 pm	6 am - 6 pm	10 am - 4 pm	CLOSED	10 am - 4 pm
Edgewood Shoppette	9 am - 3 pm	CLOSED	9 am - 3 pm	10:30 am - 4:30 pm	11 am - 4 pm	6:30 am - 6 pm	6:30 am - 6 pm	9 am - 3 pm	CLOSED	9 am - 3 pm
LRC- ABERDEEN										
Property Book Office	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	Regular Hours
Property Book Warehouse	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	Regular Hours
CIF	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	CLOSED
Installation ASP	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	Regular Hours
SSA / CRP	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	Regular Hours
DOL Fuel Station	Regular Hours	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	Regular Hours
TMP	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	CLOSED
PPPO	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	CLOSED
Carson Wagonlit Travel CTO	8 am - 4:30 pm	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	8 am - 4:30 pm	8 am - 4:30 pm	CLOSED	8 am - 4:30 pm
Military Travel Office	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	CLOSED
Freight Office	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	Regular Hours	CLOSED	CLOSED
Maintenance	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Regular Hours	Regular Hours	CLOSED	Regular Hours
Gates										
AA Rt 22	Open	CLOSED	CLOSED	CLOSED	CLOSED	Open	Open	Open	CLOSED	Open
AA Rt 715 / Visitor Center	Open	Open / CLOSED	Open	Open	Open	Open	Open	Open	Open / CLOSED	Open
AA Aberdeen	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
EA Wise Rd	Open	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
EA Rt 24 / Visitor Center	Open	Open / CLOSED	Open / CLOSED	Open / CLOSED	Open / CLOSED	Open	Open	Open	Open / CLOSED	Open
EA Magnolia	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Note: Wise Road Gate hours - 6 a.m. to 6 p.m.
Route 22 Gate Hours - 5 a.m. to 7 p.m.
** Bayside CDC - Closed / AA CDC - Open

WORD OF THE WEEK

Ostentatious

Pronounced: os-ten-TEY-shuh s
Part of speech: Adjective

Definition:

1. Displaying wealth, knowledge, etc., in a way that is meant to attract attention, admiration or envy.
2. Marked by or fond of conspicuous and sometimes pretentious display.

Other forms:
Ostentation, noun

Synonyms:
flamboyant, flashy, garish, glitzy, loud, noisy, gaudy, razzle-dazzle, splashy, swanky

Uses:

- The city lacks ostentatious palaces, temples, or monuments.
- The chateau was transformed from hunting lodge to ostentatious summer retreat.
- He shuns ostentation and is a conspicuous supporter of good causes.
- The ostentatious display was not only considered bad taste, it was potentially politically dangerous.

By **YVONNE JOHNSON**, APG News
Source: www.merriam-webster.com

ACRONYM OF THE WEEK

EUCOM

U.S. European Command



The mission of the U.S. European Command is to conduct military operations, international military partnering and interagency partnering to enhance transatlantic security and defend the United States forward.

EUCOM maintains ready forces to conduct a full range of operations. Forces are assigned to, trained and equipped by service-specific headquarters or joint and multinational trainers when participating in joint operations or joint exercises.

U.S. Army Europe, U.S. Marine Forces Europe, U.S. Naval Forces Europe, U.S. Air Forces in Europe, and Special Operations Command Europe provide the forces for all military-to-military engagements with partner nations, provide a deterrence function in the region and serve as deployable units for contingency operations.

The EUCOM commander simultaneously serves as the Supreme Allied Commander, Europe (SACEUR) within NATO—an intergovernmental military alliance.

EUCOM is one of nine Unified Combatant Commands of the United States military, headquartered in Stuttgart, Germany. Its area of focus covers 21 million square-miles and 51 countries and territories, including Europe, Russia, Iceland, Greenland, and Israel.

For more information, visit <http://www.eucom.mil/>

By **YVONNE JOHNSON**, APG News
Source: www.eucom.mil/

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

1st AML honored for support in Ebola fight

Continued from Page 1

tists who serve as microbiologists, biochemists and laboratory specialists, 1st AML previously served in Afghanistan and Iraq.

Burton praised Time Magazine for its selection of Ebola fighters.

"I couldn't agree more," said Burton. "The important work that they are doing is protecting the entire world from this deadly disease."

Based in Maryland's science, technology and security corridor on APG, the 20th CBRNE is the U.S. Department of Defense's only formation that combats chemical, biological, radiological, nuclear and explosive threats around the world.

"From supporting the U.S. effort to contain the Ebola outbreak in Africa, to defeating improvised explosive devices in Afghanistan, to shielding the homeland from CBRNE hazards, the 20th CBRNE Command serves on the front lines of freedom, wherever those lines are drawn," Burton said.

Soldiers of the 1st Area Medical Laboratory stand formation in Liberia. The unit is in West Africa supporting Operation United Assistance as part of the global fight against Ebola.

