



# APG NEWS

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

www.TeamAPG.com

THURSDAY, DECEMBER 3, 2015

Vol. 59, No. 48

## newsbrief

### HARFORD (MD RT. 22) GATE TO REMAIN OPEN 24/7

Following a 30-day trial run, APG leaders have authorized an indefinite extension of altered gate operations on APG North (Aberdeen).

The Harford Gate (MD Route 22) will remain open 24 hours a day, 7 days a week. The Maryland Gate (MD Route 715) will be open 5 a.m. to 7 p.m., Monday through Friday.

The visitor center operations will be open at the Maryland Gate, 6 a.m. to 6 p.m., Monday through Friday; and at the Harford Gate, 6 a.m. to 6 p.m. on weekends and holidays.

## inside

### LEADERSHIP

Prominent CECOM, APG figure Maria Esparaguera leaves post as chief counsel, heads to Pentagon.

APG | 4

### HOLIDAYS

Deadlines to mail holiday packages to Soldiers overseas are quickly approaching.

HOLIDAY | 5

### NAT'L GUARD

MDNG Recruit Sustainment Program has worked to keep up with changing times.

MDNG | 11

### TECHNOLOGY

A Natick researcher is developing a leaner - but still tasty - turkey bacon and turkey jerky for service members.

Army | 17

## online

www.TeamAPG.com/APGNews

facebook.com/APGMd

twitter.com/USAGAPG

flickr.com/photos/usagapg/

ICE system http://ice.disa.mil/ Facebook, http://on.fb.me/HzQlwo

# APG celebrates American Indian Heritage Month

By RACHEL PONDER  
APG News

Team APG commemorated National American Indian Heritage Month during a ceremony at the Myer Auditorium on APG North (Aberdeen), Nov. 24.

The program reflected the 2015 theme, "Growing Native Leaders: Enhancing Our Seven Generations." The event opened with a welcome from U.S. Army Communications-Electronics Research, Development and Engineering Center civilian Jennifer Hunt, a member of the Choctaw tribe, who greeted the audience in her native language "Chahta."

As keynote speaker, Kerry Hawk Lessard, an applied medical anthropologist and the executive director of Native American LifeLines, an urban Indian health program in Baltimore City, talked about her Shawnee heritage and the hardships her ancestors

experienced in America.

She cited the Treaties of Wapakoneta and Hog Creak in 1831, when her ancestors were forced from their homelands and were resettled west of the Mississippi River. In 1867 the remainder of her ancestors were removed to reservations in Kansas and Oklahoma, now known as "Indian Territory."

Lessard added that Indian boarding school policies, established in 1879, removed Indian youth from their families, their culture and their sense of security. She said that these schools taught children that their culture was inferior and sinful.

"When one considers the totality of such loss and disenfranchisement within such a relatively short period of time, just two or three generations,

See EVENT, page 18



Louis Campbell, of the Lumbee tribe, performs a traditional dance during the National American Indian Heritage Month observance at the Myer Auditorium, Nov. 24.

Photo by Sean Kief

# Online misconduct hurts Army



U.S. Army photo

A noncommissioned officer provides input to Sgt. Maj. of the Army Daniel A. Dailey during the chief of staff of the Army-sponsored Noncommissioned Officer Solarium II, held at the U.S. Army Command and General Staff College on Fort Leavenworth, Kansas, Nov. 18-20, 2015.

## NCOs call for Army to clarify policies related to online behavior

By DAVID VERGUN  
Army News Service

"Facebook is an extension of the barracks," said Sgt. 1st Class Aaron Leisenring, meaning that in the old Army, what was said in the barracks pretty much stayed in the barracks. Now, online exchanges have replaced a lot of the barracks chatter.

With proliferation of the use of social media by Soldiers, particularly among junior Soldiers, what is said online goes worldwide instantaneously and is often difficult to retract, said Leisenring, who is with Company B, 1st Battalion, 111th Infantry Regiment, Pennsylvania Army National Guard.

Leisenring and dozens of noncommissioned officers, or NCOs, shared their thoughts with

See NO, page 18

# Friendly rivalry drives blood donations

All in the spirit of a friendly rivalry, Navy Hospitalman Kaylean Peck, with the Armed Services Blood Program, collects a blood donation from Sgt. 1st Class Jayson Price, with the Alpha Battery, 3rd Air Defense Artillery (JLENS), during the Army v. Navy Blood Drive at the APG North (Aberdeen) recreation center Dec. 1. Now in its fifth year, the ASBP hosts an Army v. Navy Blood Donor Challenge, with blood drives at locations throughout the Washington, D.C. metro area, in honor of the annual Army/Navy football game.

Photo by Molly Blossie



## index

Mark Your Calendar | 6  
APG History | 13

By the Numb#rs | 8  
Crossword | 16

All Things Maryland | 9  
Did You Know? | 18

MWR Events | 10  
Snapshot | 19

## STREET TALK

### Why is it important to give back through the Combined Federal Campaign?

"I think it's important every year to give back to folks who need help. I contribute every year to the CFC.

I generally contribute to the lupus foundation; my wife has lupus. This year I'm actually considering giving back to sickle cell as well. It's a bad disease that has been around for a long time and we still don't have a cure for it."



**Jairus Johnson**  
VA Medical Center, Washington, D.C.

"How is there not a reason? There's so many reasons you can't even count them all.

Americans in general don't realize how lucky they are. As a child I realized that I'm really blessed to have running water, electricity, a hot dog or a piece of bread, and I never forgot it."



**Lois Tackett**  
Family member

"It's important to do it because there's so many unfortunate people out there that need help. Everyone's situation is different, and most people are fighting a battle.

It's important to give back, whether it's financially or with your time or with some type of support."



**Helen Rucker**  
Family member

"It just seems that whenever you give, you get back. And it might not be monetary, but it's the feeling you get."



**Carl Core**  
JPEO CBD

"It just seems that whenever you give, you get back. And it might not be monetary, but it's the feeling you get."



**Linda Simmonds**  
Family member

# Security awareness during holiday season

Directorate of Plans, Training, Mobilization and Security

As the holidays are quickly approaching, the APG Garrison Directorate of Plans, Training, Mobilization and Security reaffirms its foremost duty to ensure the safety of our communities and families.

While the Army Threat Integration Center, along with other federal authorities, states there is a lack of current credible reporting indicative of plots being timed to coincide or target special events associated with the upcoming holiday seasons, it is still paramount that all personnel do their utmost to diminish the potential for harm.

The entire APG community is encouraged to strengthen its security awareness by being aware of their surroundings and identifying potential threats and reporting suspicious behaviors or dangerous situations to the nearest law enforcement department.

### Suspicious behavior

On APG, reports to the Police Department may be made to 410-306-0572. However, emergency calls should always be made by dialing 9-1-1.

Suspicious indicators which must be reported to law enforcement as soon as possible include:

1. Suspicious or illegally parked vehicles near large gatherings
2. Persons wearing unusually bulky clothing that might conceal weapons or explosives
3. Unattended packages (i.e. backpacks, briefcases, boxes, etc.)
4. Persons attempting to gain unauthorized entry to a gathering or event



### Social media safety

Service members, employees and families are also reminded and encouraged to practice safe social media activities. A person's online activities may inadvertently expose excessive information about their identity, location, relationship, and

affiliations, creating an increased risk of identity theft, stalking, or targeted violence. The following are recommended social media precautions:

1. Think before you post - always assume everyone in the world will be able to see what you are posting, or tweeting, even if the site limits your posts to your friends and family.
2. Review privacy settings and limit who can view your social media sites, but do not trust these settings are absolute.
3. Avoid posting your home or work address and phone numbers.
4. Limit any reference, current or former to military, Government or law enforcement employment/affiliation on social media.
5. Avoid providing detailed accounts of your day (i.e. when you leave and return from work)
6. Never allow applications to geo-locate your location.

Currently, there is no specific or credible information available specifying potential locations or venues for violence in the Continental United States. However, the potential for home-grown violent extremists is ever present.

Working together, employing smart techniques and awareness - our community will be safer, engaged and alert.

For more information, the Army OneSource and Army iWatch webpage contains a social media precautions handbook at <https://www.myarmyonesource.com/familyprogramsandservices/iwatchprogram/default.aspx>.

## AAFES tests extended hours at Burger King

Army & Air Force Exchange Service

Following feedback from the Installation Town Hall Nov. 9, the Army and Air Force Exchange Service, known as AAFES, has decided to extend the hours of the Burger King Drive Thru for a 60-day trial run.

Starting Monday, Dec. 7, the Drive Thru will remain open until 7 p.m. At the end of the 60-day trial period, AAFES will determine if there is enough patronage to sustain the extra operating costs.

Team APG is reminded that anyone on the installation - including civilians and contractors - may eat at the AAFES Burger King.



## Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); 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.campbell8.civ@mail.mil](mailto:sue.a.campbell8.civ@mail.mil)

Acevedo, Rachel  
Acosta, Jeannie M.  
Adair, Jennifer  
Alba, Audrey  
Belcher, Stacey L.  
Branscome, Teresa A.  
Briggs, Gregory Lynn  
Bruner, Stephen M.  
Bukosky, Velorie F.  
Ciborowski, Steven  
Clark, Lyra  
Clelland, Louis A.  
Dimond, Crystal  
Dissek, Michael J.  
Dunn, Joanne  
Finegan-Bell, Antoinette  
Fleetwood, Phylcia R.

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

Frankel, Ronald A.  
Gaddis, Lonnie  
Gibson, Tanya J.  
Gresham, James F.  
Guy, Jessica  
Hampton, Devita D.  
Hazel, Wanda L.  
Henry, Edwin R.  
Holderbaum, Larry G.  
Humphries, Theresa  
Johnson, Douglas W.  
Kent, Nathaniel  
King, Sharon M.  
Kladitis, Johnathan  
Kuciej, Andrea D.  
Lilley, Gretchen E.

Lloyd, Wayne F.  
Mancini, Jennifer  
McCauley, Adrienne  
Meadowcroft, Catherine  
Meskill, Joseph F.  
Mielke, Sylvia A.  
Morrison, Cassandra D.  
Morrow, Patricia D.  
Morton, Royce  
Moss, Jason D.  
Park, Jessica C.  
Solomon, Je'Neane  
Thompson, Curtis  
Urban, Brenda G.  
Vincelli, Louis  
Wells, David W.  
Yoo, Alexia D.

## 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. 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; contact the Editor Amanda Rominiacki at [amanda.r.rominiacki.civ@mail.mil](mailto:amanda.r.rominiacki.civ@mail.mil), contact Assistant Editor Yvonne Johnson, 410-278-1148 or

email [yvonne.johnson5.ctr@mail.mil](mailto:yvonne.johnson5.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. James E. Davis  
Public Affairs Officer ..... Kelly Luster  
Editor ..... Amanda Rominiacki  
Assistant Editor..... Yvonne Johnson  
Contract Photojournalists..... Rachel Ponder  
..... Stacy Smith  
Graphic Designer/Photographer ..... Molly Blossie  
Website ..... [www.TeamAPG.com/APGNews](http://www.TeamAPG.com/APGNews)

# Boys and Girls Club visits APG

Story and photo by **KELLY WHITE**  
CERDEC

A team of Army engineers hosted a group of local students to discuss Science, Technology, Engineering and Math, or STEM, at Aberdeen Proving Ground, Nov. 23.

The Communications-Electronics Research, Development and Engineering Center, or CERDEC, collaborated with the Boys and Girls Club of Harford County to engage local students in STEM-related activities within the CERDEC Command, Power and Integration Directorate, or CP&I.

The students toured several CP&I Prototyping, Integration and Testing labs during their visit, which spanned from mechanical and electrical fabrication, 3D computer-assisted design programs, and the Integration High Bay – an area where developed items are prepared for shipment.

“What makes our job so exciting is the fact that we get to take an idea and see it delivered into someone else’s hands to use to their benefit,” said Christopher Manning, chief, CERDEC CP&I Prototyping, Integration and Testing Division. “We hope students will see that excitement in our labs and want the same opportunities in the future.”

The Boys and Girls Club of Harford County, Maryland offers dedicated facilities for after-school activities, with programming in specialized areas including character development, educational enhancement and career exploration. Club locations span across the county, serving more than 5,000 youth in areas like Edgewood, Aberdeen, Bel Air and Havre de Grace.

“Confidence comes from competence—they must develop skills in all areas,” said Susan Ciavolino, STEM education director for the Boys and Girls Club of Harford County. “It is a basic thing, but power tools really do make kids feel powerful. They need to try as many things as possible to see that they have skills and tal-



James Sroczynski, right, chief engineer, CERDEC CP&I Prototyping, Integration and Testing Division, conducts a demonstration for students from the Boys and Girls Club of Harford County during a visit to APG, Nov. 23.

ents that they never could have imagined.”

This is the first collaboration for CERDEC and the Boys and Girls Club of Harford County.

“We’re excited to expand our support beyond the school system and engage with students outside of their everyday environment,” said Erica Bertoli, outreach lead at CERDEC.

Most future job growth is predicted to be in STEM areas and inspiration is essential, Ciavolino said.

“It comes from seeing what real people do and realizing that you could do that too,” she said.

## STEM in focus

STEM in focus is a recurring series in APG News highlighting Science, Technology Engineering and Math (STEM) on APG. From countless student educational outreach programs to an array of scientific, technological and engineering personnel contributing to diverse missions, STEM is abundant on the installation and APG News aims to bring it all into focus. To suggest topics for the STEM in focus series, email [amanda.r.rominiecki.civ@mail.mil](mailto:amanda.r.rominiecki.civ@mail.mil).



Winter is coming



Like APG on Facebook: [www.facebook.com/APGMd](http://www.facebook.com/APGMd)



Do you know where to go for winter weather updates?



## Conference highlights partnership opportunities

APG Garrison Commander Col. James E. Davis speaks during the keynote session at the SMART (Strengthening the Mid-Atlantic Region for Tomorrow) PROC conference in Frederick, Maryland, Nov. 20.

The conference works to build stronger relationships, provide teaming partnerships and discuss upcoming procurement forecasts among industry, community, government and academia – all as an extension of the SMART Congressional Caucus from Maryland, Pennsylvania, New Jersey and Delaware.

During his remarks, Davis touched on the various missions at APG and the numerous partnership possibilities between the proving ground, academia and industry. Davis was joined by other APG leaders from the U.S. Army Contracting Command – APG; U.S. Army Research Laboratory, and CECOM Software Engineering Center.

