



APG NEWS

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

www.TeamAPG.com

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JLENS tether break tests APG emergency procedures

By **AMANDA ROMINIECKI**
APG News

While installation emergency operations personnel train and prepare for the worst case scenario, they hope it doesn't happen. But if it does, they rely on that preparation to bring order to what could otherwise be a chaotic situation.

After one of the two Joint Land Attack Cruise Missile Defense Elevated Netted Sensor System (JLENS) aerostats became untethered from its moorings on APG South (Edgewood) around noon Oct. 28, the APG Emergency Operations Center (EOC) – along with numerous emergency response personnel from offices across the installation – was activated and operational within just five minutes.

According to John Kearney, APG Garrison director of plans, training, mobilization and security, this quick action was due, in large part, to the installation's long-standing emergency response plans and integration with oth-

See EOC, page 17



Photo by Molly Blossie

Col. Lamar Adams, U.S. Army Evaluation Center military deputy, hands the American flag to Ruth Rudisill, the first wife of retired U.S. Army Col. Francis Meredith, Jr., during a funeral at the APG North (Aberdeen) cemetery, Oct. 23. Meredith, who was stationed at APG in the 1950s, died July 18 at age 93. He was interred next to his infant daughter who died the day she was born at APG in 1953.

Retiree interred at APG cemetery

By **STACY SMITH**
APG News

Family and friends paid a final tribute to retired Army Col. Francis Meredith, Jr., during a funeral at the APG North (Aberdeen) cemetery, Oct. 23.

Meredith, who passed away July 18 at the age of 93 in his South Carolina residence, was stationed at APG from 1952 to 1953

upon returning from three years of active duty in Germany. He was stationed at APG again from 1955 to 1959 with the U.S. Army Ordnance Center and School.

While the cemeteries at APG are considered closed, Meredith was eligible for burial at the APG North cemetery near Shore Park. His final resting place is next to his infant daughter, Rebecca Louise Meredith, who

was born and died May 22, 1953 while he and his family lived at APG.

Chaplain Maj. Chad Davis, APG chapel resource manager, presided over the interment. During the service, Davis offered attendees an opportunity to share sentiments about the deceased and several of Meredith's

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'WellBeats' offers virtual fitness class instruction on-demand.

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Retirement ceremony bids farewell to CECOM civilian and Soldier.

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www.TeamAPG.com/APGNews

facebook.com/APGMd

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flickr.com/photos/usagapg/

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

AbilityOne, BISM celebrate 20 years

Story and photos by **YVONNE JOHNSON**
APG News

Aberdeen Proving Ground customers received heartfelt thanks for their continued patronage of AbilityOne Basic Supply Centers (BSC) during a 20th anniversary celebration at the APG North (Aberdeen) store, Bldg. 320, Oct. 28.

Owned by Blind Industries and Services of Maryland, the retail-type BSC stores sell everything from office and cleaning supplies and furniture to tools and uniforms. They are administered under the AbilityOne program, which creates job training and opportunities for the blind or severely disabled through the sale of products and services to the federal government and U.S. military.

BISM leaders hosted the APG anniversary celebration that featured remarks from BISM President Frederick J. Puente; Ken Barnett, BISM vice president of sales and marketing; and APG Garrison Commander Col. James E. Davis. The combined event included store associates from the APG South (Edgewood) store.

Along with two stores at APG, BISM operates BSC stores at Joint Base Andrews in Prince George's County; Joint Base Anacostia-Bolling and the Defense

See BSC, page 17



APG Garrison Commander Col. James E. Davis shows listeners a Skilcraft pen, the kind he says saw him through tours in Saudi Arabia, Iraq and Afghanistan, while giving remarks during the AbilityOne Base Supply Center 20th Anniversary celebration at Bldg. 320, Oct. 28. The office supply store is administered under the AbilityOne program, which creates job training and opportunities for the blind or severely disabled through the sale of products and services to the federal government and U.S. military.

APG first responders receive opioid overdose training



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

For the first time, members of the Maryland Overdose Response Team provided opioid overdose training for APG first responders, Oct. 28.

