



# APG NEWS

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Soldiers render honors as the flag is lowered during Retreat. All APG drivers - service members and civilians - will be expected to stop and render honors during Reveille and Retreat in accordance with AR 600-25 when bugle calls return to APG starting Nov. 8.

Photo by Sgt. Ken Scar

## Bugle calls return to APG



By **AMANDA ROMINIECKI**  
APG News

After a five-year hiatus, bugle calls will return to APG Nov. 8.

Bugle calls, including Reveille and Retreat, are musical signals that announce scheduled and certain non-scheduled Army events. The calls are normal procedure for many Army installations.

"Reveille and Retreat are part of a long-standing

Army tradition," said Garrison Commander Col. Gregory McClinton.

"Raising and lowering the flag each day and rendering honors to the flag and our nation is an important part of the Army culture, and the Senior Commander felt it was important to reestablish this tradition on APG," McClinton said.

APG will use a tiered approach to help familiarize bugle calls to civilians and military personnel who arrived at APG within the past five years or have not

previously served at another Army installation.

Considered an official ceremony by regulation, the return of bugle calls to APG will require special procedures for both military and civilian personnel. Soldiers and civilians who are outdoors during bugle calls are expected to halt all activities and render honors to the flag until the music ceases.

Bugle calls will begin on both APG North (Aber-

See **BUGLE**, page 12

## Town halls address Ebola concerns

By **RACHEL PONDER**  
APG News

Team APG hosted three town halls to educate the community on the Ebola Virus Disease (EVD) at the APG North (Aberdeen) post theater Oct. 29 and the APG South (Edgewood) conference center Oct. 30.

APG Garrison Commander Col. Gregory McClinton thanked the audience for attending. Health care providers and experts were on hand to answer questions from the audience.

"I ask that you take this information back to your workforce and communities outside the installation," McClinton said.

Capt. Joanna Moore, chief of preventative medicine from Kirk U.S. Army Health Clinic, said the current outbreak of the EVD, that is most prevalent in four countries in Western Africa (Guinea, Liberia, Sierra Leone and Nigeria), is the largest outbreak of EVD ever recorded.

See **EBOLA**, page 14

## Pilot to share memories of 'Nam

By **YVONNE JOHNSON**  
APG News

Retired Col. Walter (Wally) Mueller will be the guest speaker for the APG Garrison Veterans Day Program set for 10:30 a.m. at the APG North (Aberdeen) post theater Nov. 12.

The program includes a performance by the U.S. Army 3rd Infantry Regiment (Old Guard) drill team.

Mueller was a dust off pilot with the 498th Air Ambulance Company, 1966-67. He retired in 2001 after a 37-year career – 22 active; 15 reserve component – and served as deputy director, Emergency Management for Maryland after the 9/11 terrorist attacks.

According to the U.S. Army Medical Department, Office of



Mueller

Medical History website, aeromedical evacuation developed and matured during Vietnam to a degree far beyond that experienced during the Korean War.

"To perform their missions the air ambulance pilots often had to fly into areas subject to intense enemy small arms fire," the site reads. "No air ambulance pilot could depend on a ground commander's assurance that a pickup zone was secure. Mortar and small arms fire often found a zone just as the helicopter touched down [and] enemy soldiers were known to patiently hide for hours around an ambushed patrol, looking for the inevitable rescue helicopter. In these conditions the modern techniques of aeromedical evacuation developed and matured."

For more information about the Garrison Veterans Day program, contact 1st Sgt. Daniel Nelson at daniel.e.nelson2.mil@mail.mil or Bill Babauta at william.h.babauta.civ@mail.mil.

## APG home to barn owls

By **LYNDA HARTZELL**  
DPW Environmental Division

APG is home to a variety of wildlife species, from groundhogs to bald eagles. This summer, a family of barn owls became the newest members of APG's wildlife community.

While barn owls are year-round residents in Maryland, the species is considered to be a rare sight in the state as the population has declined due to the loss of its natural habitat and increased use of rodenticides.

These small owls, with endearing heart-shaped faces, are nocturnal birds that hunt at night and rest during the day. While the birds have excellent vision, experiments have shown that these owls can

See **BARN**, page 14

This summer, a family of barn owls became the newest members of APG's wildlife community. These small owls, with endearing heart-shaped faces, took up residence in a barn-like structure on an Aberdeen Test Center test range on APG North.

Courtesy photo



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ICE system

http://ice.disa.mil/

Facebook, http://on.fb.me/HzQlow

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### WEATHER

Thursday

Mostly Sunny  
chance of rain 0%



60° | 39°

## STREET TALK

**November is Diabetes Awareness Month. What do you think is the most important thing you can do to reduce your risk of developing diabetes?**

"Diet, that's one way to do it. And watch your sugar."



**Jack Phipps,**  
Army Research Laboratory

"Get DVD's [about diabetes], read books, go online, change your eating habits and exercise."



**Elnora Smothers**  
Library technician

"Watch your diet and exercise."



**Pfc. Emmanuel Lumbres**  
1st Area Medical Laboratory

"Eat a healthy diet and exercise. I actually have a grandfather who was diabetic and that's what he died from. It's very common in my family. I had scares with it when I was pregnant. It taught me to eat a lot healthier for sure."



**Ashley and Ethan Marsh**  
Family members

"Exercise and watch your intake. Read things about sugar. Sugar is the most important thing to control."



**Arnold Gogue**  
Retired Marine

# IMCOM policy enhances development opportunities

By **AMANDA S. RODRIGUEZ**  
IMCOM

A new U.S. Army Installation Management Command policy, published Oct. 28, will open development doors to its general schedule employees in grades nine and above by reducing a backlog of employees past their five-year overseas tour rotations and placing them in stateside positions to create a leadership development cycle.

The IMCOM Enhanced Placement Program policy 690-15, which goes into effect Nov. 3, uses the Priority Placement Program mechanism to rotate overseas civilians past their five year tour into positions stateside, opening overseas tour development positions to others.

The policy's outcome equates to growth, development and advancement opportunities that shape IMCOM careers and support the re-shaping of America's Army, according to IMCOM Director of Human Resources, Ms. Karen Perkins.

"This initiative supports the Department of Defense five-year tour limitation policy by enhancing placement opportunities of IMCOM overseas talent who have been extended beyond 5 years," Perkins said. "It provides placement assistance to positions back in CONUS. As part of this strategy, the OCONUS vacancies created by the program will open up additional opportunities for our CONUS employees who wish to obtain experience in the overseas environment. This facilitated

mobility of the IMCOM workforce is a key component of LOE1 and the strategic human capital plan to facilitate talent management and leader/workforce development."

On Nov. 3, IMCOM non-displaced overseas employees registered in PPP began to be matched to stateside placement opportunities within the command and receive increased priority. The combination of strictly adhering to five-year overseas tour limits and increased placement opportunities for OCONUS employees in PPP will create succession for leadership professional development facilitating talent management throughout the command, according to policy proponents.

To take advantage of the opportunities, said Perkins, IMCOM employees, supervisors and leaders should immediately familiarize themselves with the policy and procedures, available on IMCOM Sharepoint at [https://home.army.mil/sites/operational/g1/ASD/docs/PolicyMemo\\_690-15\\_IMCOMEnhancedPlacementProgram.pdf](https://home.army.mil/sites/operational/g1/ASD/docs/PolicyMemo_690-15_IMCOMEnhancedPlacementProgram.pdf).

Employees should carefully review and update resumes and, in overseas locations, work with local Civilian Personnel Advisory Centers staff to ensure proper coding and registration is completed.

IMCOM developmental assignment programs, Department of the Army career programs and specified garrison key leader selection processes remain in place.

For general information about IEPP, contact the IMCOM Human Resources at (210) 466-0416 or local CPAC.



## VA offers free credit monitoring



By **AMANDA ROMINIECKI**  
APG News

The Department of Veterans Affairs offers free financial monitoring for any veteran whose personal information was potentially compromised during a series of security breaches over the past decade. Individuals who received a notice that their personal information may have been compromised should contact the VA's office of technology and request a free credit report.

If you are a veteran, and believe your personal information was comprised, but did not receive a notification, contact the VA at [vaidtheft@va.gov](mailto:vaidtheft@va.gov), or call 1-855-578-5492 for assistance.

The VA also offers free training, tips for identify theft prevention and ways to determine if you have become a victim of identity theft, available to all veterans. Additional identify theft prevention resources can be found on the VA website.

For more information about VA credit monitoring and identify theft prevention services, visit [www.va.gov/identitytheft](http://www.va.gov/identitytheft).

## DPW accepting comments for draft Edgewood environmental assessment

DPW Environmental Division

The Army has prepared a Supplemental Environmental Assessment (EA) for the potential environmental and socioeconomic effects associated with the proposed amendments to the Edgewood Area Thermal Energy Strategy.

The proposed amendments include: (1) the installation and operation of a combined heat and power (CHP) plant, (2) the installation of an underground high-pressure steam line, (3) upgrades to an existing, off-post natural gas line located along Trimble Road; (4) deletion of the proposed natural gas main extension along Ricketts Point Road and (5) installation of a proposed process water line to the central boiler plant above grade.