The conference brought together leaders from Maryland government offices; federal agencies including the Department of Defense; Department of Homeland Security; U.S. Army Corps of Engineers; U.S. Cyber Command; U.S. Army Medical Command; and U.S. Army Medical Research and Materiel Command; defense industries; and academia.

Photo by Chelsea Bauckman

# APG chief counsel heads to Pentagon

By **MARY B. GRIMES**  
CECOM Public Affairs

Someone once said, “Nothing liberates our greatness like the desire to help, the desire to serve.”

As Chief Counsel, Army Materiel Command Legal Center-Aberdeen Proving Ground (AMCLC-APG), Maria Esparraguera proved these wise words to be profoundly true. From meeting difficult challenges head on, to encouraging others to draw on their strengths, she executed her duties with the aplomb of a professional.

A prominent figure throughout the CECOM community since early 2010, Esparraguera challenges herself yet again as she assumes her new role as Director of Civilian Personnel, Labor and Employment Law, at the Pentagon.

“In my 30-odd years with CECOM, I’ve met some of the best people I’ve ever known, and I’ve learned so much from them, both technically and personally,” Esparraguera said, expressing how her experiences with CECOM have added to her professional and personal growth and development.”

I’ve witnessed great compassion and courage. My closest friends are relationships developed from work; they are the people who have kept me strong and have supported me through my life.”

### Biggest challenge as chief counsel

That support, no doubt, played a pivotal role in her ability to successfully take on the demanding job as Chief Counsel. Asked about her most difficult challenge as counsel, she explained that the closing of Fort Monmouth -- the transition from New Jersey to APG -- was the most difficult challenge for the legal office during her tenure. This, in addition to the magnitude of change for people individually, as well as the loss of expertise, were huge.

“For a long time, people didn’t think the closure of Fort Monmouth would happen. Then, as realization dawned, people were angry and sad. I can recall some of the final Fort Monmouth Town Hall meetings and then the flag casing where coworkers, with their young children, were in tears,” Esparraguera said.

Further addressing the challenge associated with the transition, Esparraguera said that from the announcement of the

Base Realignment and Closure (BRAC) in 2005, there was a constant flow of departures.

“In 2009, the early moves started in temporary facilities in Edgewood, 143 miles away; we had a split base of operations. We had to establish ways of maintaining expertise, training new personnel, collaborating within the office and establishing new relationships outside of our office,” she said.

“I emphasized constant communication to the office about the changes, pushed for lots of training and collaborative work with-

in the office, as well as closer supervision with more guidance and sharing of information as much as possible. I stressed consistency within the office, allowed more telework, and established relationships with other significant organizations here at APG.”

Esparraguera’s contributions did not stop there. Always aware of the hard work rendered by others, she highlighted accomplishments and celebrated mission success with all in the office --never failing to emphasize that while everyone makes mistakes, there is the ongoing need to always be learning and improving.

When asked what she thought was her greatest contribution to the Command, Control, Communication, Computers, Intelligence, Surveillance and Reconnaissance (C4ISR) mission she said, “Establishing a top quality legal office here at APG—one that provides excellent legal advice in ways that are effective for the Army. I’ve emphasized working together, professionally and respectfully, with our serviced organizations, while still being strong in litigation.”

Esparraguera said she believes that as she departs APG, she leaves it in good standing.

“The support to the Soldier that is given by our community and all command elements worldwide is huge,” she said. “During the war, we’ve had many amazing accomplishments in C4ISR, as well as the chemical and biological defense area. Our systems have reduced wartime dangers immeasurably, and we’ve implemented innovative technology for destruction of chemical weapons that has impacted the

**“In my 30-odd years with CECOM, I’ve met some of the best people I’ve ever known, and I’ve learned so much from them, both technically and personally. I’ve witnessed great compassion and courage. My closest friends are relationships developed from work; they are the people who have kept me strong and have supported me through my life.”**

**Maria Esparraguera**

Chief Counsel, Army Materiel Command Legal Center-Aberdeen Proving Ground (AMCLC-APG)



Courtesy photo

Army Materiel Command Legal Center - APG Chief Counsel Maria Esparraguera, who has worked for the Communications-Electronics Command for 30 years, leaves her post at APG to become the director of Civilian Personnel, Labor and Employment Law at the Pentagon.

world. I think APG is well-situated to continue to lead in these areas. “

### Diversity in the workplace

The daughter of Mexican and Spanish parents who came to the United States for postgraduate education, Esparraguera mentioned how diversity has changed in the workplace since she arrived in 1984.

“They [my parents] emphasized education to me, knowing that it would make me independent. They supported me in my choices. When I joined the office in 1984, there were more women in law school and going into legal careers than before,” she said.

“The Army C4ISR community was, and still is, predominantly male, although diversity is increasing. In 1984, there were still gender-based job ads in classified sections of newspapers. My best friend in high school went to a prestigious university, but later married a lawyer rather than become one. In 1984, sexual harassment in the workplace was fairly common and sexual innuendos in language were prevalent.”

Acknowledging that over the past 30 years, things have changed, Esparraguera said, “We have increased diversity in the workplace and have eliminated many overtly discriminatory practices nationally. But we aren’t there yet. We need to continue to educate our workforce and to emphasize the benefits of a diverse workforce. Empathy and compassion, as well as equal treatment, should prevail for all.”

Such a response makes it easy to understand why selfless service is so much a part of her design. Commenting on the elements of selfless service -- strength, compassion and determination, Esparraguera said, “I’ve always tried to be approachable, looking to build people up and allow them a space to grow. Lawyering is a field that doesn’t necessarily lend itself to group accomplishments, but I let everyone know that I wanted them to quietly and professionally leverage each other’s strengths and work together to accomplish the mission.”

### APG, CECOM say goodbye

On Nov. 23, 2015, a myriad of

leaders joined the APG and CECOM community at Myer Auditorium to bid Esparraguera a fond farewell. The event provided individuals the opportunity to share some of their personal experiences, as well highlight some invaluable lessons learned while working with her. Esparraguera, in turn, acknowledged a number of individuals she said inspired her and believed in her.

“It’s hard to leave CECOM and AMC because my life has been a huge part of APG. What I truly wanted was the office to work together as a team, and with other organizations to get things done. I want our civilians to know that we are here supporting people that are willing to give their lives for us.”

While unable to attend the event, APG Senior Commander Maj. Gen. Bruce T. Crawford praised Esparraguera’s “strength, grace, and dignity,” and thanked her for truly making a difference.

### Her next assignment

In her new position, the Oil City, Pennsylvania native will yet again have the opportunity to continue to use her commitment to service to help in accomplishing the mission. As the new Director of Civilian Personnel, Labor and Employment Law at the Pentagon, Esparraguera will provide legal advice to the Army Staff and Secretariat on civilian personnel policy and other matters affecting Army Civilian employees, including labor relations and civil rights.

“I will oversee the Army Labor Counselor Program which provides advice and representation within commands Army-wide, and will lead a division of senior attorneys and paraprofessionals that advise and represent the Army’s most senior leaders in employment matters and litigation,” she said.

Additionally, she will provide legal advice to The Judge Advocate General on all matters related to the JAG Corps’ Civilian employees, and oversee the professional development of over 630 Civilian attorneys and 750 Civilian paraprofessionals in the Judge Advocate Legal Service (JALS).



## Have a great idea for a story?

- 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](mailto: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.

# Holiday mailing deadlines fast approaching

By **GARY SHEFTICK**  
ARNEWS

Time is running out to send holiday packages to deployed Soldiers. In fact, Wednesday is the last day to send parcels by the affordable “Space-Available Mail,” or SAM, to ensure they reach forward operating bases by Christmas.

The deadline for Parcel Airlift Mail, or PAL, is Dec. 3. For those willing to splurge, Dec. 10 is the deadline for sending packages to most areas by Priority Mail and also for sending letters or cards by First Class Mail.

After that, the only way to get it there in time for the holidays is by the premium Priority Mail Express Military Service. The deadline for PMEMS is Dec. 17 for most overseas locations.

The deadlines are simply “to make sure people get it before Christmas,” said Pete Graeve, chief of plans and policy for the Military Postal Service Agency.

Another way to ensure timely delivery is by completing the online customs form before taking packages to the post office.

## Customs form

Online customs forms can be found on the U.S. Postal Service (USPS) website at [www.usps.com](http://www.usps.com). Completed forms for items being mailed overseas should be printed and attached to packages before taking them to the post office.

Graeve said filling out the forms at home beats trying to complete them while standing in line with other customers. The forms, he said, must be included to ensure delivery.

“Basically anytime a package crosses an international border, we have to have a customs form on it,” Graeve said.

Attention to detail in filling out the form can also help speed delivery, Graeve added. If postal employees have reason to question the contents list or need to type the form into a computer themselves, that can slow the delivery process, he explained.

## Mail processing

After a package is dropped off, postal employees must sort and process the mail.

“There are multiple steps in the process,” Graeve said, and this time of year is usually the busiest for USPS and military post offices.

Most of the packages going to Army and Air Force Post Offices, or APOs, in Afghanistan or elsewhere in Southwest



Courtesy photo

Soldiers and a civilian employees sort mail earlier this year at an overseas military postal facility.

Asia will then go to the International Service Center, or ISC, in Chicago. While there are other similar centers, such as the ones in New York or Miami, about 90 percent of military packages going to the Middle East or Southwest Asia go through Chicago, Graeve said.

A Military Postal Service Agency liaison office is part of the Chicago ISC. That office is called a Joint Military Postal Activity, or JMPA.

“In Chicago, we have a significant presence,” Graeve said. “We’re monitoring mail that is going back and forth. If there are issues with overseas [mail], they know where to push the button to make things move or get it resolved.”

From the ISC, mail will go to an airport or sea port of embarkation, known in military terms as the SPOE.

## Modes of Transport

“There’s a lot of variables that go into the movement of the mail,” Graeve said. “It’s not a one size fits all.”

Standard mail usually goes on surface carriers. For overseas, that usually means by ship. A ship might take weeks to reach its port.

First-class and priority mail flies on aircraft when going overseas, Graeve said. Space-available might go by either ship or air.

Packages arrive overseas at a port of debarkation, which is either an aerial port or seaport of debarkation, known as a SPOD. There the mail is sorted again and put on a mode of transport such as a commercial truck to get it to a Military Mail Terminal, or MMT.

At MMTs, like the one at Camp Arifjan in Kuwait, the packages may be processed

by military mail handlers, along with contractors and civilian employees. Then they are sent forward to a military post office.

“Once it gets to the post office, the post office will further sort it to the individual for delivery,” Graeve said. “It’s kind of like a hub-and-spoke approach.”

In garrison, post offices like those in Germany and Italy, volunteers often augment processing this time of year, Graeve said. Family members and military volunteers help sort the mail so it can be sent forward to recipients in time for the holidays.

Graeve has a few simple tips to ensure timely delivery: “Make sure [packages] have good addresses to the people, and make sure they follow all the USPS rules and regulations. If they stick to those time frames, the items should get to the addressee in time for Christmas.”

# MARK YOUR CALENDAR

**MORE ONLINE**

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

## events&town halls

### FRIDAY DECEMBER 4

#### C4ISR HOLIDAY BALL

All who would like to celebrate the holiday season in their finest attire are encouraged to instead attend the C4ISR Holiday Ball set for 6 to 11 p.m., Friday, Dec. 4 at Top of the Bay.

Price for admission is \$50. All garrison personnel who wish to attend should RSVP to Monica Kilburn at 443-395-6487, by Dec. 1.

A full list of tenant POCs and the event menu can be found on the APG Facebook page at [www.facebook.com/APGmd](http://www.facebook.com/APGmd).

### TUESDAY DECEMBER 8

#### MANDATORY ARMY SUBSTANCE ABUSE PROGRAM TRAINING

The APG Army Substance Abuse Program will host a face-to-face training that fulfills mandatory training requirements at Dickson Hall, Bldg. 3074, from 9 to 11 a.m. and again from 1 to 3 p.m.

For more information, contact Cindy Scott at 410-278-4013 or [cynthia.m.scott.4civ@mail.mil](mailto:cynthia.m.scott.4civ@mail.mil).

#### APG SOUTH TREE LIGHTING & HOLIDAY CELEBRATION

Members of Team APG are invited to a tree lighting ceremony and holiday season celebration at the Stark Recreation Center on APG South (Edgewood) from 5:30 to 8 p.m.

The event will include family-friendly activities and refreshments.

## meetings&conferences

### TUESDAY DECEMBER 15

#### WIN IN A COMPLEX WORLD – FOR S&T

Team APG is invited to virtually attend the “Win in a Complex World – for S&T” meeting, live-streamed from Adelphi, Maryland, from 9 a.m. to 3 p.m.

As we work to adapt and orientate the Army S&T community toward future Army Operations, it is critical that R&D organizations stay aligned with operational doctrine. TRADOC will discuss how the S&T community fits into the Army’s new concept; what the Army envisions as the future Operational Environment; and where the Army stands today regarding capabilities overmatch. The meeting will wrap up with a discussion about the Army’s capability needs and critical gaps.

The meeting is designed to illuminate how the Army’s R&D contributions fit into the Army’s plan and future needs.

To view the live-stream, visit [www.fed-streaming.com/arlmeeting](http://www.fed-streaming.com/arlmeeting).

The e-invitation can be viewed at this link: <https://einvitations.afit.edu/inv/anim.cfm?i=269431&k=00674B0D7856>.

For more information, contact Troy Alexander at 301-394-2303 or [troy.a.alexander1.civ@mail.mil](mailto:troy.a.alexander1.civ@mail.mil).

### ONGOING

#### BIBLE STUDY CLASS

The Religious Services Office hosts a new Soldier and Family Christian Fellowship Bible Study Class 6:30 to 7:30 p.m., every Tuesday at the APG North (Aberdeen) chapel. Free childcare is included. The class focuses on biblical fellowship and outreach and encouragement through prayer and is open to the entire APG community. For more information, call 410-278-4333.

### THROUGH DECEMBER

#### SIGN LANGUAGE CLASS

An American Sign Language (ASL) class will be held each Tuesday, 11:30 a.m. to 12:30 p.m. through Dec. 15 in Bldg. E4301 Otto Road (past Hoyle Gym) conference room at APG South (Edgewood).

This free class offers basic to advanced instruction. The required text book, “ABC, A Basic Course in American Sign Language,” can be found on [www.amazon.com](http://www.amazon.com). Students can bring their own lunch.