Devita Hampton, a social services assistant with the Army Substance Abuse Program, said the training was held in response to a serious public health problem in Maryland. Heroin, a type of opioid, and pharmaceutical opioid abuse is on the rise.

"In Maryland the total number of overdose deaths have risen steadily since 2010, mainly due to the increase of heroin-related deaths," Hampton said.

See OVERDOSE, page 18

Spc. Chasity Magann, a medic from Kirk U.S. Army Health Clinic, practices administering a dose of intranasal naloxone on a mannequin with assistance from Dr. Julie Stancliff with the Harford County Health Department, during Naloxone training for APG first responders, Oct. 28. Naloxone is used to temporarily reverse overdose symptoms from heroin and other opioids.

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STREET TALK

What do you like most about fall?

My favorite thing about fall is that it is football season.



CW2 Erdy Bailey
CECOM

My favorite thing is seeing the colors change on the leaves. The colorful leaves are only here for a short time, so you have to look now or you will miss them.



Jackie Swartz
Retiree spouse

I like getting my family together for a big meal at Thanksgiving. I am from Germany, so I did not celebrate Thanksgiving until I met my husband, but I just love it. I even introduced the holiday to my family in Germany.



Irmgard Novak
Military spouse

My birthday is close to Thanksgiving, so I like that I get to spend time with my family so close to my birthday. I also prefer to run in colder weather.



Cathy Bartholomew
Retiree spouse

I enjoy seeing the leaves change colors. I used to take train trips with my grandmother to see the fall leaves in New England, it was something special. I want to take my children on a trip like that when they are older.



Michael Pauling
Military retiree

Commander's Corner

Veterans Day

A day of celebration and honor

For many, Veterans Day is a time of tribute and reflection. For me, Veterans Day is both of those things, but it is also a day of celebration, honor and triumph – a celebration of every man and woman who has served and continues to serve our nation.

First established 97 years ago as Armistice Day following the end of World War I, Veterans Day began as a quiet, solemn memorial for all the service members who died in the War to End All Wars.

As years passed, more conflicts have called service members to duty, and Veterans Day evolved from a somber reflection to a vibrant remembrance and commendation of every American who has put on a uniform in the name of this great nation, past and present.

America's Veterans come from all walks of life, but we all share the same sense of duty, loyalty and integrity that bonds us together. We have deployed to Korea, and fought valiantly in what is known as "The Forgotten War." We have deployed to Vietnam, only to come home to a nation that largely condemned the war and all who fought in it. We have deployed to Iraq and Afghanistan after America was threatened on her own soil. We have deployed to West Africa to fight the outbreak of a deadly virus. We have picked up the pieces of our communities that were torn apart by natural disasters. And we have deployed to countless other locations across the globe – all sharing the same blood and sacrifice to protect our nation and its people.

While all Veterans share that same sense of duty and service, we also share something else: an acute understanding of combat's lasting impact in a way many others do not.

We know that on this Veterans Day, countless of America's sons and daughters – Soldiers, Sailors, Airmen and Marines – are still recovering in hospitals from wounds that they will live with for the rest of their lives. We also know that on this Veterans Day, mothers, fathers, husbands, wives, sons and daughters across this nation will grieve for their service member who did not return home.

Learning to come to terms with the loss of a fellow battle buddy, to process haunting memories, to readjust to life back home, to recover from lingering wounds – both physical and psychological – is something all Veterans share. As Veterans, we all process and experience combat differently, but we must be there for one another. And as a nation, we must be there for our Veterans in their time of need.

Whenever America or her interests have been threatened,



Veterans Day is a time of triumph. Let us proudly celebrate all that our Veterans have done and will

undoubtedly continue to do for our great nation. Whether they served in combat, worked hand-in-hand with our nation's allies or laid sandbags at the banks of a swollen river in our own backyard - they have given us security, prosperity and the greatest nation on earth.

men and women from across this nation have risen to her defense. Veterans and their families have sacrificed, with great strength and purpose, to preserve this country's freedom and way of life.