Courtesy photo



Freestate cadets reflect, look to next chapter

Continued from Page 1

MDNG assistant adjutant general, urged the cadets to continue on the path of excellence.

"Be bold with your moves, dream big, and don't let anyone tell you, you can't," she said. "If I listened to everyone that told me I couldn't do something, I would not be standing here today."

The keynote speaker was Jesse Boyd, a graduate of Class #11 in 1999. Raised in Baltimore's inner city, Boyd said he had a victim mentality before attending the academy.

"That discipline that the Freestate ChalleNGe Academy instills into kids, that meant a lot to me," he said. "I needed that discipline."

Boyd said the experience prepared him for the Navy and that his friends and family often told him how much he'd changed.

"My mindset had totally changed, I am experiencing the world and hanging around other people who have goals," he said. "I knew that I had to continue to progress."

Boyd encouraged cadets to surround themselves with like-minded, positive people.

"You want to build positive circles,"

he said. "You want the people around you to be a reflection of you. Positive people can motivate you to put you on the right path."

Class speakers, cadets Durrell Wade and Deja Permeate also shared stories of achievement and Rose, Singh, Boyd and ChalleNGe 1st Sgt. Job Stringfellow presented certificate and awards and.

After the ceremony, cadet Jennifer Parada said she is excited to start the next chapter of her life. She plans to study nursing in college and join the military.

"I never thought I would have made it, but I am here now, I am proud of myself," she said. "I want to

thank my parents, the cadre and staff at Freestate ChalleNGe Academy for their encouragement."

“My mindset had totally changed, I am experiencing the world and hanging around other people who have goals. I knew that I had to continue to progress.”

Jesse Boyd

Keynote speaker and ChalleNGe Academy graduate

Daryll Lawrence, father of Cadet Daryll Lawrence Jr., said he was proud to see his son complete the course.

"I am proud of all his accomplishments," he said. "He has achieved a lot since he has been here. He has made a dramatic change. Now he is focused, goal driven and very self-motivated. He is a strong leader and wants to join the military."

The following cadets received special awards and scholarships:

Awards

- Cadet of the Cycle, Adony Bonilla
- Most Improved Cadet, Rashaun Bellamy and Cheryse Seburn
- Commandant Award for Leadership, Daryll Lawrence
- FCA Academic Excellence Award, Caleb Dujmovic
- FCA Physical Fitness Award, Aonya Sykes and Brandon Hawkins

Scholarships

- Rotary Club of Towson, Brandon Hawkins
- Nancy H. Sevier Scholarship, Kamie Moody
- Maryland National Guard Foundation, Trei Thweatt
- PEDRO 66 Award, Damiano Abernathy
- Edward St. John Foundation, Braxton Roods
- Raytheon Corporation, Willie Strickland
- Maj. Gen. Harry Greene Aberdeen Chapter of the Association of the United States Army, Tania Ramirez-Reyes and Shanjerric Haughton.
- Maryland National Guard Youth ChalleNGe Foundation, Cheryse Seburn, Stephanie Viveros-Martinez, Jasmine Pinder, Adony Bonilla.

ASAP encourages moderation, designated drivers

Continued from Page 1

- Take a cab or public transportation.
- Reserve a hotel room or plan to spend the night with friends
- Consume food, sip your drinks, and alternate with non-alcoholic beverages.
- Ask your server about a ride home if you have been drinking to the point of impairment.

Moderation is key

A standard drink is a 12-ounce bottle or can of regular beer, a 5-ounce glass

of wine or one-and-one-half ounces of 80 proof distilled spirits, straight or in a mixed drink. Each contain equivalent amounts of alcohol and register the same on a Breathalyzer.

If you do plan to drink during the holiday season, moderation is key.

▪ Know your limit. Most people find that they can consume one drink per hour without any ill effects.

▪ Eat food while you drink. Food, especially high protein food, such as meat, cheese and peanuts, will help slow

the absorption of alcohol into your body.

▪ Sip your drink. If you gulp a drink, you lose the pleasure of savoring its flavors and aromas.

▪ Don't participate in "chugging" contests or other drinking games.

▪ Accept a drink only when you really want one. If someone tries to force a drink on you, ask for a non-alcohol beverage instead. If that doesn't work, "lose" your drink by setting it down somewhere and leaving it.

▪ Skip a drink now and then. Having a non-alcoholic drink between alcoholic ones, or spacing out your alcoholic drinks will help keep your blood alcohol content level down.

▪ Keep active; don't just sit around and drink. If you stay active you tend to drink less and to be more aware of any effects the alcohol may be having on you.

▪ Beware of unfamiliar drinks. Some drinks, such as zombies and other fruit drinks can be deceiving as the alcohol content is not easily detectable. Therefore, it is difficult to space them properly.

▪ Use alcohol carefully in connection with pharmaceuticals. Ask your physician or pharmacist about any precautions or prohibitions and follow any advice received.

When hosting a party

▪ Encourage your guests to designate a driver ahead of time.