To register, for directions or for more information, contact Randy Weber at 410-436-8546 or [randy.k.weber.civ@mail.mil](mailto:randy.k.weber.civ@mail.mil).

## health&resiliency

### THURSDAY DECEMBER 3

#### SOCIAL HEALTH & WELLNESS SESSION

The C4ISR Wellness Committee invites Team APG to attend a Social Health and Wellness Informational Session at the Myer Auditorium, 11:30 a.m. to 12:30 p.m.

As the holidays approach, we need to realize there are many choices we can enjoy while staying the course with healthy eating plans. The session covers how to

make healthy choices for popular holiday foods and drinks during the holiday season.

C4ISR Slim Down Participants must bring their Wellness Activity Rosters so attendance can be credited. Any contractors who participate in CECOM activities must not invoice any government contracts for time spent at these activities.

VTC will be available for groups of employees who are not stationed at APG. Contact the CECOM G-1 for a VTC dial in number and code. For sign language interpreters and other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 by Nov. 18.

The G1 POC is Tiffany Grimes, at 443-861-7901 or [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

### TUESDAY DECEMBER 8

#### CARE FIRST BCBS VISIT

The Civilian Personnel Advisory Center has arranged for a claim representative of Care First Blue Cross Blue Shield to visit APG 9:30 to 11:30 a.m. in the APG North (Aberdeen) recreation center, Bldg. 3326 room 120 to discuss claim coverage and issues. The representative will also be available 12:30 to 1:30 p.m. in the JPEOCBD Bldg. E2800 rooms 103/104 at APG South (Edgewood). No appointment is necessary.

For more information, contact Teri Wright at 410-278-4331 or [teresa.l.wright28.civ@mail.mil](mailto:teresa.l.wright28.civ@mail.mil).

#### EDGEWOOD DENTAL CLINIC CLOSED

The APG South (Edgewood) Dental Clinic will be closed due to a senior leadership conference.

### THURSDAY DECEMBER 10

#### C4ISR SLIM DOWN CHALLENGE: JUMP START SESSION

C4ISR Slim Down Challenge participants are invited to the jump start session “Weight Loss, Nutrition and Exercise Guidelines” at Bldg. 6001, fourth floor, room 120 from 11:30 a.m. to 12:30 p.m.

Learn how to eat well and move your body for optimal health presented by Tony De Cesare, certified personal trainer, owner of Metabolix Nutrition, and Towson University rugby coach.

To request sign language interpreters and other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 by Nov. 24.

For more information, contact Tiffany Grimes at 443-861-7901 or [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

#### EDGEWOOD DENTAL CLINIC CLOSED

The APG South (Edgewood) Dental Clinic will be closed due to a senior leadership conference.

### WEDNESDAY JANUARY 27

#### APG IRON EAGLE COMPETITION

The APG Army Performance Triad initiative will host the second APG Iron Eagle 6 a.m. at the APG South (Edgewood) Hoyle Gym. The event will consist of pushups, sit-ups, pull-ups, dips and a running event.

For more information, contact Capt. Joanna Moore, Performance Triad Action Officer, at (410) 278-1773 or [joanna.t.moore.mil@mail.mil](mailto:joanna.t.moore.mil@mail.mil).

### ONGOING

#### WEAR BLUE: RUN TO REMEMBER HARFORD COUNTY/APG

A Harford County/APG-based Wear Blue: Run to Remember community has been established, with ongoing meets the second Saturday of every month 8:30 a.m. at the Maryland and Pennsylvania Heritage Trail in Fallston.

Wear Blue: Run to Remember communities run, jog and walk in honor of the nation’s fallen, fighting and families.

Those interested in participating in the run should meet at the Annie’s Playground – Pavilion at 864 Smith Lane, Fallston, Maryland. Pets are allowed, but park rules do not allow retractable leashes.

All ability levels are welcome. Participants are strongly encouraged to wear blue.

#### Upcoming dates include:

- Dec. 12
- Jan. 9
- Feb. 13

For more information, contact Robin Bruns at 910-987-6764 or [brunrsrd@yahoo.com](mailto:brunrsrd@yahoo.com).

### TUESDAY DECEMBER 15

#### FIVE PILLARS OF HEALTH INFO SESSION

The C4ISR Wellness Committee invites Team APG to the Five Pillars of Health Informational Session, held at Bldg. 6001, second floor, room 224 from 11:30 a.m. to 12:30 p.m. The session will discuss the five pillars of health and how they can provide

immunity to stay healthy and happy.

All non-C4ISR employees must register by Dec. 9. C4ISR Slim Down Challenge participants, must bring their Wellness Activity Rosters for attendance to be credited.

VTC will be available for groups of employees who are not stationed at APG. For a VTC dial in number and code, contact the G1 POC. For sign language interpreters and other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 By Dec. 1.

For more information, or to request a registration packet, contact Tiffany Grimes, G1 POC, at 443-861-7901, [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

### DECEMBER 24-25

#### KIRK U.S. ARMY HEALTH CLINIC CLOSED

Kirk U.S. Army Health Clinic will be closed Dec. 24-25 for the Christmas holiday. KUSAHC will resume normal operations Monday, Dec. 28.

### ONGOING

#### KUSAHC CLOSED FIRST WEDNESDAY OF EVERY MONTH

Kirk U.S. Army Health Clinic believes the key to being the premier health and readiness platform is a professionally-developed workforce, and reinvesting in employees is an investment to their service to APG.

As such, KUSAHC will close the first Wednesday of every month for training purposes until further notice, starting Wednesday, Oct. 7.

For more information, visit <http://kusahc.narmc.amedd.army.mil/SitePages/Home.aspx> or [www.facebook.com/KUSAHC](http://www.facebook.com/KUSAHC).

### THROUGH 2015

#### FINAL 2015 CPR, AED CLASS SCHEDULED

The APG Directorate of Emergency Services will host two final CPR/AED classes for 2015. Classes are open to the entire APG community.

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.

## miscellaneous

### ONGOING

#### FIREWOOD AVAILABLE FOR SALE

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

### ONGOING

#### RETIRING SOON? UNCLE SAM WANTS TO THANK YOU!

Are you an APG Soldier or civilian nearing retirement from government service? Consider participating in the monthly Installation Retirement Ceremony.

The APG Garrison hosts the event the fourth Thursday of each month – except November – and the first Thursday in December, at the Dickson Hall (Ball Conference Center).

Much goes into the planning for these events. Event planners set up flag displays, write speeches, print programs, provide

sound equipment and photography support and even create photo DVDs for each retiree.

Also, awards and decorations are presented to retirees and their spouses.

All Soldiers and civilians are eligible to participate in the Installation Retirement Ceremony regardless of unit or organization.

This is a program designed to thank retiring personnel for their loyalty and perseverance and for the sacrifices they endured while serving the nation.

Retirees are encouraged to participate and to share this day with family members and friends.

After all, Uncle Sam wants to thank you. Don’t you think you’ve earned it?

For more information, contact Lisa M. Waldon, Garrison Training Operations Officer, at 410-278-4353 or email [lisa.m.waldon.civ@mail.mil](mailto:lisa.m.waldon.civ@mail.mil).

### ONGOING

#### NEW HOURS FOR WEEKDAY MASS

The hours of weekday Mass have changed to the following:

At the APG North (Aberdeen) chapel, Mass is celebrated 11:45 Monday, Tuesday and Friday in the main sanctuary; Thursday in the Blessed Sacrament Chapel.

On first Fridays at the APG North (Aberdeen) chapel, Mass begins 11 a.m. with Holy Hour with exposition of the blessed sacrament, meditation and confessions prior to the 11:45 a.m. Mass.

At the APG South (Edgewood) chapel, Wednesday Mass will be celebrated at noon followed by confession.

For more information, contact the Religious Support Administrative Office at 410-278-4333.

### THROUGH 2015

#### MOTORCYCLE SAFETY COURSES

Training schedules have been set for the 2015 Local Hazards Course and Intermediate Driver’s Course. Training will be held in Bldg. 4305 Susquehanna Avenue, room 243A. Attendees must register online at AIRS through the [www.TeamAPG.com](http://www.TeamAPG.com) web site at <https://apps.incom.army.mil/airs/>.

#### Local Hazards Course:

This is a 30-minute course is for personnel who are new to APG. It is a mandatory course for all APG service members, family members, DOD civilians, and contractors who are licensed motorcycle drivers. Those on temporary duty (TDY) at APG for more than 30 day also are required to take the course. Additional classes will be added as needed.

**Course time:** 7:30 to 8 a.m. and 8:15 to 8:45 a.m.

#### Course dates:

Dec. 10.

#### Intermediate Driver’s Course:

This two-and-one-half hour course builds on themes introduced during the Introductory Course 1 taken during basic and advanced individual training. This course is mandatory for service members age 26 and younger and may be used to satisfy the remedial defensive driving course. Additional classes will be added as needed.

**Course time:** 9 to 11:30 a.m.

**Course dates:** Dec. 10

For more information, contact H. Mike Allen at the Installation Safety Office at 410-306-1081 or [horace.m.allen.civ@mail.mil](mailto:horace.m.allen.civ@mail.mil).

**APG NEWS**

Visit us online at  
[www.TeamAPG.com/APGNews](http://www.TeamAPG.com/APGNews)

## If you see it, report it

Aggressive driving has no place at APG  
call 410-306-0550



# Beating the battle of the bulge

## *Learn how to avoid dreaded holiday weight gain*

By **KATHLEEN A. VIAU**  
*Kenner Army Health Clinic*

Just when people finally get their eating pattern under control, the holidays always seem to roll round bringing a cornucopia of food temptations. From the office to shopping, not to mention parties and Family events galore, it seems as if the Thanksgiving-to-New Year's celebration season is one long, tempting food fest designed to make everyone gain weight.

### **How to beat the battle of the bulge**

Follow these steps to keep the pounds off.

- **Keep weight in check:** Weigh yourself in the morning, and at least once or even twice a week Monday and Thursday during the holidays. This is enough to notice any slight increase from the week and to stay in check for the weekend and vice-versa.

- **Jump start your metabolism:** Get up and at it 15 to 30 minutes earlier and do some fun warm-ups. Early morning workouts strengthen your resolve for the day and revs up your metabolism. Remember, energy creates energy physically and mentally. Consider purchasing a walking video, downloading a quick workout app, or "shaking it" with Hip Hop Abs or a Zumba video. Lots of these can be found on YouTube.

- **Be thrifty with calorie spending:** Peruse the buffet table and only select the foods you enjoy once a year. Don't start with sushi if you eat it all the time, and expect to be able to resist the chicken wings. Eat what you like in moderation to stave off the cravings that get you in trouble later. Don't waste calories on foods you can eat anytime.

- **Avoid food-orexia:** Don't starve all day just to pig out at night. Eat lean pro-

## 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](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)

tein and non-starchy vegetables throughout the day. It will keep blood sugar from dipping and spiking, and keep one full until the big event. The combo even gives calories to spare on an individual's favorite splurge.

- **Say "no" - and mean it.** Empower willpower and turn down that dessert. Don't let others lessen your resolve, which is strengthened each time you say no. But remember, the stress is in the resistance, so it may be better to decline an invite. Having to resist too much can backfire.

- **Practice the three-bite rule:** Just have to have it? Take enough for three small bites - that amazing first taste, a satisfying middle and then a lingering finale bite - and savor each bite. All the bites after that will taste the same and just add calories. When all else fails, go on the "no thanks honey, I'll just have a bite of yours diet."

- **Avoid hangover food:** Don't take leftovers home or send them home with others. If it's not in your house, it won't tempt you and others in your household. If family members insist, tell them to portion out what they want and put it in the freezer. Non-perishables? Keep them up high in the cupboard behind the cornstarch. In moments of weakness, people generally go for what they see first.

Out of sight, out of reach, out of mind, off the hips.

- **Keep healthy snacks readily available.** Good options include fresh fruit in a bowl, dried fruits and nuts in snack packs, veggies and fruits cut up in the fridge, packs of tuna/salmon, yogurt and cheese sticks. Many times, snacking is about accessibility and visibility. Keep healthy snacks on hand, in sight, easy to grab 'n go.

- **Intensify workouts:** Time is always in short supply during the holidays, but don't ditch a workout - just bump up the intensity to shorten the time. If one usually walks on the treadmill for 30 minutes, do 15 minutes of higher-intensity intervals. If going to the gym is cutting into shopping time, use shopping as a workout - take the stairs, park farther away, walk faster and after a purchase, take it to the car. When standing in line, do calf raises, contract and relax abs, use a purse as a dumbbell, stand up straight, tighten shoulder blades - get creative to avoid just standing in place scrolling thru your cell phone.

Holiday parties are social times, but they shouldn't leave an individual feeling guilty and depressed. Enjoy the festivities and plan your responses to "eating-encouragers," such as:

1. "No thank you, I'm full."



Courtesy photo

**It's common this time of year to be concerned about staying on track with your health and fitness goals. During the holiday season, people are tempted to eat more and exercise less, which is the textbook recipe for weight gain.**

2. "No thank you, I am on a special program. It's really working for me and I'm excited at the results I'm getting."

3. "No thank you, I've already enjoyed some of my favorites."

4. Change the subject; talk about anything but food.

For more information, visit the Army Public Health Center website at <http://phc.amedd.army.mil/Pages/default.aspx>; Kirk U.S. Army Health Clinic website at <http://kusahc.narmc.amedd.army.mil/SitePages/Home.aspx>; or Overeaters Anonymous at <http://overeaters.org/>.

## MORE ONLINE

Come and follow us for news and events going on at and around the U.S. Army Garrison Aberdeen Proving Ground, visit the garrison twitter site <http://twitter.com/USAGAPG>





## Obama awards MD senator Medal of Freedom

President Barack Obama awards senior Maryland Senator Barbara Mikulski the Medal of Freedom Nov. 24. Mikulski, along with 16 other individuals, was awarded the highest civilian honor during a ceremony in the East Room of the White House in Washington, D.C.

In an official statement, the White House called Mikulski "a lifelong public servant, who has held elected office since 1971. She became the longest serving female Senator in 2011, the longest serving woman in Congress in 2012, and the first female Senator to chair the Senate Appropriations Committee in 2012.

"Applying what she witnessed in her early career as a social worker and community activist in Baltimore, Maryland to her time in office, Senator Mikulski championed the Lilly Ledbetter Fair Pay Act, and helped establish the NIH Office of Research on Women's Health to include women in federally-funded health research protocols.