While Memorial Day is a time of somber silence, Veterans Day is a time of triumph. Let us proudly celebrate all that our Veterans have done and will undoubtedly continue to do for our great nation. Whether they served in combat, worked hand-in-hand with our nation's allies or laid sandbags at the banks of a swollen river in our own backyard – they have given us security, prosperity and the greatest nation on earth.

Let us remember those who are currently deployed in service to their country today; let us remember those who paid the ultimate sacrifice and are no longer with us; let us remember those who still bear the visible and invisible wounds of combat; and let us celebrate our Veterans and the liberties they ensure.

COL. JAMES E. DAVIS
APG Garrison Commander

Installation Town Hall Monday, Nov. 9

APG Senior Commander Maj. Gen. Bruce T. Crawford will host an installation town hall at the APG South (Edgewood) recreation center Monday, Nov. 9 at 3:30 p.m. He will address concerns brought up during a recent senior leader luncheon. An APG Social will immediately follow the town hall meeting. Questions for the commander can be submitted in advance to usarmy.apg.imcom.mbx.apg-pao@mail.mil.

Parents asked to return Impact Aid surveys

Harford County Public Schools distributed Impact Aid Survey letters to all students on Friday, Oct. 30. Each year the DOD provides funding (Impact Aid) to the school districts to assist in providing educational programs for the children of Soldiers and DOD Civilians.

In a letter to the workforce, APG Garrison Commander Col. James E. Davis urged all Team APG families – military and civilian – to complete the survey, as the amount of Impact Aid schools receive is directly related to the number of children identified by survey responses.

"This is a great opportunity to personally and positively contribute to the education of our children," Davis wrote.

For more information, contact Stacie Umbarger, CYSS school liaison officer, at 410-278-2857 or stacie.e.umbarger.naf@mail.mil.

APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
71° 56°	76° 58°	61° 41°	56° 37°	55° 38°	61° 42°	65° 47°

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.

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email yvonne.johnson5.ctr@mail.mil.

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

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E-mentoring program aims to raise STEM graduation rates

Story and photo by
ALLISON BARROW
CERDEC

College students have a lot of decisions to make: what subject to major in, what concentration to focus on, what internships to apply for, what field they ultimately want to work in, etc.

U.S. Army scientists and engineers are working to make the process a little easier and to increase retention rates among science, technology, engineering and math, or STEM, disciplines through a new e-mentoring program.

The U.S. Army's Communications-Electronics Research, Development and Engineering Center, or CERDEC, program pairs employees with engineering students from the University of Delaware in a year-long e-mentorship in which engineers provide guidance based on their experience as students and professionals in the field.

"I've been in their shoes. I worked while getting my engineering degree, and I know how tough it can be to balance your schoolwork with a part-time job and internships - all while making decisions on your future career," said CERDEC Director Henry Muller. "Having the knowledge and practical advice from engineers in the field is a valuable asset that can help guide students down the path to graduation and transition into a STEM career.

"Educational outreach programs like the e-mentoring program are an important investment in our future. These programs underscore the significance of providing a larger pool of STEM talent for our Army and our nation," he said.

Expanding the pilot program

After receiving positive feedback on the pilot program last year, CERDEC worked with the university's career services center to match interested freshmen and sophomore students with engineers working in fields similar to their major.

"We're not targeting juniors and seniors because juniors and seniors have already figured out 'I'm going to be an engineer,' but freshmen and sophomores, they might be on the fence," said Joyce Henderson,



A University of Delaware student, right, and U.S. Army civilian meet in person during a meet-and-greet for the CERDEC e-mentoring program at the UD Career Services Center in Newark, Delaware, Sept. 21.

assistant director for career partnerships for the Career Services Center at the university. "I believe that the mentoring program would help encourage and motivate them to stay with the discipline."

Students and their mentors are required to check-in via email at least once a week, but aside from that the topics are open to the type of help the individual student requires.

"We want them to enjoy the experience and not have to commit blocks of time to leaving campus or leaving home. We want to make it as easy for both sides as we possibly can, to encourage people to continue being involved in it and building partnerships," said Stacey Lambert, management analyst in CERDEC's Employee Resource Services and lead for the program.