The Draft EA and Public Notice are available for review on the APG Website. Visit [www.teamapg.com](http://www.teamapg.com), click "Installation Policies" on the lefthand navigation panel and scroll to "Public Notice."

The environmental assessment is also accessible by typing the following URL you're your internet browser: <https://www.apg.army.mil/PDFs/Supplemental%20Environmental%20Assessment%20for%20the%20Edgewood%20Area%20Thermal%20Energy%20Strategy>.

Comments will be accepted until Dec. 4 and can be addressed to:  
USAGAPG, ATTN: Arnold O'Sullivan  
4304 Susquehanna Avenue, 3d Floor Suite B., Aberdeen Proving Ground, MD 21005-5001



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

## APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
60°   39°	59°   44°	53°   35°	51°   33°	57°   39°	62°   49°	62°   44°

## APG NEWS

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# New 'Lunch Box' delights in Exchange

Story and photo by **STACY SMITH**  
APG News

The Lunch Box Deli and Treats, a new APG eatery and carry-out business located in the Exchange, officially opened its doors to customers Oct. 21.

As the name suggests, the venue caters to sweet and savory cravings. Their menu features a wide selection of breakfast and lunch items along with dessert treats. Customers can pick up a full meal, complete with drink and side or treat item, for about \$10.

Opening day was "swamped," said Theresa Ray, The Lunch Box co-owner. "We sold 400 cupcakes in two hours. And we've been swamped every day between 11 a.m. and 1 p.m. It's jam-packed."

The company has 10 staff members and is owned and operated by Ray and her husband Deward. She works the front line and manages the business; he operates the kitchen.

"He's been in the industry for 20 years," she said of her husband. "He was executive chef at the Tidewater Grille in Havre de Grace for a number of years."

When The Lunch Box first opened four years ago, it was called "Sweet Devotion: Cupcake and Creperie Cafe" and was located on Route 40 in Havre de Grace. Ray and her husband were seeking to bring popular culture's 'cupcake craze' to Harford County.

"Within about a year, out of necessity, we began selling sandwiches and growing the business into more of a deli and treat shop," Ray said. "We decided that for the business to survive, changing the name was probably a good business move - so that the name reflected

everything that we offer."

The Sweet Devotion Cupcake and Creperie Cafe officially became The Lunch Box Deli and Treats in November 2013.

Around the same time, Ray discovered that 85 percent of the shop's clientele were from APG. She said when she heard the installation was soliciting an open venue, she knew they had to apply. Fans of the old location don't seem to mind the change.

"I used to go to them when they were in Havre de Grace. I love it," said Mary Morris, RDECOM employee, as she ordered her lunch.

Ray said she believes one reason The Lunch Box is so beloved is because all menu items are made daily with fresh ingredients.

"This is all real food. The chicken breast comes in and has to be cut down and filleted. It's not already pre-filleted and we open up a package and it's cooked. It's all cooked here and it's all real food, like you're preparing it in your house," Ray said.

The eatery knows that its customers, especially APG employees, are often under work day time constraints, so they encourage people to order their meal ahead of time online.

"We knew that speed in a lot of places is an issue," Ray said, "so we offer the online ordering to combat that. They [customers] can go to our website to the online ordering section; their order comes directly to the kitchen and they can pick it up in 30 minutes. I think it helps a lot because they [customers] don't have to stand here, and it gives us time to prepare it."

A "Grab and Go" option expedites



Kirk U.S. Army Health Clinic employee Manuela Perez sizes up the cupcake display case as The Lunch Box Deli and Treats cashier Leanne O'Dell waits for her order. O'Dell, whose husband is stationed at APG, joined The Lunch Box staff a month ago at its former location. The company has "tripled sales since moving over here," she said.

the ordering process. Customers in a hurry can go to the deli refrigerator and pick out a pre-made sandwich that comes with a drink, bag of chips and cupcake. Breakfast and lunch catering is also available.

The Lunch Box Deli and Treats is located in The Exchange, Bldg. 2401. Its hours are 7 a.m. to 3:30 p.m., Mon-

day through Friday. Breakfast is served 7 to 10:30 a.m. and the bakery is open 7 a.m. to 4:30 p.m. but cupcakes are only available from 10 a.m. until the bakery sells out.

For more information, contact The Lunch Box Deli and Treats at 410-306-6610 or visit their website at [www.lunchboxdeliandtreats.com](http://www.lunchboxdeliandtreats.com).

## 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!

# Seminar addresses PTSD in the workplace

By **STACY SMITH**  
APG News

In recognition of National Disability Awareness Month, the CECOM Equal Employment Opportunity Office (EEO), in conjunction with The Maryland Department of Veterans Affairs, hosted the 2014 Disability Employment Awareness, Post-Traumatic Stress Disorder (PTSD) / Traumatic Brain Injury (TBI) Seminar at the Meyer Auditorium Oct. 28.

More than 60 managers and supervisors across multiple Army organizations attended the seminar, with several attending via teleconference from Fort Hood, Texas, Fort Huachuca, Arizona and Tobyhanna Army Depot, Pennsylvania.

The seminar began with a presentation about recognizing the signs and symptoms of PTSD, its prevalence and how to assist those coping with the disorder.

Licensed clinical social worker Peter Allman, supervisory social worker and trauma supervisor from the VA Maryland Health Care System at the Perry Point VA Medical Center, shattered common myths associated with people living with PTSD, including the erroneous beliefs that all veterans experience PTSD and that people who have a hard time coping with trauma are weak.

"I thought it [the seminar] was very worthwhile," said Larry Muzzelo, CECOM Software Engineering Center director. "As a civilian senior manager in an organization, we don't really have much training on PTSD, the symptoms, and what the processes are to treat it.

"The presentation today busted a lot

of myths that are promulgated in the media....PTSD is actually not just for returning veterans, but some of the statistics they provided say about seven percent of the general population experience PTSD," Muzzelo said.

Dr. Erin Romero, supervisory psychologist and trauma recovery program coordinator, also from the VAMHCS, spoke about what to do if someone thinks a coworker or loved one is experiencing PTSD during a Q&A session at the end of the presentation.

"There are a lot of things that put stressors in people's lives," said Gary Martin, CECOM deputy to the commanding general. "We have a lot of veterans that work here at CECOM and across APG, so anything that can help supervisors understand how to cope and deal with folks who are suffering through PTSD or traumatic brain injuries is useful. We're try-

ing to give all supervisors all the tools we can."

"I want to make sure, since APG is a predominantly civilian workforce, that we don't think PTSD only happens to those in uniform," said Neslie Etheridge, director of the CECOM EEO. "The leaders supervising these employees as they deploy and redeploy really need to know the symptoms and how to help those that are reintegrating back into the workplace," Etheridge said.

Also in recognition of National Disability Employment Awareness Month, the Civilian Personnel Advisory Center hosted a Schedule A Awareness training session taught by Angela Francis and Jill McClintick to educate attendees about ways to assist disabled

phers Hyde, who discussed coping methods for dealing with burnout, anxiety, depression, and attention-deficit hyperactivity disorder in the workplace and ways that managers and supervisors can accommodate those with mental health disabilities.

Attendees had the opportunity to mingle with local vendors and learn about disability employment services and educational information offered by each organization. Participating organizations included Army Community Service, Brain Injury Association of Maryland, CECOM Always A Soldier Program, Army Wellness Center and MFLC 20th CBRNE Command.

For more information about the 2014 Disability Employment Awareness, Post-Traumatic Stress Disorder (PTSD)/Traumatic Brain Injury (TBI) seminar, contact David B. Pickett, EEO specialist, at david.b.pickett.civ@mail.mil. For more PTSD information and resources, visit [www.ptsd.va.gov](http://www.ptsd.va.gov) or [www.afterdeployment.org](http://www.afterdeployment.org). For information about disability employment and accommodations, visit <http://www.opm.gov/policy-data-oversight/disability-employment/>.

**"We have a lot of veterans that work here at CECOM and across APG, so anything that can help supervisors understand how to cope and deal with folks who are suffering through PTSD or traumatic brain injuries is useful."**

**Gary Martin**

CECOM Deputy to the Commanding General

job applicants.

Kirk U.S. Army Health Clinic hosted the final presentation, by Dr. Christo-

**APG NEWS**

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## 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](mailto:sue.a.campbell.civ@mail.mil).

Alba, Audrey  
Ashby, Patricia  
Barnes, Jennifer  
Basi, Kelly  
Benysek, Lee  
Budzinski, David  
Cannon, Marcy  
Clark, Lyra  
Cropps, Elizabeth  
Doran, Kemi

Dunston, Samuel  
Eberhardt, Joanne  
Fedorisko, Christine  
Gaddis, Lonnie  
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Goetze, Nicole  
Grimsley, Sylvia  
Henderson, James  
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Kennedy, Sandra

King, Martha  
Lloyd-Simpson, Tygar  
Martino, Rose  
McCauley, Adrienne  
McDonald, Scheree  
McIntire, Melinda  
Palm, Natalie  
Rapp, Debra  
Robinson, Jennifer  
Rodgers, Christopher

Rodriguez, Pedro  
Silva, Christopher  
Smith, Brenda  
Smith, Sonia  
Snodgrass, Deanne  
Woolfolk, Shawnda  
Wyatt, Darlene



Photo by Rachel Ponder

## *Cadets learn life-saving skills while shadowing firefighters*

Four Freestate ChalleNGe Academy cadets from Class 43 learned basic fire-fighting and live-saving techniques during a six-day job shadow assignment with firefighters and paramedics from the APG Directorate of Emergency Services.