"She also helped to make college more affordable by reforming and increasing Pell grants and student loans and wrote the law that prevents seniors from going bankrupt while paying for a spouse's nursing home care. She championed investments in research and innovation, most notably saving the Hubble Space Telescope."

A longtime supporter of scientific breakthroughs and technological advancements, including those made at APG, Mikulski announced in March 2015 that she will not seek reelection and will retire at the end of her current term in 2017, after serving 30 years in the U.S. Senate.

Photo by Bill Ingalls

### 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

## DO OBSERVE & REPORT

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



INSTALLATION WATCH CARD

## DON'T

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss FP measures, capabilities, or posture.
- Disclose information about R&D and testing.

Report suspicious activity immediately to APG Police!



APG (North & South):  
410.306.2222  
Off Post in Maryland call  
1-800-492-TIPS or 911

Card created by APG Intel



## BY THE NUMB#RS

### Christmas Trees



Get into the festive spirit with these facts about Christmas trees. Don't miss the APG South (Edgewood) annual tree lighting and holiday celebration set for 5:30 to 8:30 p.m. Dec. 8 at the APG South recreation center, Bldg. E4140.

**94,000,000+**

Number of U.S. households that will display a tree this holiday season. Of those trees displayed, 81 percent will be artificial and 19 percent will be real.

**15,000**

Approximate number of farms in the U.S. that grow Christmas trees. More than 100,000 people are employed full or part-time in the industry.

**4,000+**

Number of Christmas tree recycling programs throughout the U.S.

**92**

Years since President Calvin Coolidge started the National Christmas Tree Lighting Ceremony now held every year on the White House lawn.

**50**

Number of U.S. states that grow Christmas trees. California, Oregon, Michigan, Washington, Wisconsin, Pennsylvania and North Carolina are the top producing states.



By RACHEL PONDER APG News  
Source(s): [www.history.com/](http://www.history.com/)  
<http://www.realchristmastrees.org/>  
<http://www.christmastreeassociation.org/>

Do YOU Know Your CPAC Rep?



What Can CPAC Do For YOU?

Contact Us  
410 306-0176

Location  
4504 Springfield Street  
APG, MD 21005

Hours of Operation  
M-F 7:30 AM - 4:30 PM

Discover what we can do for YOU!



Check us out on flickr  
<http://www.flickr.com/photos/usagapg/>

Tell them you saw it in the APG News

# ALL THINGS MARYLAND

## Blackwater National Wildlife Refuge

*A birdwatcher's paradise on Maryland's Eastern Shore*



By **STACY SMITH**  
APG News

If you marvel at the sight of bald eagles or ospreys gliding gracefully along a patch of wind, consider making the three-hour car trip to Blackwater National Wildlife Refuge, home to the largest East Coast breeding population of American bald eagles north of Florida, and now in its prime winter bird-watching season.

According to the U.S. Fish and Wildlife Service (FWS), the refuge, which was established in 1933 as a waterfowl sanctuary for birds migrating along the critical migration highway called the Atlantic Flyway, has been referred to as the “Everglades of the North,” and has been called one of the “Last Great Places” by the Nature Conservancy.

Located in Dorchester County on Maryland's Eastern Shore, the refuge contains one-third of the state's tidal wetlands, making it an ecologically vital haven for more than 250 bird species. Mid-October through mid-March is prime time for viewing wintering species which include as many as 25,000 tundra swans, Canada and snow geese, and more than 20 species of ducks, including mallards, black ducks, blue-winged teal, green-winged teal, widgeon, and pintails.

According to the FWS, mid-winter observations are best during thaws. Eagles, both bald and golden, are often conspicuous. Bald eagles use the winter months to rebuild their nests high in loblolly pine trees, and great horned owls incubate their eggs. Hawks, great blue herons, and a few species of shorebirds are also visible.

As winter continues, waterfowl numbers decrease, though some remain all winter while others move south or disperse throughout the Delmarva Peninsula. Although most waterfowl migrate north in the spring, some remain through the summer, using the protected areas of the refuge to raise their young. These nesting waterfowl include Canada geese, mallards, black ducks, wood ducks and blue-winged teal.



(Clockwise, from left) Dawn breaks across Maryland's Eastern Shore at Blackwater National Wildlife Refuge, a waterfowl sanctuary for birds migrating along the Atlantic Flyway. The refuge, often referred to as the 'Everglades of the North,' is a prime location for bird-watching and wildlife-viewing; A great blue heron tenuously grips two fish in its beak; Refuge guests can observe live video from osprey and eagle cams at the refuge's visitor center.

National Wildlife Refuge Association courtesy photos



The variety and amount of visible wildlife makes the refuge a popular spot for bird-watching, wildlife-viewing and photography. The refuge is home to the largest remaining natural population of endangered Delmarva Peninsula fox squirrels. White-tailed and sika deer breed from October to December.

The heart of Blackwater Refuge can be accessed via the Wildlife Drive, a three and a half mile paved road that takes visitors along the Blackwater River and offers excellent views of the local

wildlife. Visitors can drive, bike, or walk the length of the drive.

The visitor center has refuge exhibits, an upstairs observation area and library, an authentic eagle's nest, two television monitors for watching live video from the osprey and eagle cams and a butterfly and insect garden.

The refuge also offers annual permitted hunting opportunities for deer, turkey and waterfowl in select areas, and fishing and crabbing from boats is allowed when these activities are in season. Inter-

active educational programs occur year-round; the refuge will host a free guided birding tour Dec. 6

Blackwater National Wildlife Refuge is located at 2145 Key Wallace Drive, Cambridge, MD 21613.

Operating hours are Monday through Friday, 8 a.m. to 4 p.m. and 9 a.m. to 5 p.m., Saturday and Sunday. The Visitor Center is closed Christmas Day. For more information, call 410-228-2677, or visit <http://www.fws.gov/refuge/Blackwater>.



## At your service

### Capt. Seth Dukes, KUSAHC internal medicine physician

By **RACHEL PONDER**  
APG News

Capt. Seth Dukes is an internal medicine physician with Kirk U.S. Army Health Clinic, providing primary care to active-duty service members, retirees and their family members.

Dukes said KUSAHC uses the patient-

centered medical home model of health care. Under this model, patients receive care from the same team of health care providers. He treats and diagnoses acute and chronic medical conditions, provides routine preventative screening and educates patients about various health topics.

“Internal medicine is a platform for you to deal with everything head to toe,

in some form or another,” he said.

Dukes describes himself as a “people person,” and said it is important for physicians to really listen to their patients and provide feedback.

“It's all about the people,” Dukes said. “At the end of the day, a lot of medicine is about listening to what the patient is telling you, and then you devise a medical treatment plan. You give them the insight as to what it is you're doing and why you are doing it – if you don't give patients that insight, they feel uninformed.”

Dukes said it is a privilege to serve the APG community. Being a doctor, he said, is a blessing.

“Every single person who walks through that door, has in some way, been a part of what is great about this nation,” he said. “It is an honor to be able to sit down, figure out what is going on with them, and get them better.”

Dukes earned a Bachelor of Science degree in biology and a minor in chemistry from Salisbury University, and holds a medical doctorate from Howard University College of Medicine. He commissioned into the U.S. Army and was accepted into the Health Professions Scholarship Program in 2007. He completed an internal medicine residency at Walter Reed National Military Medical Center in 2013.

After his residency, he served in an operational position with the 22nd Chemical Battalion (Technical Escort) for two years.

KUSAHC is located on APG North (Aberdeen) at 2501 Oakington Street. For more information about KUSAHC services visit <http://kusahc.narmc.amedd.army.mil/SitePages/Home.aspx> or call 410-278-5475.

## Senior enlisted advisor receives Meritorious Service Medal

Story and photo by **KELLY WHITE**  
CERDEC

A U.S. Army Sgt. 1st Class was awarded the Meritorious Service Medal during a retirement ceremony luncheon in Aberdeen, Nov. 18.

Sgt. 1st Class James Throne, senior enlisted advisor for the Communications-Electronics Research, Development and Engineering Center, or CERDEC, received the award in honor of his 24 years of Army service.

In an executive order written by Maj. Gen. John F. Wharton, commanding general of the U.S. Army Research, Development and Engineering Command, Throne was noted for his extraordinary leadership and technical and tactical skills that ultimately enhanced the readiness for numerous units throughout the Army.

“We appreciate all that you've done for us at CERDEC and the nation,” said Henry Muller, CERDEC director. “Being in the R&D business, it's important to have senior military available to

advise and motivate our organization.”

The Meritorious Service Medal was established on Jan. 16, 1969 and is awarded to members of the Armed Forces of the United States who distinguished themselves by outstanding non-combat meritorious achievement or service to the United States.

Throne addressed his family and colleagues during the luncheon and emphasized the importance of research and development within the Army. “Remember your purpose and continue the hard work of improving technologies that support the warfighter.”

Sgt. 1st Class James Throne, right, senior enlisted advisor for CERDEC, poses with CERDEC Director Henry J. Muller receiving the Meritorious Service Medal during his retirement ceremony luncheon in Aberdeen, Nov. 18. Throne served in the Army for 24 years.



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



# MORALE, WELFARE & RECREATION

Learn more about APG MWR activities and services by going online at [www.apgmwr.com](http://www.apgmwr.com).

## Upcoming Activities

### LEISURE & TRAVEL MARVELS UNIVERSE LIVE DEC. 11-13

Marvel fans, assemble! Watch your favorite Marvel Super Heroes including Spider-Man, Iron Man and Hulk and threatening villains come to life in an action-packed Royal Farms Arena extravaganza. You'll definitely feel the energy with cutting-edge special effects, pyrotechnics, aerial stunts, martial arts, motorcycles and more. It's being hailed as the most technically advanced live show ever. Join Marvel fans of all ages for this once-in-a-lifetime, monumental performance. The fate of the universe depends on it!

All tickets, while supplies last, are \$25 and available for the following dates and times:

- Friday, Dec. 11 at 7:30 p.m.
- Saturday, Dec. 12 at 11 a.m., 3 p.m., and 7:30 p.m.
- Sunday, Dec. 13 at 1 p.m. and 5 p.m.

To purchase tickets, visit MWR Leisure Travel Services at the APG North (Aberdeen) recreation center, Bldg. 3326. For more information, contact the Leisure Travel Office at 410-278-4011/4907 or email [usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel](mailto:usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel).

### ARMY/NAVY GAME TRIP AND TICKETS DEC. 12

MWR will host a trip to the Army/Navy game in Philadelphia. For \$130 a person, individuals will receive transportation and admission to the game. The bus will depart the APG North (Aberdeen) recreation center at 8 a.m. and return at roughly 8 p.m.

Game tickets only (no transportation provided) are \$91. All tickets are for the upper level end zone, Navy side.

To purchase tickets, visit the MWR Leisure Travel Services at the APG North or APG South (Edgewood) recreation centers.

For more information, call 410-278-4011/4907.

### MWR STOCKING STUFFERS THROUGH DECEMBER

Looking for the perfect gift or stocking stuffer? Visit the MWR Leisure Travel Office for discounted tickets, including:

- White House Christmas Ornament
- Regal Movie Theaters
- AMC Movie Theaters
- National Aquarium
- Roundtop Mountain Resort ski lift
- Whitetail Resort ski lift
- Liberty Mountain Resort ski lift

For more information, call 410-278-4011/4907.

### PHANTOM OF THE OPERA JAN. 28

MWR Leisure Travel has tickets to Bal-

timore Broadway performance of The Phantom of the Opera, Thursday, Jan. 28, 2016 at 8 p.m. Tickets are \$68.95 a person and must be purchased by Dec. 18.

To purchase tickets, visit Leisure Travel Services at the APG North (Aberdeen) recreation center. For more information, call 410-278-4011.

For more information about the show, visit <http://baltimore.broadway.com/shows/phantom-opera-baa/>.

### CHILD & YOUTH SERVICES PANCAKE BREAKFAST WITH SANTA DEC. 12

Santa will make a special appearance at Top of the Bay Dec. 12, from 9 to 11 a.m. The pancake breakfast costs \$10 for adults, \$5 for children ages 5-10; children ages 4 and under are free.

Seating is limited and reservations are required. Call 410-278-5915 to register, or visit [www.apgmwr.com](http://www.apgmwr.com).

### LET'S COOK DEC. 12

International cooking class will teach children different skills to prepare foods from different places around the world. The children will learn about sanitation and kitchen safety. They will also be taught different recipes that require little help from their parents. Children will learn to cook up to 3 dishes including a main dish and a dessert.

Each class, open to children ages 7 and up, will be held at the Corvias Bayside Community Center, 2658 Chesapeake Ave., 10 a.m. to 1 p.m. The cost is a \$17 supply fee, per class.

For more information, contact Shirelle Womack at [shirelle.j.womack.naf@mail.mil](mailto:shirelle.j.womack.naf@mail.mil) or call 410-278-4589.

### 4-H/CYSS BABYSITTING COURSE DEC. 28-29

CYSS will host a 4-H/CYSS Babysitting Course at Bldg. 2503 from 9 a.m. to 4:30 p.m. The class will familiarize participants with all the responsibilities of babysitting; participants will also receive certification in CPR and first aid.

The event is free and open to youth ages 13-19.

Registration is required; contact Shirelle Womack at 410-278-4589 or [shirelle.j.womack.naf@mail.mil](mailto:shirelle.j.womack.naf@mail.mil).

### PRE-SCHOOL AND KINDERGARTEN CHILD CARE OPENINGS

Child, Youth and School Services (CYSS) at Aberdeen Proving Ground (APG) offer active duty military and DOD civilians and contractors a comprehensive program to assist with full-day child care needs.

The Aberdeen CDC has immediate full-time child care openings at their facility for children ages 3 and 4 years old in need of full-time care and children attend-

ing Kindergarten that need Before & After School Care.

Through Teaching Strategies Creative Curriculum and TS Gold, the program helps children work with their strengths, interests, and each other, to feel good about themselves, and to grow as individuals. Activities are offered in the areas of oral language, social/emotional, physical, cognitive, literacy, mathematics, science & technology, social studies, arts and English language acquisition. Sign up your child today!

Participants must be registered with Parent Central Office. Fees are based on total family income.

For additional information contact Parent Central Office at 410-278-7479 or 410-278-7571.

### YOUTH SPONSORSHIP

All youth between the ages 8-18 can request a Youth Sponsor before, during or after their move to the Aberdeen Proving Ground community. A Youth Sponsor can provide you with information about schools, shopping and culture or maybe become your new friend! Youth Sponsorship is co-ordinated by the Youth Services and will match sponsors to new youths according to gender, age/grade, interests/hobbies, and school attending.