▪ Have a key basket and collect each guest's keys upon arrival.

▪ Know the condition of your guests before returning their keys at the end of the party.

▪ Plan activities so that the focus isn't just on drinking.

▪ Serve a variety of foods and include non-alcoholic beverages alongside alcoholic beverages.

▪ If serving punch containing alcohol, mix with a non-carbonated base like a fruit juice; carbonated bases speed up the absorption of alcohol into the blood stream.

▪ Designate one person to serve as the bartender.

▪ This will help control the number of

drinks and the amount of alcohol in each drink.

▪ Stop serving alcohol at least one hour (preferably 90 minutes) before the party is over.

▪ Bring out dessert, coffee and other non-alcoholic drinks.

▪ Be prepared to arrange for a ride home for your guests if necessary or to invite them to spend the night.

Get the Keys: You Can Make the Difference!

"The majority of us can remember a time when we should have gotten the keys from someone under the influence, but didn't. Why, is an important question," Scott said. "It is an uncomfortable position, however, uncomfortable is better than regretful."

Below are a few recommendations to assist with this tough situation:

▪ If it is a close friend, use a soft, calm approach. Suggest that they've had too much to drink and it would be better if someone else drove or if they took a cab.

▪ Be calm. Make light of it.

▪ Try to make it sound like you are doing them a favor.

▪ If it is somebody you don't know well, speak to their friends and have them make an attempt to persuade them to hand over the keys. Usually, they will listen.

▪ If it's a good friend, spouse, or significant other, tell them that if they insist on driving, you are not going with them.

Suggest that you will call someone else for a ride, take a cab, or walk.

▪ Locate their keys while they are pre-occupied and take them away. Most likely, they will think they've lost them and will be forced to find another mode of transportation.

▪ If possible, avoid embarrassing the person or being confrontational, particularly when dealing with men. This makes them appear vulnerable to alcohol and its effects.

Bottom line: STOP them from driving under the influence.

For more information contact Cindy Scott at 410-278-4013/DRUG or Cynthia.M.Scott4.civ@mail.mil.

Did You Know?

Silent Night was written in haste after a church organ broke.

According to legend, arguably one of the most well-known Christmas songs, "Silent Night," was written after a church organ broke down and the writers had to quickly compose a song for guitar for the evening Christmas service.

After the organ in the church of St. Nicholas in Obendorf, Austria broke down, organist Franz Gruber composed a new song for guitar called "Song of Heaven" and assistant priest Joseph Mohr wrote the words. They performed the song that evening for the congregation and again the next day for the organ repair man who liked the song so well he memorized it and sang it where ever he went.

The story continues that a traveling quartet picked up the song and it was published in 1840, evolving into the melody we know today. By 1854 a search had begun for the composer of the song which was had gained worldwide fame. Gruber was discovered, still a poor organist. He died nine years later.

The hymn was first translated for the choir of St. Mark's Church in Brighton, England but it was not until 1871 that it first appeared in print in the U.S. in The Sunday School Hymnal.

It rose to fame on this side of the Atlantic when Bing Crosby sang it in the movie "The Bells of St. Mary's" in 1945.

The carol has been translated into more than 100 languages across the world. It is said that French, German, British and American troops sang the song on the front line during the World War I Christmas truce in 1914 because it was the only song all of them knew.



Yvonne Johnson, APG News

Source: www.trivia-library.com; www.wikipedia.org

APG SNAPSHOT

Take 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 JINGLE BELL 5K BRINGS HOLIDAY CHEER

Kirk U.S. Army Health Clinic and the APG Army Performance Triad team hosted a Jingle Bell 5K Run/Walk Dec. 10 as part of ongoing efforts to boost the readiness and resiliency of Team APG. Dozens of participants swapped traditional winter caps for Santa hats during the festive run.

(Clockwise from top) Runners take off from the starting line; one runner steals the show in a smiling Grinch outfit; dressed as Santa, Jerry Szymczyk with the CECOM LRC pauses as Mrs. Claus, Sheila, adjusts his hat.

Photos by Molly Blossie



Photos by Molly Blossie

COMMUNITY SPIRIT SHINES THIS HOLIDAY SEASON

Judging by the festive decorations lighting up Plumb Point Loop, APG appears to be ready for the holiday season.

(Clockwise from left) The holiday spirit is in full swing at this quarters; Santa waves hello while tending his grill; a pair of penguins decorate their North Pole igloo; a lighted reindeer stands at the ready with his sleigh.

XTEND BARRE COMES TO APG

The APG Fitness Center hosted a new exercise class taught by Xtend Barre of Bel Air earlier this month. From left, owner Deb DeVoe and instructor Tracy Robinson loosen up. They said the class features a combination of movements that "enhance flexibility, improve balance and challenge the core" and brings in elements of dance, ballet and Pilates. Another class is planned for January. Check the APG News and social media sites for more information.

Photo by Molly Blossie