Fire Inspector Bill Bond said the cadets, who were put through a "mini fire academy," were very eager to learn. The cadets included Gelsom Celis, Steven Guzman, Davon Jenkins and Davon Jones.

Bond said firefighters taught the cadets how to operate hose lines, search and rescue in a smoke filled room and tie ropes and knots. They also climbed a 105-foot ladder and used the "Jaws of Life," a heavy-duty tool that can pry sections of a vehicle apart and is commonly used to free people who are trapped inside wrecked vehicles.

The cadets said the highlight of the job shadow experience was getting certified in CPR and using an automated external defibrillator (AED) and

learning basic first aid from post paramedics.

"They taught me how to save lives," Guzman said, who wants to join the Army after he graduates from the program.

Jones thanked the APG Fire Department and Freestate ChalleNGe Academy for the opportunity.

"They gave me the inspiration to become a fireman," Jones said. "I want to save lives for a living."

On Oct. 27, Bond presented certificates of appreciation to the cadets. He said the APG Fire Department plans to continue to offer training to cadets in future classes.

The Freestate ChalleNGe Academy commencement, similar to a high school graduation, takes place Saturday, Dec. 13 at the APG North (Aberdeen) post theater.

Submit letters to the editor to [usarmy.apg.imcom.mbx.apg-pao@mail.mil](mailto:usarmy.apg.imcom.mbx.apg-pao@mail.mil)

# Awareness key to diabetes prevention

By **ANGELA LANG**

Kirk U.S. Army Health Clinic

It is estimated that by 2050, one in three Americans will be diagnosed with diabetes.

If you don't live with diabetes, it is likely that you know someone who does. November is the month we set aside to raise awareness of this disease which some call the silent killer.

The American Diabetes Association states, "Diabetes is a growing epidemic with a devastating physical, emotional and financial toll on our country. It kills more Americans each year than AIDS and breast cancer combined."

The Centers for Disease Control report that 7 million people have diabetes but have not been diagnosed.

Could you fall into that statistic?

## What is diabetes?

When we eat, our bodies convert the food into glucose which is its preferred source of energy. In a healthy individual, the pancreas releases insulin which helps the glucose get into our cells. With diabetes, this function doesn't work correctly and the sugar builds up in our blood and without lifestyle changes and/or medication, the high levels of sugar begin to cause damage to various organs.

## Healthy Living

### November is Diabetes Awareness Month!

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](http://www.teamapg.com) To suggest health-related topics for the Health Living series, email [amanda.r.rominiecki.civ@mail.mil](mailto:amanda.r.rominiecki.civ@mail.mil)

### What are the risk factors for diabetes?

- Being 45 years of age or older.
- Overweight, BMI greater than 25.
- Family history of type 2 diabetes.
- Physically active fewer than three times per week.
- Given birth to a baby that weighed more than 9 pounds.
- Ever had diabetes while pregnant (gestational diabetes).

### How do I know if I have it?

It is important to 'know your numbers.' Your doctor can assess your blood sugar levels with a couple of simple blood tests.

First, your doctor will ask you to fast for 8-10 hours and will check the

amount of sugar in your blood. Second, your doctor may want to check your hemoglobin A1c, which is a test which reflects your average blood sugar over the past few months.

By knowing your numbers, you can take charge of your health and potentially catch diabetes before it starts. Patients of Kirk U.S. Army Health Clinic, can visit their provider and request the test.

Patients who already know that they have diabetes should follow their doctor's prescribed recommendations for routine testing to keep blood sugar levels in control to prevent diabetic complications, generally two to four times annually. Take charge of your disease and be proactive about your medical care.

### I don't want to know, I don't want to go on a special diet!

The fact is, people with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

Don't let the fear of strict diet restrictions and needles prevent you from getting tested. Catching diabetes early can prevent unpleasant complications as the disease progresses. Sometimes it is just the simple changes that make the biggest difference in your blood sugar readings and overall health.

### What should I do to prevent complications?

The thought of diabetes complications is frightening. Ignoring the disease certainly won't make it go away but a good partnership with your health care provider can help keep it under control. The good news is, with the correct treatment and recommended lifestyle changes, many people with diabetes are able to prevent or delay the onset of complications.

For more information about preventing diabetes or resources available to individuals diagnosed with diabetes, visit [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes).



## Gail Dawson Medical Technologist

Gail Dawson is a medical technologist in the laboratory department of Kirk U.S. Army Health Clinic. As a state-certified phlebotomist, her main responsibility is drawing blood for analysis.

Dawson said what she enjoys most

about her job is getting to know the patients. Because many people have an aversion to needles, she tries to put patients at ease by explaining the procedure before drawing their blood.

"If a patient is nervous, their test

results might be inaccurate," she said. "Raised anxiety levels can cause hormones to produce excess chemicals in the body."

After the procedure, she labels the specimens and delivers them to the senior medical technologist for medical tests.

In addition to drawing blood, Dawson serves as the department receptionist. She ensures the lab is well stocked with supplies and she is trained to clean chemical or fluid spills using proper protocol. If there are chemical or blood spills in the lab, she is trained to clean it up using proper protocol.

Dawson holds an associate degree in general studies from Cecil Community College. She has worked at

KUSAHC since 1993. She said her first job in the medical field was working as a certified nursing assistant in the geriatric ward at Mercy Medical Center in Baltimore.

"That was the best thing for me," she said. "I learned how to have compassion for people; that's what you have to have when you work in the medical field. When you are working in a hospital people are looking up to you as a leader."

In her spare time, Dawson volunteers at her church and at a local homeless shelter as an evening receptionist.

Kirk U.S. Army Health Clinic is located at 2501 Oakington Street, on APG North (Aberdeen). For more information about laboratory services, call 410-278-1714.

# ATEC leadership program underway

Story and photo by **LINDSEY MONGER**  
ATEC

The U.S. Army Test and Evaluation Command headquarters launched its Leader Development Program Oct. 1 to better prepare the ATEC workforce to meet challenges that employees face every day.

The ALDP was developed to ensure continued success in preparing military and civilian employees for future leadership challenges.

Understanding the importance of leader development at all levels within the Army, Maj. Gen. Peter D. Utley, commanding general of ATEC, encourages the workforce to take advantage of the program, which is open to all ATEC employees.

“Our workforce is comprised of some of the most talented subject matter experts, which means that we need to ensure that the future leadership of this command and the federal government remains strong,” said Utley.

The 24-month program, available to ATEC headquarters and Army Evaluation Center employees, is a self-regulated program available online and onsite that provides employees with a tailored leadership roadmap that outlines specific courses to develop targeted leadership competencies.

The program takes an integrated approach, focusing on four lines of effort: talent management; professional development; teach, coach and mentor; and Army profession. The lines of effort for implementing this strategy are consistent with and complement the components of developing leaders through training, education, and experience.

Lorrie Chieffo, ATEC workforce development officer and leadership program lead who is responsible for the execution of the program, explained the motive that prompted the program’s development.

“For ATEC in particular, we have a significant percentage of our supervisory workforce eligible now or soon for retirement. We need to start doing what we can to prepare employees to



**Gordon Malone, human resources specialist, introduces the recently launched Army Test and Evaluation Command Leader Development Program Oct. 1 to better prepare the ATEC workforce to meet challenges that employees face every day.**

take on new leadership challenges that may be presented as retirements occur,” said Chieffo. “We are hoping to develop employees’ leadership competencies to provide the foundation to accept challenges that are constantly arising every day.”

As outlined in the Army’s Ready and Resilient Campaign, leadership development plays a key role in helping build, strengthen and maintain the Soldier and civilian workforce as they execute the mission.

The program touches on a variety of skills sets that are aligned with the campaign, such as building upon mental, emotional, and behavioral resilience that will help enhance the ability to

manage the challenges of a demanding profession.

“Anyone can be a leader. It is not defined by a grade or position. Those who choose to step up to the leader role can take responsibility to develop their leadership skills and ability with this program,” said Karen Taylor, ATEC chief of staff. “I am hoping everyone develops a new leadership skill or enhances a current leadership skill as a result of participating in this program.”

Soldiers and civilians can capitalize on leadership opportunities that align with the Army’s Leader Development Strategy.

Civilians have a mandatory requirement to complete 80 continuous learn-

ing points within two years. Resiliency classes give civilians an opportunity to earn CLPs by attending each class that influences leadership.

“Each resiliency course that you sign up for that is either work or leadership related, that is when it counts as one hour for one CLP,” said George Bryant, acquisition program manager, ATEC. “If civilians go to the ALDP SharePoint, they will be able to find out exactly how many CLPs they can earn up to,” said Bryant.

For more information about the ATEC Leader Development Program, visit the ALDP SharePoint site at <https://portal.atec.army.mil/sites/G1/HQLD/default.aspx>.