Why request a Youth Sponsor? Moving to a completely new location is sometimes scary, exciting, but always new and different. It always helps when you have someone that can show you around and tell you about your school or program, the community, places to see and shop, and introduce you to new friends. The Youth Sponsorship Program can help your transition to a new place easier.

Why become a Youth Sponsor? Everyone is encouraged to become a Youth Sponsor. If you like to help and meet new friends, then being a sponsor is the right thing to do. As a Youth Sponsor, you get to identify, meet and help incoming teens and youth. You provide them with friendship, a warm welcome, information, and possibly a tour of the community/program. Youth Centers are always looking for new teen sponsors.

To participate, contact the School Liaison Office (SLO) at 410-278-2857 or email [stacie.e.umbarger.naf@mail.mil](mailto:stacie.e.umbarger.naf@mail.mil).

### SPORTS & RECREATION SUTHERLAND GRILLE CLOSES FOR SEASON THROUGH APRIL 4, 2016

The Sutherland Grille at Ruggles Golf Course is closed for lunch service for the winter season and reopens April 4. During this time, the grille will be available for meetings and special events.

For more information and the special holiday menu, call 410-278-4794.

### HOLIDAY SEASON AT RUGGLES THROUGH DEC. 18

Celebrate the holiday season at Ruggles with festive holiday music, seasonal

decorations and a fire in one of our two fireplaces. The Sutherland Grille is booking special events for the December holiday season. Dates are available for weekday luncheons, after work functions, or weekend parties, between the hours of 11 a.m. and 10 p.m.

For more information and the special holiday menu, call 410-278-4794.

### 2015 DEMO CLUB SALE THROUGH DEC. 23

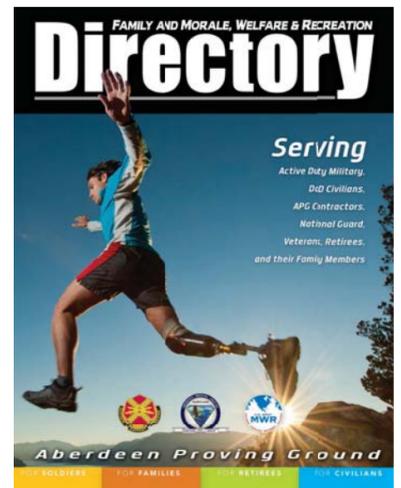
Ruggles golf shop is now selling 2015 Demo Clubs. Stop by to see the inventory and great savings on Callaway, Taylor Made, Titleist and Mizuno clubs. Sale continues while supplies last. The Pro Shop is open from 9 a.m. to 5 p.m.

For more information and the special holiday menu, call 410-278-4794.

### ARMY COMMUNITY SERVICE CREDIT FINESSE DEC. 10

ACS will host a course identifying ways to properly use and build credit, 11:30 a.m. to 12:30 p.m. at Bldg. 2503. The course will also explain good credit practices; identify measures to protect your credit; explain what is in a credit report; pinpoint credit report information used in forming your credit score; identify security measures to protect from identity theft; and identify ways to maintain a good credit report. The course is held in partnership with ACS Financial Readiness Program and Aberdeen Proving Ground Federal Credit Union.

To reserve a seat call ACS at 410-278-7572/9669.



Learn more about APG MWR activities and services by going online at [www.apgmwr.com](http://www.apgmwr.com) and downloading the FMWR Directory.

## Special Needs Resource Lending Library

The EFMP Lending Library provides an opportunity for Families who have a member with special needs to learn about, examine and borrow resources books and DVD's.

**TOPICS INCLUDE:**

- Special Education
- Advocacy
- Law
- Social Skills Development
- Behavior Management
- Parenting a Child with Special Needs
- Training DVD's
- & Much More

Open to Military Families, DOD Civilians, Retirees and Contractors  
9:00am - 5:00pm Monday - Thursday.  
Army Community Service  
Exceptional Family Member Program, Room 112  
410-278-2420

## We're Stronger Together

**Sponsorship and Advertising Opportunities**

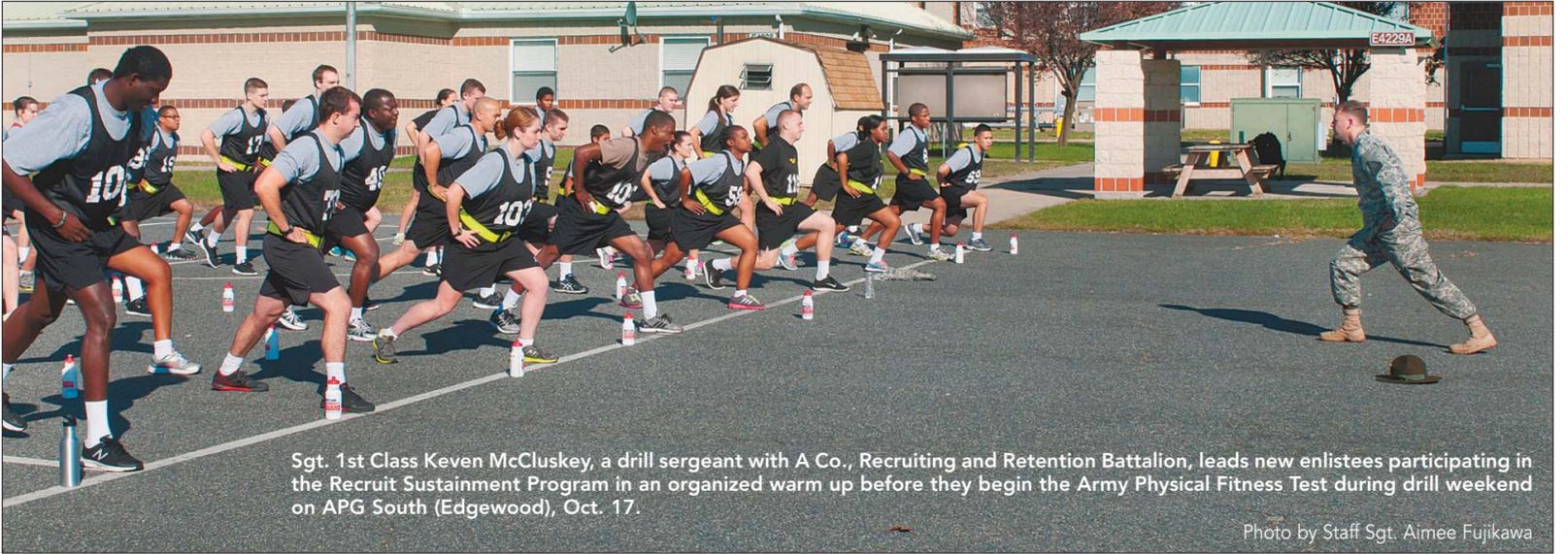
**InDemand eNewsletter**  
The InDemand is a weekly eNewsletter highlighting special events, classes, programs, news, trips, ticket specials, discounts, and so much more. It is hosted on our website; the link is emailed to over 12,000 people each week...and the list is growing! Several options exist to accommodate your advertising needs. Choose from a skyscraper, business card, or full page ads.

**Website**  
Our website [www.apgmwr.com](http://www.apgmwr.com) is one of the top three most used resources for information according to a recent survey. With an average of 21,000 visits per month, it's a sure fire way of getting noticed. Rates vary and depend on size and length of run time. Easily the most adaptable and dynamic way of advertising your services.

**Directory**  
The Family and MWR Directory is a regular publication featuring all of our facilities and programs with contact information, hours of operation and services provided. Distributed throughout the installation, over 15,000 copies are printed. It is one of the most useful resources if you live, work, or regularly visit Aberdeen Proving Ground.

Sponsorship opportunities available year round for MWR EVENTS (Oktoberfest and other MWR programs). Please ask the MWR Team at 410-278-3904/9816/7952/1364 about the packages.

For Donation Opportunities contact Alan Hickox: 410-306-4515



Sgt. 1st Class Keven McCluskey, a drill sergeant with A Co., Recruiting and Retention Battalion, leads new enlistees participating in the Recruit Sustainment Program in an organized warm up before they begin the Army Physical Fitness Test during drill weekend on APG South (Edgewood), Oct. 17.

Photo by Staff Sgt. Aimee Fujikawa

## MDNG implements positive changes for future Soldiers

By **SPC. BRIANNA KEARNEY**  
29th Mobile Public Affairs Detachment

The changing times have caused a major increase in the amount of National Guard Soldiers. The Army National Guard is the largest reserve component of the Army. States are working harder than ever to ensure that their recruits are ready for their commitments to the Guard.

The Maryland Army National Guard's Recruit Sustainment Program has evolved throughout the years and is ranked one of the top programs in the nation due to its adaption and evolution of its programs.

Master Sgt. Buddy Houston, senior operations NCO of the Recruit Sustainment Program on APG South (Edgewood) has been with the RSP since last October. His mission is to help evolve the RSP into a more streamlined program to improve the future warriors for their initial active duty training as well as provide their units with well-disciplined soldiers.

Within the RSP, groups these new enlistees are separated depending on their phase. Red Phase includes recruits who have not yet been to a drill weekend before. White Phase recruits have been to drill prior, and are more than 45 days away from their initial entry training starting date. Blue Phase recruits are 45 or fewer days away from shipping to Initial Entry Training. Gold Phase soldiers have already successfully completed IET and they are returning to prepare for the transition into their units as official Maryland National Guard soldiers.

Each phase follows a different schedule, and one of the biggest challenges

has been helping the recruits understand what to expect so they can thrive at basic combat training.

"We have integrated our Military Entrance Processing Station guidance counselors and our Gold Phase soldiers to paint a clear picture of what to expect, dispel Basic Combat Training myths and overcome concerns," Houston said. "As a result of this collaborative effort, we successfully shipped 90 percent of [recruits]."

The Maryland National Guard's RSP has changed a great deal pertaining to their Gold Phase soldiers in order to better prepare them for an easier transition into their units. Their equipment is ordered and issued through the RSP, they are all briefed on their education benefits and the medical detachment brings in a team of doctors to update their records. The

Gold Phase soldiers have a set standard before going out into their units, and the RSP ensures they are prepped and ready for whatever unit they are moving into.

An obstacle for some recruits was physical readiness. Some were not meeting the Army's mandatory height, weight and physical fitness standards. The RSP created specific programs tailored to the needs of each warrior and were able to increase their individual level of fitness.

"We conduct an Army Physical Fitness Test every month for all our recruits to measure their physical readiness," Houston said. "Those at-risk recruits participate in a Warrior Fit Program, led by Maj. John Fincatto, and his team of cross-fit certified NCOs,

to teach these recruits how to improve their fitness."

The biggest difference between the

**“We conduct an Army Physical Fitness Test every month for all our recruits to measure their physical readiness. Those at-risk recruits participate in a Warrior Fit Program, led by Maj. John Fincatto, and his team of cross-fit certified NCOs, to teach these recruits how to improve their fitness.”**

**Master Sgt. Buddy Houston**  
Senior operations NCO of the Recruit Sustainment Program on APG South (Edgewood)

## National Impaired Driving Prevention Month

Compiled by  
**YVONNE JOHNSON**  
APG News

According to the Centers for Disease Control and Prevention (CDC), every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. And recent National Highway Transportation Safety Administration (NHTSA) studies found that while alcohol related incidents are down, illegal drug-related numbers are rising.

### How big is the problem?

In 2013, 10,076 people were killed in alcohol-impaired driving crashes, accounting for nearly one-third (31 percent) of all traffic-related deaths in the United States.

- Of the 1,149 traffic deaths among children ages 0 to 14 years in 2013, 200 (17 percent) involved an alcohol-impaired driver.

- Of the 200 child passengers ages 14 and younger who died in alcohol-impaired driving crashes in 2013, more than half (121) were riding in the vehicle with the alcohol-impaired driver.

- In 2012, more than 1.3 million drivers were arrested for driving under the influence of alcohol or narcotics. That's one percent of the 121 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.

- Drugs other than alcohol (e.g., marijuana and cocaine) are involved in about 18 percent of motor vehicle driver deaths. These other drugs are often used in combination with alcohol.

### Who is most at risk?

#### Young people:

- At all levels of blood alcohol con-



centration (BAC), the risk of being involved in a crash is greater for young people than for older people.

- Among drivers with BAC levels of 0.08 percent or higher involved in fatal crashes in 2013, one out of every three were 21-24 years of age (33 percent). The next two largest groups were ages 25-34 (29 percent) and 35-44 (24 percent).

#### Motorcyclists:

- Among motorcyclists killed in fatal crashes in 2013, 27 percent had BACs of

0.08 percent or greater.

- Nearly half of the alcohol-impaired motorcyclists killed each year are age 40 or older, and motorcyclists ages 40-44 have the highest percentage of deaths with BACs of 0.08 percent or greater (44 percent).

#### Drivers with priors:

- Drivers with a BAC of 0.08 percent or higher involved in fatal crashes were six times more likely to have a prior conviction for DWI than were drivers with no alcohol in their system. (6 percent and 1 percent, respectively).

#### It's not all bad news

The National Highway Transportation Safety Administration (NHTSA) has released two new studies on impaired

driving on U.S. roads. They are the results of the National Roadside Survey of Alcohol and Drug Use by Drivers and the Drug and Alcohol Crash Risk Study.

The results of the first study, held 2013-14, found that drinking and driving is falling but drugged driving is rising:

- The proportion of drivers with measurable alcohol levels declined by about 30 percent from 2007 to 2014. This decline was seen across all alcohol levels. Since the first such survey in 1973, the prevalence of alcohol among drivers has declined by nearly 80 percent.

- In 2014, about 1.5 percent of weekend nighttime drivers had .08 or higher breath alcohol concentrations (BrACs).

- About 8.3 percent of drivers had some measurable alcohol in their systems.

- About 20.0 percent of drivers tested positive for at least one drug in 2014, up from 16.3 percent in 2007.

- Some 12.6 percent of drivers had evidence of marijuana use in their systems, up from 8.6 percent in 2007.

- More than 15 percent of drivers tested positive for at least one illegal drug, up from 12 percent in 2007.

#### Additional findings

- Drivers at a breath alcohol level of 0.08 percent, the legal limit in every state, were about four times more likely to crash than sober drivers.

- Drivers with an alcohol level of 0.15 percent were 12 times more likely to crash than sober drivers.