During the pilot year, mentors helped students in a wide range of topics to include resume building, class selection, the different types of engineering jobs available and help with their current classes.

"In addition to providing the students with encouragement, guidance and direction, the mentors provide students with the opportunity to understand how what is learned in the classroom applies to the professional work environment," Lam-

bert said.

"I first received the email over the summer about the program to apply for it, and as I read the email I was thinking 'Wow this is probably a great opportunity to get ahead of everyone else that didn't get this opportunity,'" said Kyle McParland, a University of Delaware sophomore and mentee.

The mentors are all volunteers who see the program as a way to give back, and help those whose footsteps they once stood in.

"My interest is pretty much giving back to the community and providing that mentorship so that students can understand the actual work environment and how their skillsets at school apply," said Samuel Uagbor, an electronics engineer in CERDEC's Intelligence and Information Warfare Directorate. "

I never had the experience to actually meet somebody who works in the field, who works there now, talking to me, giving me one-on-one advice on how to do things. I think if I did I would have done things a little bit differently."

Ongoing mentorship

The official e-mentorship ends with the end of the school year, but mentors are

encouraged to keep the lines of communication open if the students need advice in the future.

"Honestly, I got into [the e-mentorship program] because one of my soapboxes happens to be women in engineering and science. There's not very many of us," said Amelia Fortmayer, an electronics engineer in CERDEC's Command, Power and Integration Directorate.

"It's sometimes a little different for you to be the only girl in the room, and I like to do programs like this so that I can talk to some of the girls that are in these programs and let them know that there are females in the field and that they're supported too."

Lambert said she hopes that the program will not only continue to build the relationship between the university and the Army, but also provide a connection to future employees.

"I think the greatest benefit for us is having access to the best and the brightest students in this area, or at least knowing that there are a pool of good candidates close to home," Lambert said. "We can meet them, give them some insight into what we do, how we do it, but we can also help develop them and help them get closer to being that perfect candidate when it's time to start hiring."

Benefits 'open season' begins Nov. 9

APG CPAC

Federal Employees Benefits Open Season will begin Nov. 9 and run through Dec. 14. During this time, federal employees can enroll in health benefits (FEHB), flexible spending accounts (FSA) and the federal employees dental and vision insurance program (FEDVIP).

Team APG will host two FEHB Health Fairs. The first will be held Thursday,

Nov. 19 at the APG South (Edgewood) recreation center, 9 a.m. to 1 p.m. The second will be held Tuesday, Nov. 24 at the APG North (Aberdeen) recreation center, 9 a.m. to 1 p.m. Health benefit carriers will be available to answer questions and provide 2016 health plan information during both health fairs.

A new change to FEHB in 2016 is the "SELF PLUS ONE" enrollment type.

The program will allow employees to cover themselves and one eligible family member. The definition of a family member has not changed.

To enroll in FEHB, use the Army Benefits Center – Civilian at <https://www.abc.army.mil> or call 1-877-276-9287.

To enroll in FEDVIP, use the BENFEDS portal at <https://www.benfeds.com> or call 1-877-888-3337.

All new changes to health benefits will be effective Jan. 10, 2016; new rates will be reflected on employees' Leave and Earnings Statements dated Feb. 4, 2016.

For more information related to federal employees benefits open season, contact Teri Wright at the APG Civilian Personnel Advisory Center at 410-278-4331 or teresa.l.wright28.civ@mail.mil.

ARL open campus hosts local industry, academia partners

Maj. Gen. John F. Wharton, RDECOM commanding general, addresses an overflow crowd at the Army Research Laboratory Open Campus Open House on Aberdeen Proving Ground, Nov. 3.

"By joining us, you are helping establish a global science and technology ecosystem where we form partnerships between industry, academia and government to develop new capabilities for our nation," Wharton said to the scientists, engineers and business people interested in ARL's second open campus location.

U.S. Army Photo



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

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); or OPM 630- B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell8.civ@mail.mil

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Yoo, Alexia D.

BY THE NUMB#RS

Veterans Day

Every year on Nov. 11 the nation honors the men and women who served in the U.S. armed forces. Here are a few fast facts about America's Veterans.