**Visit us on facebook <https://www.facebook.com/APGMd>**

## BY THE NUMB#RS

### November is Diabetes Awareness Month

**245 billion**

**Dollars were spent in 2012 in direct and indirect costs related to diabetes, from medical expenses to disability and work loss.**

**29.1 million**

**People in the U.S. have diabetes. An estimated 8.1 million of those individuals are undiagnosed.**

**99**

**Milligrams per deciliter (mg/dL) is considered the threshold for a normal blood glucose level while fasting. A level of 100 or higher indicates pre-diabetes or diabetes.**

**71**

**Percent of individuals diagnosed with diabetes also have high blood pressure, requiring medication to manage it. 65% have high LDL cholesterol, also requiring medication.**

**45**

**Years or older is the age at which individuals should consider getting tested for diabetes. Testing is strongly recommended for individuals of any age who are overweight or obese, or have high blood pressure or cholesterol.**

By **AMANDA ROMINIECKI** APG News

Sources: [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov); [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes).

# Army Acquisition Corps highlights MRICD scientist

*U.S. Army Medical Research Institute of Chemical Defense*



**Shih**

Among the 25 Army Acquisition Corps (AAC) members selected to represent the corps as it celebrates its 25th anniversary is Dr. Tsung-Ming (Tony) Shih of the U.S. Army Medical Research Institute of Chemical Defense.

The individuals highlighted in the “25 for 25” celebration are a sample of “the diversity, talent, experience, and professionalism” of the AAC’s more than 12,000 members.

Shih is a neuroscientist and principal investigator with over 36 years of service in the federal government.

His research efforts have focused on investigating how exposure to toxic chemical warfare nerve agents affects the body and researching treatments to prevent or mitigate these effects. Many of his studies examined the effects of exposure on the brain and the development of subsequent seizure activity and long-term brain damage.

Shih’s research has supported the

fielding of a new oxime (MMB-4)—a drug used to restore the normal function of the cholinesterase enzyme when it has been disabled by a nerve agent—as well as of a new anticonvulsant drug (midazolam) to counteract the development of seizures and the resulting injury to the brain.

For his contributions to Army research and protection for the warfighter, Shih has received the Commander’s Award for Civilian Service (2010); two Excellence in Federal Career Silver Medals, Baltimore Federal Executive Board (2009 and 2000); a Department of the Army Research and Development Achievement Award for Technical Excellence (2006); The Best Paper Award in Biomedical and Behavioral Sciences Session, at the 22nd Army Science Conference (2000); and a Department of the Army Research and Development Achievement Award for Technical Achievement (1983). Additionally, he has published more than 100 papers in scientific journals.

A member of the AAC since 1995, Shih said he appreciated the “unlimited learning and training opportunities and experiences in acquisition-related topics” that have been available to him as part of the corps.



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.”



# ALL THINGS MARYLAND

## Cold weather comfort food

*Summer may be long gone, but don't let that stop you from enjoying Maryland's favorite crustacean*

By **AMANDA ROMINIECKI**

APG News

Whether you call them hard-shells, peelers, busters, soft-shells, jimmies, sooks, sallies or sponges, there are few things as synonymous to Maryland as the blue crab.

Its scientific name, *Callinectes sapidus*, translates to “beautiful swimmer that is savory,” and you would have a hard time finding many Marylanders who disagree.

The scrappy side-swimmer has clawed its way into the very heart of Maryland's culture, but as the weather turns cold and the leaves fall from the trees, we are reminded that gone are the warm summer days of cracking open blue crabs by the bushel.

When it's cold outside, soup is a go-to comfort food for many. Maryland Crab and Cream of Crab soups are the perfect way to enjoy blue crabs long after the end of summer.

### **Maryland Crab soup**

Maryland Crab Soup is a staple at any eastern Maryland restaurant that wants to appeal to crab lovers during chilly weather.

The standard recipe calls for:

- A broth base: 2 cups beef broth, 3 cups water
- Vegetables: 1 cup sliced carrots, ½ cup corn, 1 cup lima beans, 1 cup cut green beans, ½ cup chopped onion, 1 (28 oz.) can whole tomatoes, sliced.
- Crab seasoning, 1 tbsp
- 1 pound jumbo lump crab meat
- Add hot sauce or extra crab seasoning to give the soup a little kick

All ingredients except the crab meat should be combined in a large sauce pan or pot and brought to a boil. Reduce to low heat and simmer for five minutes. Add crabmeat, cover and simmer for an additional 10 minutes.

### **Cream of Crab soup**

On a particularly chilly day, or for those with a larger appetite, Cream of Crab soup is a hearty option.



Photo by USAF Staff Sgt. Benjamin Wilson

The standard recipe calls for:

- A cream base: 2 pints heavy whipping cream, 1 quart half-and-half, 1 pint whole milk
- ½ stick of butter
- 1 pound jumbo lump crab meat
- Seasonings: 1 tbsp parsley, 3 tsp crab seasoning, salt & pepper to taste
- Cornstarch and water to thicken soup

The cream base ingredients should be combined in a large sauce pan or pot and brought to a boil. Add butter, salt, pepper and crab seasoning. Mix until butter is melted. Add crab meat and bring to a boil. As you wait for it to boil, mix water and cornstarch in a bowl to make a paste.

Add as much paste to the soup for desired thickness. Serve with a garnish of parsley, a sprinkle of crab seasoning.

Either soup can be prepared and ready to eat in as little as half an hour and leftovers freeze and re-heat well in single portion sizes, making it a perfect meal if you're in a hurry and looking for a recipe with longevity.

For those who just can't decide between the two, try mixing them together for half and half – a mix of Maryland Crab and Cream of Crab soups.

Using Maryland Crab as the base, add a dollop of Cream of Crab to fill out the bowl. Eat them separately or mix them

together for a particularly savory experience. Half and half is the perfect balance: the Cream of Crab cuts the kick Maryland Crab soup might have from crab seasoning, and the Maryland Crab thins out Cream of Crab for those who can't stomach such a rich dish.

While it may be too chilly to pull out newspaper, mallets and a can of Old Bay on a picnic table out back, you can still enjoy Maryland's state crustacean as Maryland Crab Soup or Cream of Crab Soup.

For more information about Maryland blue crabs, visit [www.msa.maryland.gov/msa/mdmanual](http://www.msa.maryland.gov/msa/mdmanual).

# MARK YOUR CALENDAR

## THURSDAY

### NOVEMBER 6

#### MILITARY OFFICERS OF AMERICA MEETING

The Military Officers of America Association (MOAA) Susquehanna chapter will sponsor a dinner meeting Thursday, Nov. 6 at the Bellissimo restaurant in Bel Air from 6:30 to 9:30 p.m.

The guest speakers will be Col. Susan Bryant, Chief of the Army's Strategic Studies Group. Bryant is a 1989 graduate of Georgetown University with a degree in Foreign Service and a commission as a second lieutenant in the Ordnance Corps. She has served in a wide variety of duty assignments from the Pentagon to Jerusalem.

Cost of the Dinner is \$28 per person. For reservations, contact T.J. Staffieri by email at [tjs3tjs3@gmail.com](mailto:tjs3tjs3@gmail.com).

The MOAA is open to all commissioned officers of all the uniformed services (Army, Marine Corps, Navy, Air Force, Coast Guard, Public Health Service, and National Oceanic and Atmospheric Administration). All are welcome to attend the dinner and learn more about MOAA. For more information, visit [www.susquehannamoaa.org](http://www.susquehannamoaa.org).

## FRIDAY

### NOVEMBER 7

#### MARINE CORPS BIRTHDAY LUNCHEON

The 5th Annual APG Marine Corps Birthday Luncheon will be held at Ruggles Golf Course, starting at noon. All Marines (active, retired, Reserve, veteran, FMF Corpsman, DOD civilian or contractors) who work on APG and their Families are invited to attend and celebrate the 239th Marine Corps Birthday. A two entrée buffet costs \$20 per person. Once a Marine, Always a Marine!

For more information, or to RSVP, contact Craig Reeling at 443-477-0670 or visit [www.MarylandMarines.org](http://www.MarylandMarines.org).

## WEDNESDAY

### NOVEMBER 12

#### GARRISON VETERANS DAY PROGRAM

The APG Garrison will host a Veterans Day program 10:30 a.m. at the post theater. The guest speaker, retired Col. Walter (Wally) Mueller, will share his experiences as a Dustoff Medevac helicopter pilot during Vietnam. In addition there will be a drill performance by the 3rd U.S. Infantry Regiment (Old Guard) drill team. Check the APG News, [www.TeamAPG.com](http://www.TeamAPG.com), [facebook.com/APGMd](https://www.facebook.com/APGMd), [twitter.com/USAGAPG](https://twitter.com/USAGAPG) or the post marquees for more information.

#### NFFE LOCAL 178 WORKERS COMPENSATION TOWN HALL

All non-supervisory government and contractor employees are invited to a National Federation of Federal Employees Local 178 Town Hall at the ECBC Conference Center, Bldg. E4810 from 11:30 a.m. to 12:30 p.m. Lunch will be provided. For more information, call 410-436-3942.