- Marijuana users were about 25 percent more likely to be involved in a crash than drivers with no evidence of marijuana use.

- Other factors – such as age and gender – appear to account for the increased crash risk among marijuana users.

- Ongoing research is needed to refine an understanding of when marijuana use by drivers increases the risk of crashing.

For more information, visit the CDC website at [www.cdc.gov](http://www.cdc.gov) or the NHTSA website at [www.nhtsa.gov](http://www.nhtsa.gov).



U.S. Army Reserve photo

### Look out for each other this holiday season

Just because you have plans with your family doesn't mean your battle buddy does. Remember, the holiday season can be especially difficult for some, and it can be even more difficult to ask for help. Let's take care of our ranks and reach out to those in need.  
 National Suicide Prevention: 1-800-273-TALK (8255).

## Vanpoolers needed on APG



There are several existing vanpools looking for riders as well as individuals looking to start vanpools for the following listed to the right. Commuters only need to be willing to travel to the designated areas to ride the vanpool. For more information, contact the APG Commuter Center POC, Syreeta Gross, at 410-278-5491 or syreeta.a.gross.ctr@mail.mil.

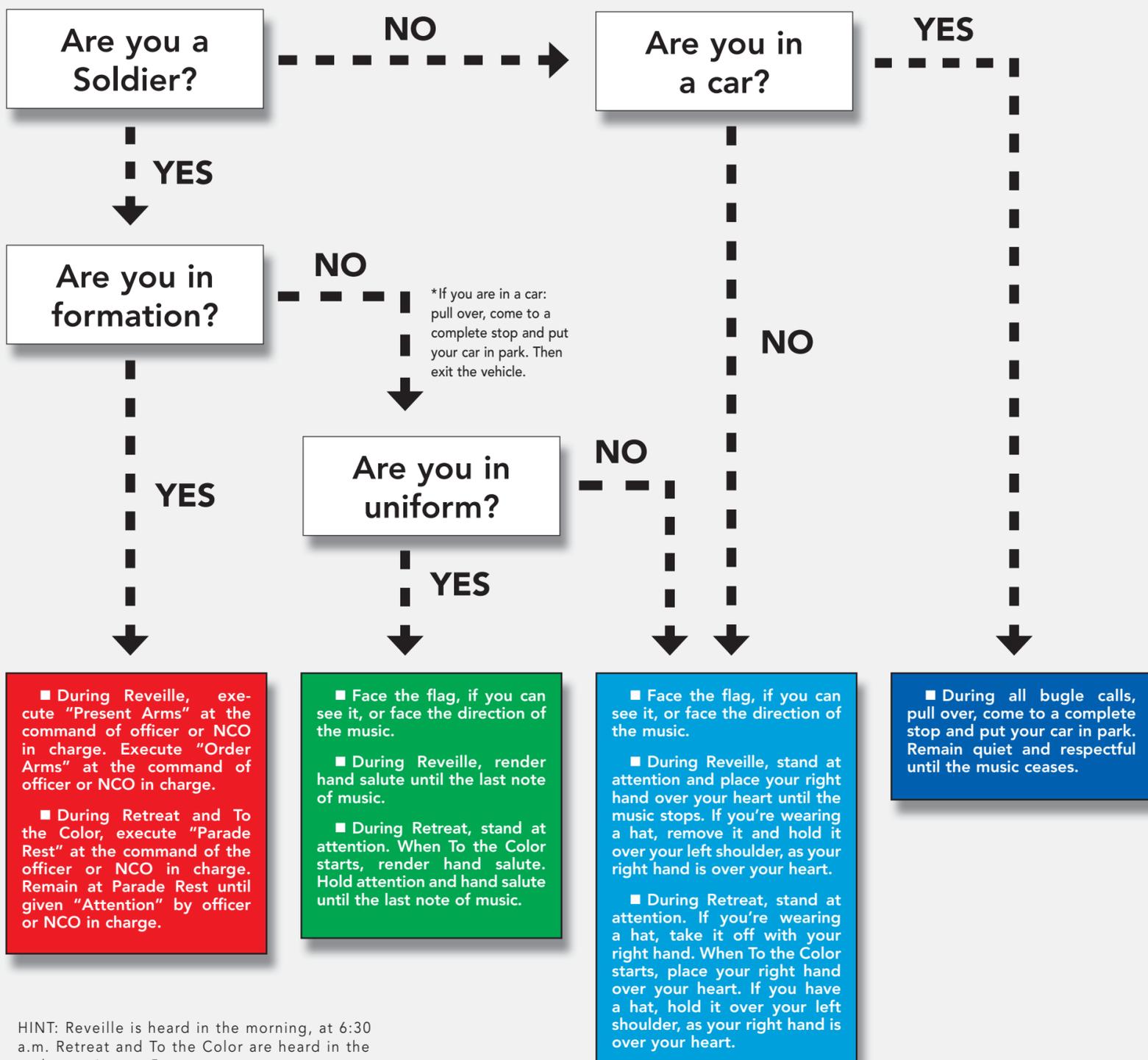
#### APG North (Aberdeen) to:

- ◇ Baltimore, MD (Canton-area)
- ◇ Baltimore County, MD (near I-70 and 695)
- ◇ Elkton, MD
- ◇ Philadelphia, PA

#### APG South (Edgewood) to:

- ◇ - Baltimore, MD
- ◇ - Delaware
- ◇ - Philadelphia, PA

## You hear the bugle call, now what?



HINT: Reveille is heard in the morning, at 6:30 a.m. Retreat and To the Color are heard in the early evening, at 5 p.m.

# THIS WEEK IN APG HISTORY

## APG News

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 2009.

www.apgnews.apg.army.mil Published in the interest of the people of Aberdeen Proving Ground, Maryland March 26, 2009 Vol. 53, No. 12

By YVONNE JOHNSON, APG News

2015

### 10 Years Ago: Dec. 1, 2005



(Left) Capt. David Anthony of the 20th Support Command (CBRNE) cleans his weapon to demonstrate the importance of Soldier readiness.

2010



2000

(Right) The 22nd Chemical Battalion flag football team celebrates its first post championship after defeating MRICD 13-7.

1990

### 25 Years Ago: Nov. 28, 1990

(Right) APG Game Warden Ralph Plummer, left, checks ammunition from deer hunter Robert Davis, one of the few muzzle loader hunters on the installation.



1980



(Left) Detective Robert Wise uses the Electronic Video Surveillance System in the Post Exchange to combat the increase in shoplifting during the holiday season.

1970

### 50 Years Ago: Dec. 2, 1965



(Left) Col. Elmer Grubbs, left, presents the key to the new enlisted men's barracks, which cost \$250,000 and accommodates 100 Soldiers, to 2nd Lt. David Hupp, 1st Sgt. Norbert Diesburg and Col. James Caskie, commander of Kirk Army Hospital.

1960

(Right) Post Commander Brig. Gen. David Hester, far left, awards the Bronze Star Medal for service in Vietnam to, from left, Sgt. 1st Class James Waldrup; Maj. Ralph Payne; and Capt. William Holbruner; Lawrence Hawkins and Richard Kendrick.



1950

# CID expands eligibility to officers, warrants, MPs

## U.S. Army Criminal Investigation Command

The U.S. Army Criminal Investigation Command, commonly referred to as CID, announced new initiatives that expand the eligibility pool of Special Agent Warrant Officer candidates to select commissioned officers, warrant officers from other technical fields and Military Police Investigators.

“The changes we are making will allow us to maintain a high level of excellence in our organization by bringing the best and brightest officers, warrant officers and Military Police who have a passion for criminal justice into our ranks,” Col. John Voorhees, CID deputy commander, said.

### Special Agent Warrant Officers

CID Special Agent Warrant Officers plan, organize, conduct, and supervise criminal intelligence operations (forensic and biometric applications), investigative support programs (economic crimes and drug suppression) and high-risk protective services operations in support of the institutional security operations and local nation rule of law operations.

They are critical to overt and covert investigations, and they represent the Army’s interest in investigations conducted collaterally with the Department of Defense, Department of Justice, and other federal, state, local and foreign investigative agencies.

In the past, CID leadership has predominately looked to CID enlisted agents to fill the warrant officer ranks. The command is now looking not only at enlisted CID agents, but across the Army to broaden the applicant pool.

CID opened application eligibility to the ranks of first lieutenant, captain and CW2 in other technical fields, who meet

the eligibility requirements. The application submission window is open through Feb. 1, 2016.

Eligibility criteria includes:

- U.S. citizenship
- General technical score of 110 or higher and skilled technical score of 107
- Must have a minimum of a baccalaureate degree from an accredited institution
- Eligible for a top secret clearance based on a single scope background investigation
- Pass the standard three-event Army physical fitness test and meet height/weight standards
- Have normal color vision and no physical limitations
- Ability to deploy worldwide
- Must possess a valid driver’s license and have a favorable driving record

- Ability to speak and write clearly

- Must possess a sustained and demonstrated level of leadership competency, as supported by rater and senior rater comments on officer evaluations

Officers who meet the eligibility criteria and are interested in applying, should contact their local CID office to access the special agent application forms and complete an interview with the CID special agent-in-charge. The local CID office will assist officers with the electronic submission of the application

forms.

### Military Police Investigators

CID has also opened eligibility to qualified Military Police Investigators serving in 31B occupational specialty in the rank of staff sergeant (E-6) and sergeant first class (E-7 not yet eligible for promotion to master sergeant).



MPI applicants must have completed the V5 skill-identifier training at the U.S. Army Military Police School, conducted criminal investigations within the past two years and meet all Special Agent Warrant Officer acceptance criteria, with the exception of the two years of investigative experience serving in the 31D occupation specialty.

MPI applications will also be accepted now through Feb. 1, 2016. MPI-applicants should contact their local CID office for assistance with the application process.

MPI-applicant eligibility requirements include:

- U.S. Citizenship
- General technical score of 110 or higher and skill technical score of 107
- Advance Leader Course completion for Staff Sgt.
- Senior Leader Course completion for Sgt. 1st Class
- Must have a minimum of a baccalaureate degree from an accredited institution
- Eligible for a Top Secret Clearance based on a Single Scope Background Investigation
- Pass the standard three-event Army physical fitness test and meet height/weight standards

- Have normal color vision and no physical limitations
- Ability to deploy worldwide
- Must possess a valid driver’s license and have a favorable driving record
- Ability to speak and write clearly
- Must possess a sustained and demonstrated level of leadership competency as supported by rater and senior rater comments on non-commissioned officer evaluations

“We have a unique mission and warrant officers are key to accomplishing our mission,” said Col. Debra Hanneman, CID deputy chief of staff for support. “We need to maintain our strength in our warrant officer ranks to ensure the highest caliber investigative and protective services capabilities for the Army.”

For more information on the new Special Agent Warrant Officer eligibility initiatives, contact CID special agent accreditation division personnel at [lisa.a.dodd6.civ@mail.mil](mailto:lisa.a.dodd6.civ@mail.mil) or [marianne.k.godin.civ@mail.mil](mailto:marianne.k.godin.civ@mail.mil).

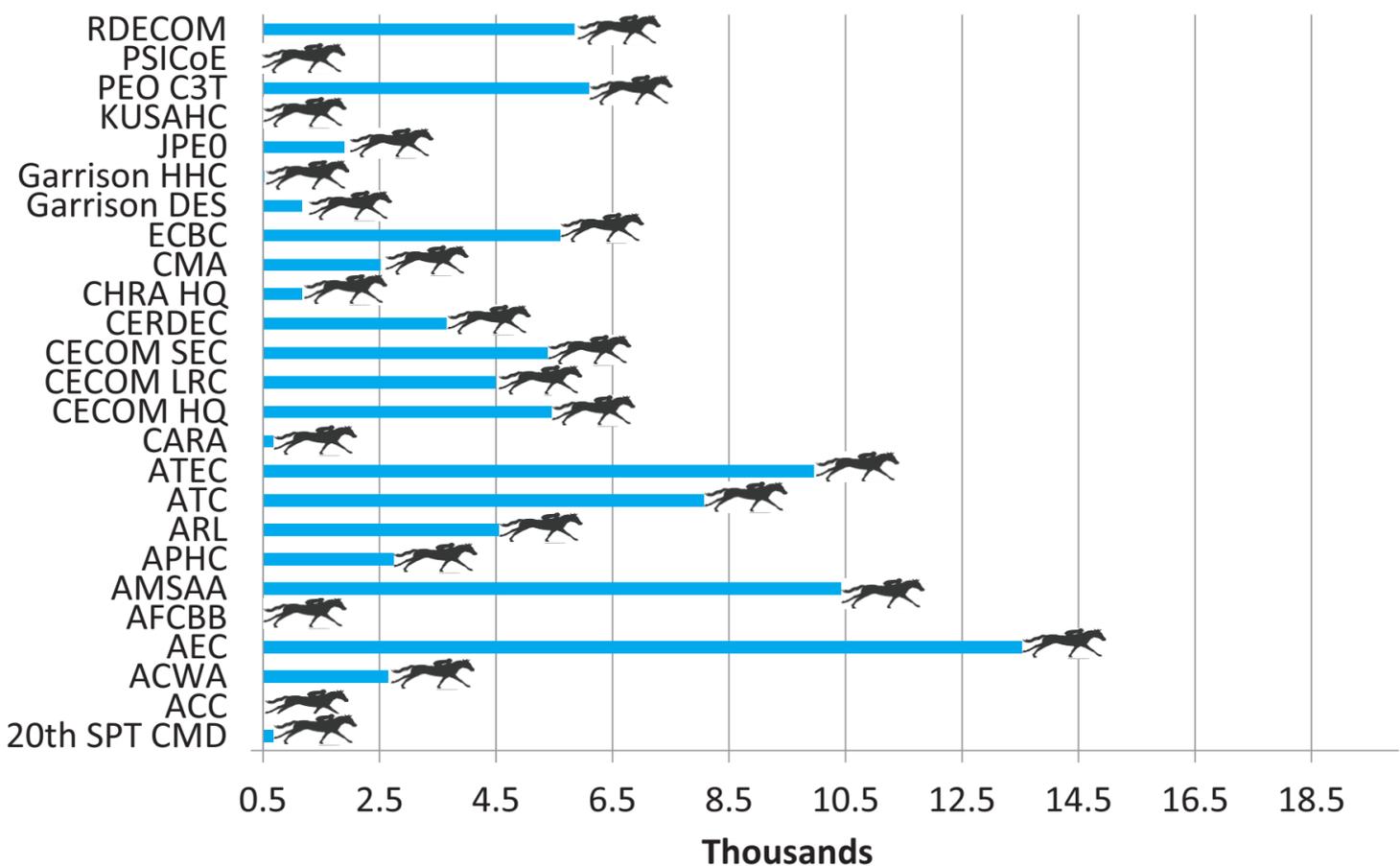
CID continues to accept Special Agent applications from Soldiers with a rank of specialist (E-4), sergeant (E-5) and staff sergeant (E-6). For a complete list of eligibility requirements, visit [www.cid.army.mil](http://www.cid.army.mil).