21.8 million

Number of Veterans in the U.S. as of 2014, according to the U.S. Census Bureau.

49,933

Estimated number of homeless Veterans on any given night, according to the U.S. Department of Housing and Urban Development.

152

Number of medical centers that are part of the Veterans Health Administration.

61

Years since the National Veterans Award was created. This award honors men and women who have furthered the interests of Veterans and veteran organizations throughout the country.

10

Percentage of Veterans who are women.

3

Number of states with a Veteran population totaling more than 1.5 million (California, Texas and Florida).

By RACHEL PONDER APG News

Source(s): www.history.com

<http://www.usnews.com/>

<http://www.va.gov/health/findcare.asp>

<http://nchv.org/>

<https://www.washingtonpost.com/>

APG civilian gives back to Veterans

By **YVONNE JOHNSON**
APG News

While most people go on vacation to relax and de-stress, an Aberdeen Proving Ground civilian recently returned from a trip to Kentucky more worn out than when he left and with cuts and scrapes but a warm heart to show for it.

Matt Aughey, a graphic designer in the Garrison Directorate of Family, Morale, Welfare and Recreation marketing division, participated in a multi-state project to clear donated land for a planned retreat for service members suffering from post-traumatic stress disorder.

The event was organized by Chive Maryland, of which Aughey is a member, and Active Heroes. Chive Charities champions the needs of service members, emergency responders and those with unusual diseases, and Active Heroes aids Veterans, active-duty military and their families with a focus on suicide prevention.

Aughey joined about 25 member-volunteers of the Maryland Chapter of The Chive who caravanned in cars for the 600-mile trip to the Louisville area. He said he had no plans for philanthropic ventures when he first happened on the Chive website, which features entertainment photography.

"I used to go to the site to kill time, but then I started noticing their charities and fundraisers," he said, adding that his interest was piqued when one of the site administrators requested volunteers through the organization's charitable site.

"Working for MWR I'm always seeing Soldiers and I'm aware of their needs," he said. "I'm supporting this as a way to give back directly. Even if I don't get to meet the people, I feel like it's an extension of what I do here."

Aughey said he was further inspired by the story of Taylor Morris, a Navy Explosive Ordnance Disposal technician who lost both arms and both legs to an improvised explosive device in Afghanistan. When contacted by Chive, Morris expressed his desire for a cabin near a lake. The organization set a goal of raising \$30,000 for a down payment, but in less than one day, realized \$250,000 in donations.

The Maryland group left Glen Burnie, Maryland, Thursday, Oct. 15 and arrived about nine hours later. The overgrown site, Aughey said, was purchased from a land owner who allowed dumping on the property. There also were several dilapidated buildings that needed clearing. The group spent three days clearing brush, chopping trees, cutting grass, removing barbed-wire fencing, clearing debris and trash and operating burn piles.



They worked eight to nine hours each day. In addition to helping clear the property, Aughey lent his photography skills to document the before and after effects of the chapter's work.

"We were all familiar with what was being planned in Kentucky but I didn't know there would be an opportunity to go there," Aughey said.

"We worked hard but we had down time too," he said. "I met a lot of new people who are friends now. Some of us got minor cuts and bruises but nothing serious. It just made us tighter. From here on out, we're family."

He said The Chive Facebook community of "like-minded individuals," known as "Chivers," consists of many veterans and emergency responders and their family members as well as individuals who just want to contribute.

"It's made up of people who recognize the sacrifices of our military and emergency responders," he said. "Even when it's for a two-time cancer survivor, when the opportunity comes up, we jump on board."

Aughey said interacting with Soldiers, many of whom are around his age, further inspires him.

"I see what they sacrifice for this country. I see the price they pay," he said. "I don't do this for a 'thank you,' I do this because we owe them that much."

For more information, visit <https://chivecharities.org>; <https://activeheroes.org>.