## THURSDAY

### NOVEMBER 13

#### NATIVE AMERICAN OBSERVANCE

Team APG and the 20th CBRNE Command will host the Native American Indian Heritage Month observance 10:30 a.m. at the Myer Auditorium, Bldg. 6000. The 2014 theme is "Native Pride and Spirit: Yesterday, Today and Forever."

The guest speaker is Lt. Col. Nathele Anderson, commander of the 4th Battalion, 321st Regiment (LSB) at Redstone Arsenal, Alabama. The event includes educational performance, exhibits and a cultural food tasting.

For more information, contact Master Sgt. Cheryl Nevels at 410-436-0321; [cheryl.t.nevels@mail.mil](mailto:cheryl.t.nevels@mail.mil) or Master Sgt. Ryan Cole at 410-436-0320; [ryan.p.cole@mail.mil](mailto:ryan.p.cole@mail.mil).

## TUESDAY

### NOVEMBER 18

#### FEDERAL EMPLOYEES HEALTH BENEFITS FAIR

A Health Fair for federal employees featuring health benefit carriers who will provide information about 2015 health plans will be held 9 a.m. to 1 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326. Health Benefits Open Season is Nov. 10 to Dec. 8. To enroll or to change FEHB coverage, employees must contact the Army Benefits Center at <https://www.abc.army.mil> or call 1-877-276-9287.

#### HOLIDAY SPENDING SESSION

A Manage Your Holiday Spending Informational Session will be held noon to 1 p.m. at the Mallette Mission Training

Facility, Bldg. 6008, classroom 22. This event is open to APG Soldiers, civilians and contractors. Seating is limited to the first 30 personnel. For more information, contact Tiffany Grimes at 443-861-7901 or email [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

## WEDNESDAY

### NOVEMBER 19

#### VETERANS JOB FAIR

Fort George G. Meade will host a Veterans Job Fair 9 a.m. to 2 p.m. at Club Meade, 6600 Mapes Road. The event, to honor all veterans, is open to the general public and includes nearly 70 employers. Bring resumes and dress for success. Featured will be the Resume Doctor – a free resume evaluation and preparation assistance service. Free shuttle service will be provided from Fort Meade's Smallwood Hall parking lot to Club Meade. To reserve ASL Interpreter Service email Jerome Duncan at [jerome.duncan@maryland.gov](mailto:jerome.duncan@maryland.gov) by Nov. 7.

Individuals not in possession of a DOD sticker must enter Fort Meade via MD Route 175 at the Reece Road gate. Be prepared to present a photo ID or driver's license, valid registration and proof of insurance.

For more information, go to [www.ftmeademwr.com](http://www.ftmeademwr.com).

## THURSDAY

### NOVEMBER 20

#### FEDERAL EMPLOYEES HEALTH BENEFITS FAIR

A Health Fair for federal employees featuring health benefit carriers who will provide information about 2015 health plans will be held 9 a.m. to 1 p.m. at the APG South (Edgewood) recreation center, Bldg. E4140. Health Benefits Open Season is Nov. 10 to Dec. 8. To enroll or to change FEHB coverage, employees must contact the Army Benefits Center at <https://www.abc.army.mil> or call 1-877-276-9287.

## JAZZ CONCERT

Music lovers won't want to miss the APG MWR Jazz Concert featuring Jazz Saxophonist Mindi Abair and Guitarist Nick Colionne at Top of the Bay. Abair has toured and/or recorded with the Backstreet Boys, Duran Duran, Adam Sandler, Lee Ritenour, Teena Marie, and others, and Colionne received the 2007 International Instrumental Artist of the Year Award at the Wave Jazz Awards and was named the Artist of the Year at the 2011 Rehoboth Beach Jazz Festival.

The show begins 7 p.m., doors open 5 p.m. Advance tickets cost \$25; \$35 the day of the show while supplies last. Tickets are on sale at Top of the Bay, Bldg. 30; call 410-278-5915 or purchase online at <https://webtrac.mwr.army.mil/webtrac/apgrectrac.html>.

For more information, visit the APGM-WR website at [www.apgmwr.com](http://www.apgmwr.com) or call 410-278-4011/4907.

## FRIDAY

### NOVEMBER 21

#### CECOM PRAYER LUNCHEON

The CECOM Unit Ministry Team will sponsor the APG Thanksgiving Prayer Luncheon 11:30 a.m. to 1 p.m. at the Myer Auditorium.

Music, food and an inspired message will be provided. The guest speaker is U.S. Army Material Command Chaplain (Col.) Scott R. Carson. For tickets or more information, contact the CECOM UMT Chaplain (Lt. Col.) Young Kim at 443-861-4353 or Staff Sgt. Carlos Vazquez at 443-861-4331.

## ONGOING

### OCTOBER

### NOVEMBER

#### APG CFC MOUSTACHE COMPETITION

All APG military, civilians and contractors are invited to participate in a moustache competition to benefit the APG Combined Federal Campaign. Facial hair will compete in four categories: "Best Natural Moustache," "Best Styled Moustache," "Best Fake" and "Worst in Show."

There is no entry fee but a donation to the charity of your choice via the CFC is recommended.

In addition to individual submissions, groups of employees are encouraged to share photos of their teams, groups, organization or units in "full moustache."

Those wishing to participate must sign up by Nov. 14. Visit <http://www.signupgenius.com/go/20f0d4bafaf28a2f58-2014> to register.

Entry photos are due no later than Nov. 24. Winners will be announced no later than Dec. 5.

For more information or to submit a photo contact Capt. Mary Hubbard at [mary.j.hubbard.civ@mail.mil](mailto:mary.j.hubbard.civ@mail.mil) and Staff Sgt. Frank Rodriguez at

[frank.p.rodriguez10.mil@mail.mil](mailto:frank.p.rodriguez10.mil@mail.mil).

## NOVEMBER

#### TRICARE INFORMATION SESSIONS

Kirk U.S. Army Health Clinic has arranged for a TRICARE representative to provide information and answer questions at APG at the following dates and locations:

**Thursday, Nov. 6:** TRICARE Information Table - ATEC Health Fair - 9 a.m. to noon.

**Wednesday, Nov. 12:** TRICARE Information Table - APG Retirement Office - 8 a.m. to 4 p.m.

**Tuesday, Nov. 18:** TRICARE Information Table - APG ID Card Office - 8 a.m. to 4 p.m.

**Monday, Nov. 24:** TRICARE Information Table - APG ID Card Office - 8 a.m. to 4 p.m.

**Tuesday, Nov. 25:** TRICARE Retirement Briefing - KUSAHC Ortiz Training Clinic - 3 p.m.

For more information, contact Kisha York, TRICARE education specialist, at [kisha.a.york@healthnet.com](mailto:kisha.a.york@healthnet.com)

## NOVEMBER & DECEMBER

#### TOBACCO CESSATION CLASSES

The Harford County Health Department Cigarette Restitution Fund will host Tobacco Cessation Classes at the APG North (Aberdeen) chapel.

The classes are free of charge and open to any adult user who requests assistance in quitting. Nicotine replacement products will be offered at no cost but require a physician referral form that must be filled out by an individual's primary care physician prior to the class.

Classes will be held 1 to 2 p.m. each Wednesday through Dec. 10. Class will not be held Wednesday, Nov. 26.

For more information, contact Brenda Urban at 410-278-2739 or Linda Pegram, Harford County Health Department instructor, at 410-612-1781.

## NOV. 9 – DEC. 3

#### KIRK OPTOMETRY CLINIC CLOSED

The Kirk U.S. Army Health Clinic Optometry Clinic will be closed from Nov. 9 until Dec. 3.

For more information, contact Keonya Huggins at 410-278-1918 or Sgt. Eric Tieman at 410-278-1920.

#### 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.

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](mailto:michael.p.slayman.civ@mail.mil).

#### 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/se7hTkwnbO8>

#### 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 Services 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 BURN PIT REGISTRY

The Department of Veteran Affairs encourages all Gulf War Veterans – anyone who served in the Persian Gulf area from August 1990 to present – to sign up for the Airborne Hazards and Open Burn Pit Registry which is established by Public Law 112-260.

The registry provides an opportunity for veterans to receive information updates and to help VA improve its understanding of deployment-related health effects. During deployment, Gulf War veterans may have been exposed to smoke from burn pits, oil-well fires, and air pollution. Veterans must complete an online health questionnaire to participate in the registry. For more information, visit [www.publichealth.va.gov/exposures/burnpits/](http://www.publichealth.va.gov/exposures/burnpits/).