**“We have a unique mission and warrant officers are key to accomplishing our mission. We need to maintain our strength in our warrant officer ranks to ensure the highest caliber investigative and protective services capabilities for the Army.”**

**Col. Debra Hanneman**  
CID deputy chief of staff for support.

“Together We Serve, Together We Give”

## APG's CFC Race to Donate

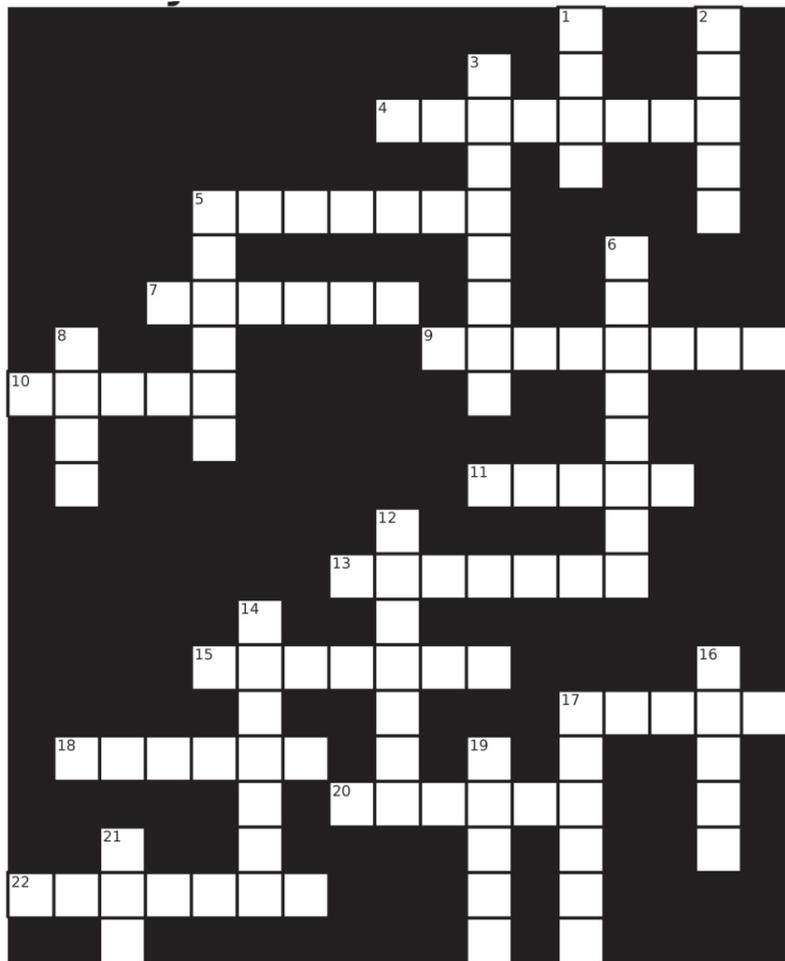


For more information about the Combined Federal Campaign, contact your local unit/agency representative to donate or Sgt. 1st Class Anthony Woods at 410-278-1957.

## 5 ways to reuse your copy of the APG News

1. Protect fragile items before storing them or sending them in the mail.
2. Line pet cages or litter boxes to keep them tidy.
3. Save the counter from a gluey, glittery mess during your next craft project.
4. Clean glass or windows for a streak-free shine.
5. Make a weed barrier in a flower bed or garden before laying new topsoil.





# The APG Crossword

## Holiday Movies

By **RACHEL PONDER**, APG News

Watching holiday movies is a favorite tradition for many people. Complete this puzzle to see how much you know about holiday movies, old and new.

### Across

- 4. This 1988 comedy is a modern take on Charles Dickens' "A Christmas Carol," starring Bill Murray.
- 5. This 2015 holiday comedy stars John Goodman and Diane Keaton, "Love the \_\_\_\_\_."
- 7. In the 1947 movie "The Bishop's Wife" this character,

- played by Cary Grant, claims to be an angel.
- 9. In the 1946 movie, "It's a Wonderful Life" an angel named \_\_\_\_\_ helps a frustrated businessman by showing him what life would be like if he never existed.
- 10. In the 1990 movie, "Home Alone," Kevin McCallister's family travels to this Euro-

- pean city, accidentally leaving him home alone.
- 11. In the 1983 movie, "A Christmas Story" the main character, Ralphie, wants a Red \_\_\_\_\_ B.B. gun for Christmas.
- 13. The 1946 movie "It's a Wonderful Life" takes place in the fictional town of \_\_\_\_\_ Falls, New York.
- 15. The Rodriguez family is featured in the 2008 movie, "\_\_\_\_\_ Like the Holidays."
- 17. Judy Garland, as Esther Smith, famously sings "Have Yourself a Merry Little Christmas" in the 1944 musical film, "Meet Me in St. \_\_\_\_\_."
- 18. Tim Allen stars in the 1994 movie, "The Santa \_\_\_\_\_."
- 20. The 1954 musical "White Christmas" features songs by this a Russian-born American composer and lyricist.
- 22. In this 1989 family drama, a girl nurses a reindeer back to health, thinking that it belongs to Santa.

- author.
- 8. In the 1990 movie, "Home Alone," the burglars that attempt to rob the McCallister home are named Harry and \_\_\_\_\_.
- 12. The 2004 movie "The Polar Express" features this song by Josh Groban.
- 14. In the 1998 movie, "I'll Be Home for Christmas," Jonathan Taylor Thomas plays Jake, a college student who is promised a \_\_\_\_\_ if he can get home by 6 p.m. Christmas Eve.
- 16. 2015 holiday comedy, "The \_\_\_\_\_ Before," stars Joseph Gordon-Levitt, Seth Rogen and Anthony Mackie.
- 17. In the 2006 "The Holiday" the character Iris Simpkins is from this European city.
- 19. 1974 thriller set in a sorority house, "\_\_\_\_\_ Christmas."
- 21. The 1947 classic "Miracle on 34th Street" was released during this month. It was originally marketed as a love story.

### Down

- 1. In the 1945 movie "Christmas in Connecticut" Barbara Stanwyck plays Elizabeth Lane, one of the country's most famous \_\_\_\_\_ writers.
- 2. Name of the main character in the 2003 comedy, "Elf."
- 3. Name of the family featured in the 1989 comedy, "National Lampoon's Christmas Vacation."
- 5. In the 2004 movie "Christmas with the Kranks" Luther and Nora Krank plan to take a \_\_\_\_\_ instead of celebrating the holidays at home.
- 6. The 1983 movie, "A Christmas Story" was based on the humorous writings of this

Think you solved last week's puzzle? Check out the solution below

Solution to the November 25 puzzle



## WORD OF THE WEEK

# Zenith

**Pronounced:** ZEE-nith  
**Part of Speech:** Noun

**Definition:**

1. The highest point that the sun or moon reaches in the sky, directly above you
2. The strongest or most successful period of time; highest point or state; culmination; peak

**Use:**

- Now that he has reached his zenith he has no reason to look back.
- She reached her zenith in life without any support from family or friends.
- The flipside of reaching the zenith of fame and fortune is that an eventual decline becomes inevitable.
- The moon looks the most beautiful at its zenith, unlike the sun which looks its best while setting.

By **YVONNE JOHNSON**, APG News  
 Source(s): [www.merriam-webster.com](http://www.merriam-webster.com); [www.dictionary.reference.com](http://www.dictionary.reference.com)

## ACRONYM OF THE WEEK

# USDA

**United States Department of Agriculture**

The United States Department of Agriculture (USDA) is the U.S. federal executive department responsible for developing and executing federal government policy on farming, agriculture, forestry, and food.

On May 15, 1862, President Abraham Lincoln signed legislation to establish the Department of Agriculture and two and a half years later in his final message to Congress, Lincoln called USDA "The People's Department."

USDA aims to meet the needs of farmers and ranchers, promote agricultural trade and production, work to assure food safety, protect natural resources, foster rural communities and end hunger in the United States and internationally.

USDA is made up of 29 agencies and offices with nearly 100,000 employees at more than 4,500 locations across the country and abroad. It has more than 30 agencies and offices that include the Center for Nutrition Policy and Promotion (CNPP); the Farm Service Agency (FSA); the Animal and Plant Health Inspection Service (APHIS); and the Food Safety and Inspection Service (FSIS).

In addition, USDA provides students, parents, and teachers with youth-oriented information and resources related to agriculture such as the Choose My Plate at [www.choosemyplate.gov](http://www.choosemyplate.gov), a Food and Nutrition Consumer Services (FNCS) learning tool geared toward elementary children.

For more information, visit the USDA website at <http://www.usda.gov>

By **YVONNE JOHNSON**, APG News  
 Source(s): <http://www.usda.gov>

## APG CATCH-A-POACHER PROGRAM

A wide variety of wildlife call Aberdeen Proving Ground home. The APG Conservation Law Enforcement Branch is asking you to be a partner in protecting and preserving the natural resources here on post. If you see or have knowledge of poaching or illegal activity involving wildlife or natural resources, you can use the SUBMIT-A-TIP hotline to anonymously provide information to catch a poacher.

**Call the SUBMIT-A-TIP "HOTLINE" at 410-306-4673.**  
 Emergencies or violations in progress should always be reported via 911.

When reporting poaching or illegal activity involving wildlife or natural resources on APG, please take note of the information listed in the form below.

Name/Description/Address of the Poacher
Location/Days/Times & Type of Poaching
Vehicle/Vessel Description or Registration #

You can also cut out this completed SUBMIT-A-TIP form and mail it to: 2200 Aberdeen Blvd. APG, MD 21005

# Army researcher develops turkey bacon, jerky

By **JANE BENSON**  
NSRDEC

Natick researcher Dr. Tom Yang wants to talk turkey.

Yang is a food technologist in the Combat Feeding Directorate at the U.S. Army Natick Soldier Research, Development and Engineering Center, or NSRDEC. He is working on healthier forms of jerky and bacon made from turkey that he believes Soldiers will gobble up.

Yang has been experimenting with osmotic meat technology, which was originally developed in France, to develop the new turkey jerky and turkey bacon products that taste great but are much lower in salt and fat.

The turkey, osmotic version of jerky stays moist and avoids the texture problems of commercial jerky, which can become brittle. It is also higher in protein. The turkey version of bacon allows all Soldiers to enjoy bacon anywhere in the world because it does not contain any pork.

“This is new technology, and it is very energy efficient and is inexpensive,” Yang said. “The technology uses a principle called osmosis. So what we have now is a semi-dried meat. It has much less salt and stays moist.”

During the process, the meat is ground and made into a paste. It is then extruded onto a sheet, sandwiched between

two layers of paper and put through a conveyor.

“The conveyor will take the sheet into an osmotic tank, which contains a high concentration of non-sugar solution,” Yang said. “Ninety-two to ninety-five percent of moisture will migrate from the meat into the solution. The whole process takes place at refrigeration temperature so any heat-sensitive nutrients will not be destroyed.”

In addition to turkey, this process can be used on beef, pork, chicken and seafood. The meat’s texture is somewhat moist, resembling the texture of prosciutto.

“The French eat the meat as is,” Yang said. “It’s safe. But Americans are used to a cooked-meat type of texture. So we toast it. We can then, according to the recipe, make a jerky or a bacon. The toasting is for two or three minutes at 350 degrees.”

Yang’s recipes add omega-3s and use lean, turkey breast. He sees applications beyond bacon and

jerky. “You could also use the meat as a wrap by wrapping the meat around vegetables,” Yang said. “This type of wrap would have a lot of protein as opposed to carbohydrates. And because the meat is lean, it is not greasy at all. It is a very healthy alternative. Soldiers need more protein as opposed to carbohydrates.”

In addition to working on healthier

**“To see Soldiers eat and like something that you have developed and see that it improves their morale and helps them perform their mission better - I think that is the most fulfilling my job as a researcher can get. My mission is to know they are well-fed and well-nourished. They risk their lives to protect us.”**

**Dr. Tom Yang**  
Natick researcher



Photo by David Kamm

Tom Yang, a food technologist at the Natick Soldier Research, Development and Engineering Center, is developing new turkey bacon, as shown here, and turkey jerky products for the warfighter. He is also working on a new version of hash browns with bacon, as shown here. The new, healthier version has osmotic beef that tastes like bacon but is pork-free.

forms of bacon and jerky, Yang is also working to improve hash browns with bacon, a very popular item in the meals, ready-to-eat, or MREs. The new, healthier version has osmotic meat that tastes like bacon. It is pork-free.

“So Soldiers will be able to have the hash brown and bacon that they like without pork,” Yang said. “It is healthier. There is no grease from bacon, and it is a good source of beef protein.”

It is important to Yang to develop cost-efficient, good-tasting, nutritious

food for the warfighter. He plans to continue to find new uses for the osmotic technology and to continue improving his recipes.

“To see Soldiers eat and like something that you have developed and see that it improves their morale and helps them perform their mission better - I think that is the most fulfilling my job as a researcher can get,” Yang said. “My mission is to know they are well-fed and well-nourished. They risk their lives to protect us.”

## APG Religious Services Holiday Schedule

### APG North (Aberdeen) Chapel

Catholic Mass		
Date	Service	Time
Wednesday, Nov. 25	Mass of Thanksgiving	5:30 p.m.
Sunday, Nov. 29	1st Sun of Advent	8:45 a.m.
Sunday, Dec. 6	2nd Sun of Advent	8:45 a.m.
Tuesday, Dec. 8	Immaculate Conception	11:45 a.m.
Sunday, Dec. 13	3rd Sun of Advent	8:45 a.m.
Sunday, Dec. 20	4th Sun of Advent	8:45 a.m.
Thursday, Dec. 24	Christmas Pageant	5 p.m.
Thursday, Dec. 24	Christmas Kid's Mass	5:30 p.m.
Friday, Dec. 25	Christmas Mass	8:45 a.m.
Friday, Jan. 1	Mary, Mother of God	8:45 a.m.