Courtesy photos

(Top) Members of the Maryland and Kentucky Chive communities, Active Heroes, and other charitable organizations, pose together after completing a land-clearing project for a planned Active Heroes Retreat for service members and veterans suffering from PTSD and their families near Louisville, Kentucky. Matt Aughey of MWR is reclining in front of the Maryland banner. (Above) Maryland Chiver Rob Blanton carries a log cut from deadfall during the project to clear property for a PTSD retreat. (Below, left) Group members fill a trailer with brush during one of the dozens of trips it took to clear brush, trash and debris from the property near Louisville, Kentucky.



Get Your Give Online

What's holding you back from giving online?

November 2-6, 2015

Make your **ONLINE** pledge before or during that week to be entered into the drawing to win various prizes!

Donating Online...



is secure



saves money



is eco-friendly

It's as easy as...

1

Go to www.cbacfc.org

2

Choose your contribution site: myPay - EEX - News

3

Make your donation and hit submit!



MARK YOUR CALENDAR

MORE ONLINE

More events can be seen at www.TeamAPG.com

events&town halls

FRIDAY NOVEMBER 6

MARINE CORPS BIRTHDAY LUNCHEON

The 6th Annual APG Marine Corps Birthday Luncheon will be held noon to 1:30 p.m. at Ruggles Golf Course. All active, retired and veteran Marines, Fleet Marine Force Corpsman, DOD civilians and contractors who work on APG, their families, supporters and survivors are invited to come celebrate the 240th Marine Corps birthday. The two entrée buffet costs \$20 per person and the ceremony begins at noon.

RSVP to Craig.Reeling@MarylandMarines.org, call 443-477-0670 or visit www.MarylandMarines.org. Once a Marine, always a Marine!

MONDAY NOVEMBER 9

INSTALLATION TOWN HALL

All Team APG personnel are invited to an Installation Town Hall at the APG South (Edgewood) Recreation Center Monday, Nov. 9 at 3:30 p.m.

APG Senior Mission Commander Maj. Gen. Bruce Crawford will host the town hall to address issues raised during a recent senior leader luncheon. The town hall will be immediately followed by an APG Social at the same location.

Questions may be submitted prior to the town hall by emailing usarmy.apg.imcom.mbx.apg-pao@mail.mil.

VETERANS DAY THUNDER RIDE & OBSERVANCE

Team APG will honor all past and current veterans with a Thunder Ride, starting at 9 a.m. at Ruggles Golf Course. The ride will visit the post cemetery and end at the post theater, at which time the annual Veterans Day Observance will begin at 11 a.m.

Both the Thunder Ride and annual observance are open to Team APG service members, civilians, families and veterans. The program is hosted by the U.S. Army Test and Evaluation Command.

For more information about the Thunder Ride, contact Sgt. 1st Class Roman J. Pilkington II at 410-278-1339 or roman.j.pilkington2@mail.mil.

For more information about the annual observance, contact Master Sgt. Linwood Parker at 443-861-9517 or linwood.parker@mail.mil.

TUESDAY NOVEMBER 10

WHY WE SERVE

Members of the Team APG community are invited to the 2nd "Why We Serve" event at the Myer Auditorium at 9:30 a.m. This year's theme is "Ready to Win, Accountable to the Nation."

This event will highlight the entire military and civilian audience re-taking their oaths of enlistment and office as a symbol of "Restoring our Commitment to the Profession."

Maj. Gen. Linda L. Singh, the Adjutant General of Maryland, is the keynote speaker and APG Senior Commander and CECOM Commanding General Maj. Gen. Bruce T. Crawford will be the opening speaker. The event will also have music entertainment.

An ongoing campaign, "Why We Serve" is about remembering the commitment we all made to serve in the most respected profession on Earth.

It is about pausing to reflect on who we are and what we stand for because that is what trusted professionals do.

THURSDAY NOVEMBER 12

AMERICAN EDUCATION WEEK OPEN HOUSE

Interested in pursuing or completing your degree? The APG Army Education Center will host an open house in observance of American Education Week, 10 a.m. to 2 p.m. in the first floor lobby of Bldg. 4305.

Representatives and information will be available from: University of Maryland University College; Harford County Community College, Central Michigan University, and Florida Institute of Technology.