#### KEYSTONE CLUB

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

#### FRIDAY NIGHT OPEN RECREATION FOR TEENS

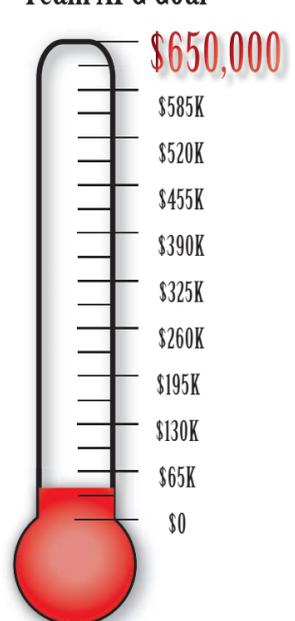
The APG North (Aberdeen) Youth Center, Bldg 2522, invites all high school students out to its free Friday Night Open Recreation for Teens, every Friday from 6 p.m. to midnight. Teens are invited out to meet new friends, shoot some hoops or just play some pool. Bring up to two non-DoD friends to join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

## MORE ONLINE

More events can be seen at [www.TeamAPG.com](http://www.TeamAPG.com)

## Combined Federal Campaign

### Team APG Goal



Visit [www.cbacfc.org](http://www.cbacfc.org) to make a contribution to the organization of your choice today.

For more information, contact Mary J. Hubbard at 410-436-6277 or [mary.j.hubbard.civ@mail.mil](mailto:mary.j.hubbard.civ@mail.mil)

# 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 1976.

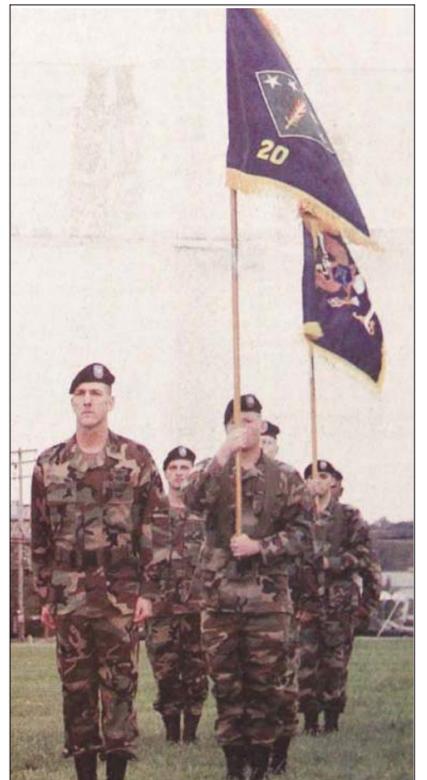
By YVONNE JOHNSON, APG News

## 10 Years Ago: Nov. 4, 2004



Above: The U.S. Army Materiel Command exhibit, which was designed and created by the garrison's Visual Information Services Division, is displayed at the Association of the United States Army annual convention in Washington, D.C.

Right: Col. Walter Davis, commander of the newly-activated 20th Support Command [20th CBRNE Command], stands next to his unit colors during the Transformation Ceremony at Fanshaw Field, Oct. 15. Behind Davis is Lt. Col. Franz Amann, commander of the newly-activated 22d Chemical Battalion.



## 25 Years Ago: Nov. 8, 1989



Left: Maryland National Guard Pfc. Rhonda Bond checks the oil in a vehicle during the 29th Air Traffic Control Group's field training exercise at APG.

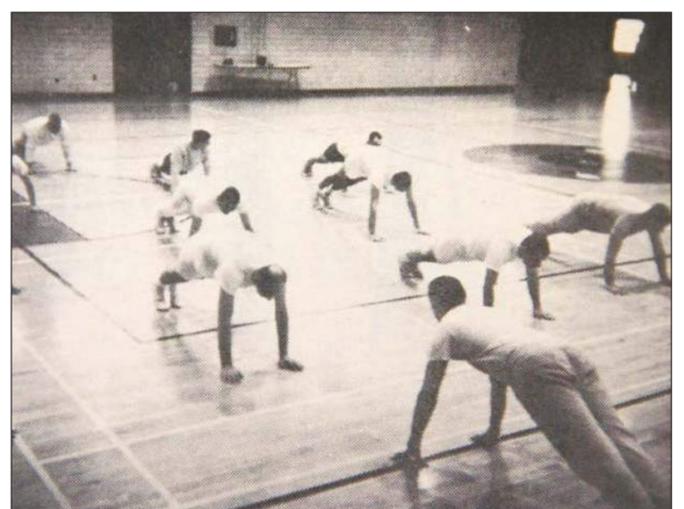


Right: Wilbert Davis, the Human Relations officer for the U.S. Army Ordnance Center and School makes a point during the school's annual two-week long Equal Opportunity Representative Course.

## 50 Years Ago: Nov. 5, 1964



Left: Lt. Col. Lloyd Jensen, Troop Support director, left, presents the flag football championship trophy to Student Officer Company coach Joe Wolfe, center, and quarterback Bob Benz who won the most valuable player award after defeating U.S. Army Ordnance Center and School 14-12.



Right: Officers assigned to APG headquarters perform push-ups in Russell Gym as part of their daily exercise routine.

2015  
2010  
2000  
1990  
1980  
1970  
1960  
1950

# Bugle calls to require specific courtesies

Continued from Page 1

deen) and APG South (Edgewood) Nov. 8. During the first week of bugle calls, from Nov. 8-16, individuals will not be required to halt activities and render honors. The first week will serve as time for Team APG to become familiar with the calls.

Reveille will be played every day at 6 a.m. and is approximately 30 seconds long. Traditionally, it serves as a signal to troops to awaken for morning roll call. It is used to accompany the raising of the National Colors, the American Flag.

Retreat will be played every day at 5 p.m., signaling the end of the official day. Retreat will be directly followed by To The Color, which renders honors to the nation and commands all the same courtesies as the National Anthem. Together, the two calls are approximately one minute long and are used to accompany the lowering of the American flag.

Taps, the last bugle call of the day, will be played each evening at 10 p.m. It signals that all unauthorized lights are to be extinguished. Taps is approximately one minute long.

Music will be played in the vicinity of Bldgs. 4312, 328, 2522 and 3660 on APG North and Bldgs. E1936, E3330, E2100, and E4900 on APG South, but may be heard from areas across the installation.

Starting Nov. 17, military and civilian personnel are expected to follow the guidelines outlined in Army Regulation 600-25 for courtesies to be rendered during Reveille, Retreat, To The Color and Taps. See the table to the right for exact guidelines.

These courtesies include facing the American flag, if it is in view. There are three American Flags flown on APG: in front of RDECOM Headquarters and CECOM Headquarters on APG North and at McBride Field on APG South. If a flag is not in view, individuals should face the direction of the music.

During bugle calls, activity at installation access points will cease. Traffic will not be permitted to enter the installation

until the bugle call is over.

For vehicles already driving on post during bugle calls, it will be APG's policy to require all drivers to come to a complete stop and put the vehicle in park.

Military personnel are expected to then exit their vehicle and render honors. Civilians are to stay in their vehicle but remain quiet and respectful.

There may be some confusion for

drivers, as Reveille and Retreat may not be heard over a vehicle's radio. If you see the vehicle in front of you slow and come to a complete stop, that may serve as a clue that a bugle call is playing. Roll down the window or turn off the radio to confirm a bugle call is playing, and then follow the proper courtesies.

All drivers on APG are urged to be observant and follow the guidelines outlined above to avoid potential safety issues

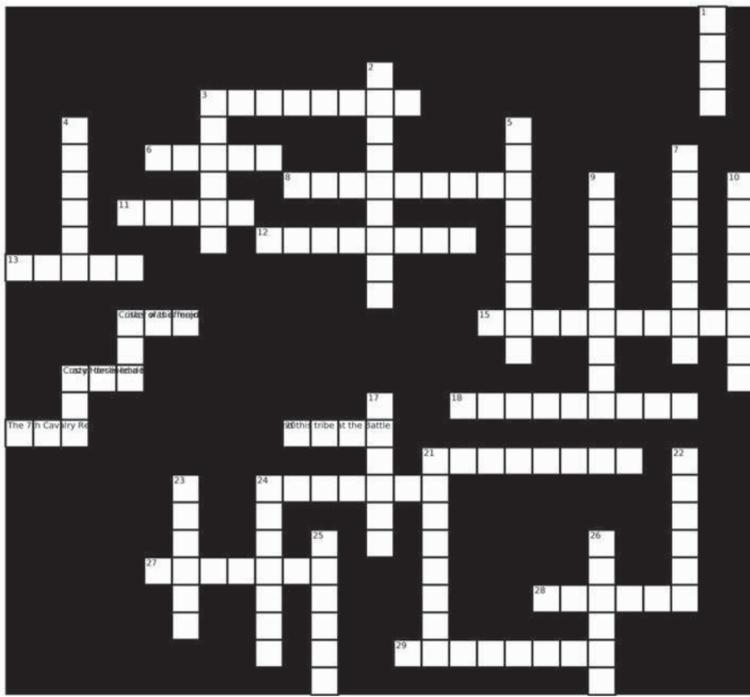
as Soldiers exit their vehicles on roadways.

Military flag details will raise the flag at CECOM Headquarters and at McBride Field starting Nov. 25 during Reveille, and will lower the flag during Retreat and To the Color. The flag will remain raised on weekends, federal holidays, and military training holidays.

For more information about the return of bugle calls on APG, contact Clint Zaengle at 410-278-4500.