Protestant Worship		
Date	Service	Time
Sunday, Nov. 29	1st Sun of Advent	10:15 a.m.
Sunday, Dec. 6	2nd Sun of Advent	10:15 a.m.
Sunday, Dec. 13	3rd Advent/Cantata	10:15 a.m.
Sunday, Dec. 20	4th Sun of Advent	10:15 a.m.
Sunday, Dec. 27	Worship	10:15 a.m.

Gospel Worship		
Date	Service	Time
Sunday, Nov. 30	1st Sun of Advent	Noon
Sunday, Dec. 6	2nd Sun of Advent	Noon
Saturday, Dec. 12	Children's Play	3 p.m.
Sunday, Dec. 13	3rd Sun of Advent	Noon
Sunday, Dec. 20	4th Sun of Advent	Noon
Sunday, Dec. 27	Worship	Noon
Thursday, Dec. 31	Watch Night Service	10 p.m.

### Combined Events

**Thanksgiving Lunch & Advent Wreath Making Social**

Sunday, Nov. 29 at Noon  
APG South Chapel

**Christmas Eve Candlelight Service**

Thursday, Dec. 24 at 7 p.m.  
APG North Chapel  
Refreshments served afterward

### APG South (Edgewood) Chapel

Catholic Mass		
Date	Service	Time
Sunday, Nov. 29	1st Sun of Advent	10:45 a.m.
Sunday, Dec. 6	2nd Sun of Advent	10:45 a.m.
Tuesday, Dec. 8	Immaculate Conception	Noon
Sunday, Dec. 13	3rd Sun of Advent	10:45 a.m.
Sunday, Dec. 20	4th Sun of Advent	10:45 a.m.
Friday, Dec. 25	Christmas Mass	10:45 a.m.
Friday, Jan. 1	Mary, Mother of God	10:45 a.m.

Protestant Worship		
Date	Service	Time
Sunday, Nov. 29	1st Sun of Advent	9:15 a.m.
Sunday, Dec. 6	2nd Sun of Advent	9:15 a.m.
Sunday, Dec. 13	3rd Sun of Advent	9:15 a.m.
Sunday, Dec. 20	4th Sun of Advent	9:15 a.m.
Sunday, Dec. 27	Worship	9:15 a.m.

### Other Holy Days

#### Islamic Contact

Mohamed Meshal  
443-861-3745

#### Jewish Contact

Harford Jewish Center, 443-939-3170  
8 North Earlton Rd, Havre de Grace  
Hanukkah, Menorah Lighting

Dear Friends,  
The APG Chapel community offers a variety of exciting programs to meet your religious and spiritual needs. This flyer summarizes the services and ministries currently offered. These services and ministries will assist you and your family pursuing spiritual resiliency at APG.

Blessings,  
Chaplain Lt. Col. Jerry Owens  
Garrison Chaplain  
410-278-4333

# Event honors American Indian heritage

Continued from Page 1

the profundity is staggering," she said.

Lessard said the consequence of these significant changes still impacts American Indians today, and referred to this concept as "historical trauma." As a result, many American Indian youth are unaware of their culture and are in need of good role models, she said.

"We find generations without language, without stories, without ceremony and song and, most importantly, a solid concept of who they are as indigenous people," she said.

Lessard said American Indian youth need adults who will be present in their lives. For example, her community, Native American LifeLines, has a cultural education program. During meetings they use the traditional talking circle model, where everyone has the opportunity to speak.

"We do this so that children understand the importance of being fully present and respectful while others speak, but also knowing that their words, thoughts and concerns are valued and important," she said.

She added that American Indian youth need to be encouraged to take leadership roles. In her community, Lessard and other adults plan volunteer activities to help children learn the importance of being a good citizen.

"Our children learn that they are part of a community, important members with obligations and people who need to be good ancestors themselves," she said.

Entertainment during the ceremony included traditional dance by Lou-



Photo by Sean Kief  
CERDEC civilian Jennifer Hunt, from the Choctaw tribe, greets the audience in her native language "Chahta" during the National American Indian Heritage Month observance at the Myer Auditorium Nov. 24.

is Campbell of the Lumbee tribe and Bobby Hurt, of the Tuscarora tribe, who performed a traditional Honor Song dedicated to veterans and active-duty service members.

Volunteers from the audience also participated in a "Round Dance," a friendship dance that is performed during the intertribal social portion of a powwow.

The program included the national anthem sung by Renesha Robinson, from the U.S. Army Communications-Electronics Command and a traditional blessing by Dennis E. Seymour, Ph.D., representing the Baltimore American Indian Center, and closing remarks from Maria Esparraguera, a member of the Senior Executive Service and then Army Materiel Command Legal Center

- APG chief counsel.

After the observance, attendees gathered in the auditorium lobby to socialize and sample Indian American cuisine. Static displays were provided by the Baltimore American Indian Center and the Iron Hill Museum, a natural history museum located in Newark, Delaware.

Middle school children who attend the APG North (Aberdeen) youth center remarked that they enjoyed attending the cultural event.

Tatyana Sanchez, 11, participated in the Round Dance with several of her friends.

"It was cool learning about a different culture, seeing how they dress and seeing how they eat," she said.

Valerie Collier, a program manager for the youth center's middle school and teen program, called the event "interactive and educational."

"It was something different," she said. "They would rather learn about American Indians in this environment than a classroom environment."

Duane Herbert, from the U.S. Army Public Health Center (Provisional), said he appreciated the opportunity to view Indian American artifacts. He added that he inherited a collection of spear points from his grandmother.

"I haven't been to a [cultural program] in a number of years, so I thought I would check in, they are very nicely done," he said.

For more information about National American Indian Heritage Month, visit <http://nativeamericanheritage-month.gov/>.

# No such thing as 'off-duty misconduct'

Continued from Page 1

Sgt. Maj. of the Army Daniel A. Dailey during the chief of staff of the Army-sponsored NCO Solarium II, held at the U.S. Army Command and General Staff College at Fort Leavenworth, Kansas, Nov. 18-20.

To further that analogy, Leisenring pointed out that good NCOs have always made it a point to walk through the barracks unannounced during off-duty hours, not necessarily to spy on bad behavior, but to show concern and presence.

Today, what goes on social media sites should also be important to NCOs, he said, not just from a standpoint of misconduct, but also from the care and compassion perspective.

For instance, while not on Facebook himself, Leisenring said he gets feedback from Soldiers who interact with others on social media. In at least one instance, a Soldier with suspected suicidal ideations was reported to him and help was rendered.

Dailey agreed with the importance of monitoring social media and he admitted that like Leisenring, he too is not on Facebook, Twitter or other social media outlets. But, a good NCO isn't required to monitor social media sites, he said. He or she creates a climate of trust and communication, whereby if other Soldiers see something amiss, they correct it or bring it to the attention of their NCO.

Dailey pointed out that this requires NCOs who are engaged, and genuinely concerned for the welfare of their troops and who understand the impact of social

media. Otherwise, an NCO who is disengaged or stagnant will probably dismiss what goes online after hours as none of their business.

Impact on mission can be profound, said Sgt. 1st Class Turon Logan, a team leader at the Army Medical Department Noncommissioned Officers Academy on Joint Base San Antonio, Texas.

Disparaging remarks against the nation's leaders, those in the Soldier's chain of command and co-workers are not only hurtful, they can have a strategic impact, Turon said. Even jokes can come off as sexist, racist, culturally insensitive or religiously intolerant, even when not meant to be.

This may not seem fair, he said, but people often "look at content, not context."

Turon said he doesn't advocate automatic punishment for every comment. Sometimes there's a gray area where Soldiers say something they don't realize is offensive or hurtful, but might be to some. In those instances, a good NCO will provide compassionate guidance, pointing out how words or photos can be misconstrued. It boils down to good leadership.

In other cases, online misconduct can be purposeful and in those instances, action should be taken, he said.

Master Sgt. Michelle Johnson, Dailey's public affairs advisor, said if online misconduct is reported to the military police or Criminal Investigation Division, there are now criminal codes in place to handle those cases. She added that online misconduct is being incorporated into climate surveys as well.

Turon said he advises his Soldiers that if they wouldn't want to say something on TV, they certainly should not want to say it online, as "everyone in the world is tuned in and how they interpret it is not up to you."

Soldiers have frustrations and strong opinions on a variety of topics, but he said, they should step back and think it over before publishing those remarks.

The nation's enemies, the Islamic State among them, have become savvy social media users, Turon added. Remarks said online can be used by them against the U.S., and that gets into the area of operational security. He said more Army G-6 involvement on the topic would be beneficial.

Sgt. 1st Class Benjamin Coburn, Co. B, Womack Army Medical Center on Fort Bragg, North Carolina, said it would be helpful if the Army clarifies its online misconduct policy. Army Regulation 600-20 lightly touches on the topic.

Under the topic of hazing, it states: "It need not be committed in the physical presence of the victim; it may be accomplished through written or phone messages, text messages, email, social media, or any other virtual or electronic medium."

Coburn said revisions that will come out next year will hopefully address the topic more fully in depth with definitions, potential adverse effects, reporting processes and penalties. A separate section on the topic would be ideal, he said.

Dailey said some Soldiers think they wield a "Spartan shield" when they log online after hours, meaning that they

believe they can say whatever they like on their own time. "There's no such thing as misconduct off or on duty. It's all misconduct."

As far as being the target of criticism and snarky comments, Dailey said "more people write bad things about me online than probably anyone else."

Having said that, Dailey added he doesn't want Soldiers to stop having fun and he doesn't want to go overboard in invading their space.

Engaged leadership at every level will ultimately get this problem under control, he said.

## ABOUT SOLARIUM

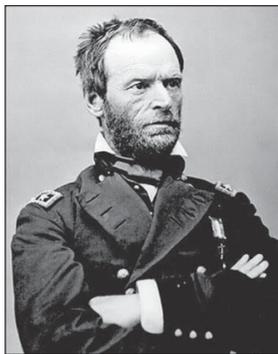
Solarium is an Army chief of staff initiative that began in 2014, with the goal of informing and shaping the future direction of the Army. The concept was drawn from Project Solarium, a national-level exercise in strategy and foreign-policy design led by President Dwight D. Eisenhower in 1953. There have been other solariums since, two with captains and two with NCOs, including this one. A solarium with warrant officers is scheduled for early next year.

Lt. Gen. Robert B. Brown, commander of the Combined Arms Center, provided insights about how solarium is conducted during his closing remarks, Nov. 20.

"We wanted your unadulterated ideas," Brown said. "We didn't want to influence you with our ideas and things we're already working on. Some of you came up with solutions we're already working on. That validated and reinforced what we're doing."

## Did You Know?

### Sherman's "March to the Sea," from Atlanta to Savannah, Georgia, lasted from Nov. 15 to Dec. 21, 1864.



After the successful taking of Atlanta by Union forces during the Civil War, Maj. Gen. William Tecumseh Sherman saw a way to end the war quickly with the least number of casualties. With the blessings of Union Army Commander, Lt. Gen. Ulysses S. Grant, Sherman planned an operation that would break the Confederacy's strategic, economic and psychological capacity for warfare. His planned march and direct assault on civilian and material support for the war inflicted severe property destruction.

His second objective was to take up a rear position behind Robert E. Lee's Army which had Grant's forces at a stalemate in Virginia.

The campaign began with Sherman's troops leaving of Atlanta Nov. 15 and ended with the capture of the port of Savannah Dec. 21.

Sherman's forces destroyed military targets as well as industry, infrastructure and civilian property and disrupted the Confederacy's economy and its transportation networks. His bold move of operating deep within enemy territory and without supply lines is considered to be revolutionary in the annals of war.

He brought terror into the heart of the Confederacy while positioning his army to join Grant against Lee. The Confederate will to continue the fight diminished and the inevitability of Union victory became clear. Sherman burned or captured all the food stores that Georgians had saved for the winter months. After the fall of Savannah, as a result of the hardships on women and children, desertions increased in Robert E. Lee's army in Virginia. Sherman believed his campaign against civilians would shorten the war by breaking the Confederate will to fight,



Courtesy photo  
'On the March to the Sea', painted by Felix Octavius Carr Darley, depicts the destruction caused by Union General Sherman and his troops on their March to the Sea campaign across Georgia during the Civil War.

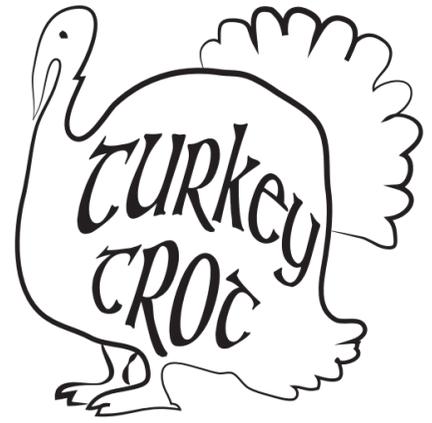
and he eventually received permission to carry this psychological warfare into South Carolina in early 1865. By marching through Georgia and South Carolina he became an archvillain in the South and a hero in the North.

Yvonne Johnson, APG News

Source(s): <http://www.encyclopedia.com/>; <https://www.wikipedia.org>

# APG SNAPSHOT

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



## TRIMMING THE FAT

Health-conscious members of Team APG take advantage of a chance to trim their pre-Thanksgiving waistlines during the Wednesday, Nov. 24 Turkey Trot 5K Fun Run/Walk at the APG North (Aberdeen) athletic center.

Photo by Stacy Smith

## OUT WITH THE OLD

An excavator tears into the side of old on-post housing on APG North (Aberdeen), Nov. 20. Vacant and slated for demolition for some time, the homes have been utilized by the APG Directorate of Emergency Services for fire department training purposes. The demolition is part of a greater 'quality of life' initiative spearheaded by APG Senior Commander Maj. Gen. Bruce T. Crawford and Garrison Commander Col. James E. Davis to clean up the appearance of the installation.

Photo by Molly Blossie



## ATEC HOSTS FLAG FOOTBALL TURKEY BOWL

Chief Warrant Officer 4 Damien Blackwell, named Most Valuable Player during ATEC's 5th Annual Turkey Bowl Nov. 25, quickly moves through the defense of the noncommissioned officers.



Col. Terry Love, director of the Integrated Suitability and Methodology Evaluation Directorate, jumps high to catch a pass.



Mechanical engineer Frank Crisafulli reaches out for the catch as an opponent quickly approaches.