For more information, contact Tressie Stout at 410-306-2042 or tressie.d.stout.civ@mail.mil.

meetings&conferences

TUESDAY NOVEMBER 17

HOT TOPIC TRAINING FORUM

DAU will host the Hot Topic Training Forum, "Additive Manufacturing: What it is and how it impacts aerospace, medical and defense industries," 11:30 a.m. to 1 p.m. at the APG DAU facility, 6175 Guardian Gateway on Aberdeen Proving Ground.

The forum will seek to define additive manufacturing and types of additive manufacturing processes. It will explore the state of additive manufacturing technology and discuss what it has to offer us in the future. Attendees can expect to discover the strengths and limitations of additive manufacturing and current happenings in the field today.

The presenter will be Mark Vitale, specialist leader, Deloitte Consulting LLP. Vitale has over 25 years of consulting and industry experience

assisting commercial sector and federal government clients across a wide range of initiatives including: operations strategy, additive manufacturing, maintenance operations, demand/supply planning, inventory management, distribution/logistics, sourcing/procurement, and performance based logistics.

Attendees can bring lunch to consume during the presentation.

This training forum provides 1.5 Continuous Learning Points. To register, contact Ben Metcalfe at benjamin.metcalfe@dau.mil or 410-272-9471 before Tuesday, Nov. 17.

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.

WEDNESDAY NOVEMBER 18

SMOKE OUT CYCLE EVENT

The APG Army Performance Triad initiative will host a Great American Smoke-out cycling event starting at noon at the APG North (Aberdeen) Exchange parking lot. Cyclists are asked to bring a small backpack and arrive 15 minutes early. Tobacco cessation information will be provided to riders, to distribute to designated smoke areas throughout the installation as part of the route.

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

THURSDAY NOVEMBER 19

HOLIDAY SPENDING INFO SESSION

The C4ISR Wellness Committee will host a Holiday Spending Info Session 11:30 a.m. to 12:30 p.m. in Bldg. 6001, second floor, room 224. Celebrating the Holidays doesn't have to mean going into debt. Recent surveys show that 37 percent of Americans finance their holiday giving with credit cards. This presentation provides more than 15 tips and ideas for avoiding debt and establishing a logical gift giving budget to avoid the regret of post-holiday debt.

The session is open to government civilians, contractors, and military. Non-C4ISR employees must register with a Visitor Request Form by Nov. 11. Please do not put your social security number on the form. Registered visitors should be in the lobby of Bldg. 6001 at 11:15am to be escorted to the training room. Contractors must not invoice government contracts for time spent at these activities.

For more information, contact Tiffany Grimes, CECOM G1, at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

health&resiliency

THURSDAY NOVEMBER 12

DIABETES & LUNG CANCER INFO SESSION

The C4ISR Wellness Committee will host a Diabetes and Lung Cancer Info Session 11:30 a.m. to 12:30 p.m. in the Myer Auditorium, Bldg. 6000. Representatives from the American Diabetes Association and Medstar Franklin Square Breast Center in Bel Air will give presentations on the signs, causes, treatments, and preventive measures, as well as healthy lifestyle, diet and exercise tips.

The session is open to government civilians, contractors, and military. Contractors must not invoice government contracts for time spent at these activities.

For more information, contact Tiffany Grimes, CECOM G1, at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

APG SOUTH (EDGEWOOD) DENTAL CLINIC CLOSED

The APG South (Edgewood) Dental Clinic will be closed Thursday, Nov. 12.

Questions should be directed to Spc. Tracy Glover at Tracy.S.Glover4.mil@mail.mil or 410-278-5843.

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:

- Nov. 14
- Dec. 12

For more information, contact Robin Bruns at 910-987-6764 or brunsrd@yahoo.com.

TUESDAY NOVEMBER 17

C4ISR SLIM DOWN CHALLENGE REGISTRATION DEADLINE

The C4ISR Wellness Committee will host the 2015-2016 APG C4ISR Slim Down Challenge beginning Dec. 1. Registration is open through Nov. 17.