Courtesies to be rendered by individuals, as outlined by AR 600-25:			
	Reveille	Retreat	To The Color
<b>Military personnel, in uniform and in formation (with or without headgear).</b>	Execute "Present Arms" at the command of officer or NCO in charge. Execute "Order Arms" at the command of officer or NCO in charge.	Execute "Parade Rest" at the command of the officer or NCO in charge. Remain at Parade Rest until given "Attention" by officer or NCO in charge.	Same as for Reveille.
<b>Military personnel in uniform not in formation (with or without headgear).</b>	At the first note of music, face flag and render hand salute (if flag is not in view, face direction of music). End salute on last note of music.	At the first note of music, face flag and stand at attention (if flag is not in view, face direction of music). Remain at attention until last note of "To The Color" has been played.	At the first note of music, render hand salute. Hold this position until the last note of music has been played.
<b>Military personnel and civilians in civilian dress with headgear. (includes sports attire with headgear).</b>	At the first note of music, face flag, stand at attention, remove headgear with right hand and hold over left shoulder with right hand over heart (if flag is not in view, face direction of music).	At the first note of music, face flag, remove headgear with right hand and stand at attention. Remain at attention until last note of "To The Color" has been played (if flag is not in view, face direction of music).	At the first note of music, hold headgear over the left shoulder with the right hand over the heart. Hold this position until the last note of music has been played.
<b>Military personnel and civilians in civilian dress without headgear.</b>	At the first note of music, face flag, stand at attention with the right hand over the heart. Hold this position until the last note of music has been played (if flag is not in view, face direction of music).	At the first note of music, face flag and stand at attention. Remain at attention until last note of "To the Color" has been played (if flag is not in view, face direction of music).	At the first note of music, stand at attention with the right hand over the heart. Hold this position until the last note of music has been played.
<b>Military personnel operating a vehicle</b>	Driver should bring vehicle to a complete stop and put it in park. All military personnel should exit the vehicle and render honors outlined above.	Driver should bring vehicle to a complete stop and put it in park. All military personnel should exit the vehicle and render honors outlined above.	Driver should bring vehicle to a complete stop and put it in park. All military personnel should exit the vehicle and render honors outlined above.
<b>Civilian personnel operating a vehicle</b>	Driver should bring vehicle to a complete stop and put it in park. All passengers may remain in the vehicle, but must be quiet and courteous.	Driver should bring vehicle to a complete stop and put it in park. All passengers may remain in the vehicle, but must be quiet and courteous.	Driver should bring vehicle to a complete stop and put it in park. All passengers may remain in the vehicle, but must be quiet and courteous.

## The APG Crossword



November is Native American Heritage Month. Here is a chance to see what you know or learn something new about the nation's first inhabitants. This one contains a little of everything; from the Pilgrim landing to Custer's Last Stand, to famous names, regional associations and modern-day trivia. Good luck!

### Across

- Pocahontas belonged to this tribe.
- This tribe allied with the French against Illinwek in the early 1700s.
- She guided the Lewis and Clark expedition.

- The treaty of this fort gave 3 million acres of land to white settlers of Illinois and Indiana
- This tribe is associated with the Trail of Tears
- This revered animal was essential for many Native American tribes on the Plains.

- Critics of this major say he lost his nerve.
- This tribe originated in the Mid West; a zoo in South Bend, Indiana is named after it.
- Custer declined a battery of these guns fearing they would impede his march.
- In addition to superior numbers, the Cheyenne and Sioux warriors had the advantage of Spencer, Winchester and Henry \_\_\_\_\_ rifles.
- The 7th Cavalry Regiment took on Lakota, Northern Cheyenne and this tribe at the Battle of Little Big Horn.
- This Sioux war chief correctly guessed Custer's intentions when they attacked.
- This tribe used to be one with the Comanche tribe; their language is similar.
- The Native American author of the book "Love Medicine."
- The Seminoles remain unconquered in this state.
- Geronimo belonged to this Native American tribe
- His name means Shooting Star

the Indian village Prophetstown to the ground

- The lesser-known Nis-Qually tribe was located in this region.
- Critics accuse Capt. Benteen, who was ordered to hurry the ammunition, of this.
- Custer was offered additional cavalry support before leaving this fort.
- Crazy Horse, leader of the Battle of Little Big Horn, is associated with this rifle.
- The Lakota Sioux and Cheyenne refer to the Battle of Little Big Horn, or Custer's Last Stand, as the Battle of the \_\_\_\_\_
- This tribe originated in the Great Basin region.
- The remains of the Soldiers of E Company were all found in this Deep \_\_\_\_\_.
- This Crow scout under Custer's command is widely believed to have witnessed the battle.
- The Labrador Inuit are better known as this.
- This reservation is the largest in the United States.
- This tribe is well known for Kachina dolls.

Solution to the October 30 puzzle



### Down

- This captain attempted to go to Custer's aid but was too late.
- This tribe befriended the Pilgrims after they landed at Plymouth Rock
- The Sioux were located in this region.
- The Crow Fair rodeo and Powwow in Crow Agency, Montana is known for being the world capital of what?
- The rapper Sole is descended from this tribe.
- This future president burned

## WORD OF THE WEEK

### Assiduous

Pronounced: uh-sij-oo-uhs

**Part of speech: Adjective; (Adverb - assiduously; Noun - assiduousness)**

#### Definition:

- marked by careful unremitting attention or persistent application

#### Synonyms:

active, busy, bustling, diligent, employed, engaged, occupied, laborious

#### Use:

- They were assiduous in their search for all the latest facts and figures.
- The project required some assiduous planning.

By YVONNE JOHNSON, APG News  
Source: <http://www.merriam-webster.com/>

## ACRONYM OF THE WEEK

### OASD (PA)

**Office of the Assistant Secretary of Defense for Public Affairs**

The Assistant Secretary of Defense (Public Affairs) is the principal staff advisor and assistant to the Secretary of Defense and Deputy Secretary of Defense for public information, internal information, community relations, information training and audiovisual matters.

The Assistant Secretary of Defense (Public Affairs) follows the Secretary's Principles of Information in providing defense department information to the public, Congress and the media.

The OASD PA sponsors the official Department of Defense website, [www.defense.gov](http://www.defense.gov), which is the starting point for finding U.S. military information online. It includes:

- Defense.gov News: Official News Releases
- Defense.gov News Photos
- Public Information Series
- Defense Media Activity

The current Assistant Secretary of Defense (Public Affairs) is Brent Colburn.

Source: [www.defense.gov](http://www.defense.gov)

# Ebola town halls educate, reassure Team APG

## Continued from Page 1

She presented several facts about Ebola, including:

- EVD is preventable. People can avoid exposure with good personal hygiene practices and using appropriate protective equipment.

- EVD is transmitted from person to person by direct contact with the blood or other body fluids of EVD patients.

- Only people who are sick with EVD (i.e., have symptoms), or who have recently died from Ebola, can transmit the virus to others.

- Ebola is not spread through drinking water, eating approved food or being bitten by insects like mosquitoes or ticks.

- There are currently no licensed vaccines or specific treatments for EVD. Patients who sought care soon after symptoms began have survived with only supportive care.

"If you are not treating someone with Ebola or if you are not living in a household with someone with Ebola, your risk is very low here in the United States," she said.

In addition to addressing common concerns, Moore talked about the Army's plans to protect deployed Soldiers and civilians who have deployed to Liberia in support of Operation United Assistance. Recently Soldiers from the APG-based 1st Area Medical Laboratory deployed to Liberia.

"Soldiers who have deployed had the highest level of training," she said.

Before deploying, all Soldiers from APG received an assessment from KUSAHC.

"We ensured that not only they were

prepared to deploy medically but also financially, mentally and emotionally," she said. "No one was deployed that wasn't ready to be there. We know that we are taking care of our Soldiers."

According to Moore, Soldiers who have deployed in support of Operation United Assistance have not been directed to provide medical care to Ebola patients. The Soldiers will provide support in the areas of:

- Engineering (such as building medical treatment centers)

- Logistics (such as providing supplies and equipment to help local health care workers successfully take care of Ebola patients)

- Training for local health care workers to help them better take care of their patients while protecting themselves from possible infection

During deployment Soldiers will be carefully monitored. After deployment, Soldiers will go through a 21-day control and observation period at a location that has yet to be determined. While they are quarantined they will be monitored closely for symptoms.

"Our population will not be at risk," she said.

The town hall sessions included questions from the audience.

Panel members included Col. Steven Cersovsky, M.D., director of epidemiology and disease surveillance from the U.S. Army Public Health Command; Dr. Kristen Willis, a research virologist from the Defense Threat Reduction Agency; Dr. Barry Marx, chief of Primary Care, KUSAHC; and Michael Slayman, assistant chief of Emergency Medical Services from the Directorate of Emergency



(From right) Assistant Chief of Emergency Medical Services Michael Slayman, from the Directorate of Emergency Services, addresses 911 policies and procedures while Dr. Barry Marx, Kirk U.S. Army Health Clinic Chief of Primary Care, looks on during an Installation Town Hall held at the APG South (Edgewood) conference center Oct. 30. Team APG hosted the series of Town Halls to educate the community about the Ebola Virus Disease.

Services.

After the town hall attendee Jim Shomo, from the U.S. Army Edgewood Chemical Biological Center said he attended to develop a better understanding of the issues surrounding Ebola. He said he plans to share the information with Family and friends.

"It's good to be informed," he said.

Seth Lyter, from the APG Directorate of Public Works, said he attended because he is concerned about his grandchildren and about traveling. Lyter said the meeting was a good opportunity to

talk to subject matter experts.

"My questions were clarified," he said "He (Cersovsky) reduced my apprehensions."

Questions from the town hall will be posted on the APG website [www.teamapg.com](http://www.teamapg.com) within the next week.

For more information about Ebola Virus Disease, visit: <http://phc.amedd.army.mil/topics/discond/diseases/Pages/EbolaVirusDisease.aspx>

<http://www.cdc.gov/vhf/ebola/>  
<http://www.who.int/csr/disease/ebola/en/>

## Did You Know?

**A Native American World War II Infantry officer single-handedly attacked German positions, killing 11 enemy soldiers and taking dozens of prisoners.**



Born in 1917, Jack Cleveland Montgomery was a Cherokee Indian from Long, Oklahoma.

He attended public and Indian schools and enlisted in the Oklahoma National Guard while in junior college. His division included Indians from more than 50 tribes; eight became Medal of Honor recipients during World War II.

Montgomery joined the Army in 1937. He saw action in Sicily and received a battlefield commission to second lieutenant shortly before the invasion of Salerno. He was serving as a first lieutenant with the 180th Infantry Regiment, 45th Infantry Division during the Battle of Anzio, when on Feb. 22, 1944, he was cited for "conspicuous gallantry and intrepidity at risk of life above and beyond the call of duty."

According to his MOH citation, shortly before daybreak, a strong force of enemy Infantry Soldiers established themselves in front of rifle platoons commanded by Montgomery.

"The closest position, consisting of four machineguns and one mortar, threatened the immediate security of the platoon position. Seizing an M1 rifle and several hand grenades, 1st Lt. Montgomery crawled up a ditch to within hand grenade range of the enemy. Then climbing boldly onto a little mound, he fired his rifle and threw his grenades so accurately that he killed eight of the enemy and captured the remaining four.

"Returning to his platoon, he called for artillery fire on a house, in and around which he suspected that the majority of the enemy had entrenched themselves. Arming himself with a carbine, he proceeded along the shallow ditch, as withering fire from the riflemen and machine gunners in the second position was concentrated on him. He attacked this position with such fury that seven of the enrolled enemy surrendered to him, and both machineguns were silenced. Three German dead were found in the vicinity later that morning.

"1st Lt. Montgomery continued boldly toward the house, 300 yards from his platoon position. It was now daylight, and the enemy observation was excellent across the flat open terrain which led to 1st Lt. Montgomery's objective. When the artillery barrage had lifted, 1st Lt. Montgomery ran fearlessly toward the strongly defended position. As the enemy started streaming out of the house, 1st Lt. Montgomery, unafraid of treacherous snipers, exposed himself daringly to assemble the surrendering enemy and sent them to the rear.

"His fearless, aggressive, and intrepid actions that morning, accounted for a total of 11 enemy dead, 32 prisoners, and an unknown number of wounded. That night, while aiding an adjacent unit to repulse a counterattack, he was struck by mortar fragments and seriously wounded. The selflessness and courage exhibited by 1st Lt. Montgomery in alone attacking three strong enemy positions inspired his men to a degree beyond estimation."

President Franklin Roosevelt presented Montgomery the Medal of Honor Jan. 15, 1945.

Montgomery left the Army while still a first lieutenant. He died in 2002 at age 84 and was buried in Fort Gibson National Cemetery, Oklahoma. The Veterans Health Administration Medical Center located in Muskogee, Oklahoma, is named in his honor.

Yvonne Johnson, APG News  
Source: <http://www.history.army.mil/>

## Barn owls flourish at APG

### Continued from Page 1

hunt entirely by sound. According to the U.S. Fish and Wildlife Service, the shape of their face actually helps funnel sound to their ears, which are located beneath their fluffy head feathers.

Early this summer a pair of adult owls built a nest high up in a three-sided, barn-like structure operated by the Aberdeen Test Center (ATC) on a test range in the secure area of APG North (Aberdeen).

The nest was discovered in mid-June by maintenance workers who were startled when an adult owl flew out of the structure.

The workers then noticed some strange debris littering the high catwalk of the structure concentrated around a small enclosure. A closer examination revealed two young chicks huddled together in the back of the enclosure. The debris was actually black pellets of indigestible fur and bones regurgitated by the family of owls.

Upon discovering the nest, ATC promptly notified the Natural Resources Branch of the DPW's Environmental Division.

Barn owls, like most birds, are federally protected under the Migratory Bird Treaty Act. This act prohibits the removal of a nest with eggs or chicks without a permit from the U.S. Fish and Wildlife Service.

Under DPW's guidance, the nest was carefully monitored over the next eight weeks by ATC personnel. Use of the test structure was curtailed for a short time until it was determined that limited use of the facility would not

disturb the young family.

Photographs taken in early July revealed four robust and active chicks in the nest. Range crews could hear the raspy hisses of the chicks if anyone approached too close to the nest.

The photographs also confirmed a steady supply of meadow voles and mice delivered to the nest by the parents.

As the chicks grew and neared fledging, a GoPro camera was installed in the test structure to unobtrusively monitor the nest. ATC personnel carefully retrieved the camera each day and reviewed the captured images. By

early August, camera images confirmed that all four of the young owls had left the nest. The range crew continued to spot the young owls inside the test structure over the following days.

Barn owls prefer to nest in the lofts of barns, silos, and abandoned buildings or in tree cavities, but they will also use artificial nest boxes. DPW personnel plan to install one or two nest boxes on the installation to encourage owls to nest away from test structures, avoiding potential conflicts in the future.

Thanks to the collaborative efforts of ATC and DPW, the careful management of the barn owl nest this summer is one of several examples of the Army's commitment to environmental stewardship.

For more information about the DPW Natural Resources Branch or wildlife on APG, contact Lynda Hartzell at 410-436-0465 or [lynda.a.hartzell.civ@mail.mil](mailto:lynda.a.hartzell.civ@mail.mil) or Deidre DeRoia at 410-278-0536 or [deidre.m.deroia.civ@mail.mil](mailto:deidre.m.deroia.civ@mail.mil).



## 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/>

# 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/>.

## ZOMBIES OVERRUN APG

The Army Performance Triad team partnered with the Better Opportunities for Single Soldiers (BOSS) program to host a Zombie Run Oct. 30. A Healthy Kids 2K was followed by the adult Zombie Run 5K. Children and adults dressed up as zombies and donned spooky costumes.

Right: Isabelle Chadwick, 5, pretends to eat a fake hand while zombie Edd Gruberman from the 46th Chemical Company gets ready to take a bite out of her head. Gruberman was one of the ghouls posted around the course to frighten adult runners.

Below: Spc. Javon Griffith with Kirk U.S. Army health clinic skulls through the mock graveyard waiting for runners to go by for him to scare.

Photos by Molly Blossie



## STORY TIME DRESSES IT UP

Story Time, which is usually held at the Bayside Community Center every Friday from 10:30 to 11:30 a.m., threw a costume party for children at the APG North (Aberdeen) recreation center Oct. 31. In addition to reading a story and singing songs, there were games, snacks, dancing and goodie bags for the kids to enjoy.

(From right) Riley Morrison, 3, looks on as Christian Arroyo, 3, tries his hand at pin the nose on the pumpkin.

Photo by Molly Blossie



## CDC CONTEST YIELDS CREATIVE PUMPKINS

To celebrate Halloween, APG North (Aberdeen) Child Development staff participated in a pumpkin decorating contest in October. Awards were given by CDC management on Oct. 31.

(From left to right) The baby pumpkin by Room 17 staff won the award for "Funniest Pumpkin;" the Frozen-themed pumpkins by Room 8 staff won for "Most Beautiful Pumpkin" and "Best Overall;" the gumball machine pumpkin by Room 10 staff won for "Most Artistic" and the witch pumpkin by Room 11 staff won for "Spookiest Pumpkin."

Photo by Rachel Ponder

## CHAPEL HOSTS HALLELUJAH HARVEST

Children decorate Garrison Chapel Noncommissioned Officer in Charge Sgt. 1st Class Daniel Sponsel as a mummy during a contest at the APG North (Aberdeen) Main Post Chapel Oct. 31. The activity was part of the chapel's annual Hallelujah Harvest celebration which featured fall-themed games, crafts and food.

Photo by Rachel Ponder



## FREESTATE CHALLENGE ACADEMY CADETS SAY "NO" TO DRUGS

Photo by Rachel Ponder

Ninety cadets from the Freestate Challenge Academy take a visible stand against drug abuse by forming a black and gold ribbon, to represent the Army colors, while Robin Stokes, from the Army Substance Abuse Program, holds up a red ribbon that reads "Better things to do than drugs" at APG South (Edgewood) Oct. 29. Later that day ASAP Prevention Coordinator Cindy Scott gave a presentation to the cadets about the dangers of drug abuse. The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation reaching millions of people during the Red Ribbon Week, Oct. 23 – Oct. 31 each year.