This three-month Slim Down Challenge will be conducted in conjunction with the APG Installation Slim Down Challenge. During this challenge, participants will be taught healthy habits and receive nutritional tips, guides, motivation, and encouragement from nutrition and fitness professionals. Participants will also be offered mid-month check-ins in the CECOM Wellness Room by the APG Wellness Center, as well as lunch and learn classes based on the Five Pillars of Health to assist them with their new healthy lifestyle journey.

One new addition to this year's challenge will be 10-15 minute power packed empowerment interviews of wellness celebrities at each mandatory monthly weigh-in.

The C4ISR Slim Down Challenge is open only to C4ISR civilians, contractors and military personnel. The initial weigh-in will take place 11 a.m. to 1 p.m., Tuesday, Dec. 1 in Bldg. 6001, second floor, room 224.

Contact Tiffany Grimes, CECOM G1, at 443-861-7901 or tiffany.l.grimes.civ@mail.mil for the registration and participation documents.

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, tiffany.l.grimes.civ@mail.mil.

WEDNESDAY DECEMBER 9

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@mail.mil.

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.

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.

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.

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

THROUGH 2015 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.

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 web site at <https://apps.imcom.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: Nov. 12; and 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: Nov. 12 and 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.

SSCF visits logistics, training sites

Defense Acquisition University

The Aberdeen Proving Ground Senior Service College Fellows, accompanied by SSCF Director James Oman, visited the U.S. Marine Corps Logistics Base in Barstow, California, and the National Training Center at Fort Irwin, California, Oct. 20-22.

According to Oman, the trip began at Logistics Base Barstow, Oct. 20, where fellows learned of the base's railhead, a type of train depot where supplies converge for distribution.

"The railhead supervisor discussed the role of the Movement Control Center, railhead operations, and how it supports the vehicular movement of the units participating in rotations at the National Training Center in nearby Fort Irwin," Oman said.

The fellows also visited the Fleet Support Division, where they learned about vehicular fleet preservation efforts and the management and disposition of entire families of vehicles across all services. They also toured the Production Plant Barstow-Marine Depot Maintenance Command where the plant manager shared how the depot supports the warfighter. During the tour, fellows observed work being conducted on the plant line.

On Oct. 21, the fellows visited the National Training Center at Fort Irwin, one of the Army's "dirt" combat training centers. According to Oman, the NTC visit provided the fellows "with first-hand exposure to the latest technological advances in training."

"[The visit] enabled them to observe the vital role that the NTC plays in preparing individuals, leaders and units for combat deployments," he said.

While at the NTC, fellows learned about the Leader's Training Program, visited the 916th Sustainment Brigade and the Logistics Support Operation Center. They also stopped at the National Urban Warfare Center, where Oman



Fellows from the APG Senior Service College Fellowship Program Class of 2016, front row from left, Patrick Morse, Wing Young, Melanie Loncarich, and Willie Jackson, and back row, from left, Nick Saacks, Shauna Dover, Ben Pryor, Dan Schwartz and SSCF Director Jim Oman stand before the Painted Rocks, located near the entrance to the National Training Center at Fort Irwin, California during a visit to the NTC, Oct. 22.

Photo by Wing Young

said they received a "sights and smells" demonstration, learned about the instrumentation found within the village, and maneuvered from one building to another using tunnels routinely used by the opposing forces.

On the final day of the visit, fellows toured the Division Tactical Operations Center, where they observed the key roles of each staff section and learned about the center's ongoing rotational exercise.

"Afterwards, the fellows donned their helmets and body armor and loaded up into four High Mobility Multipurpose Wheeled Vehicles (HMMWVs) for an hour plus drive through the "maneuver box" to reach the 1st Brigade "Iron Horse" 1st Cavalry Division's Tactical

Operation Center," Oman said.

At the "Iron Horse" TOC, APG fellows met with numerous observer controller trainers and learned about their many faceted roles and responsibilities. They also met with the "Iron Horse" executive officer, who provided a synopsis of ongoing actions occurring within the brigade.

"The joint visit to the Marine Corps Logistics Base Barstow and the NTC provided an exceptional and unique opportunity for the fellows to view and consider the many leadership challenges faced by the Army's and Marine Corps' leaders as they collectively prepare and support their respective services to defend our national interests," Oman said.

Senior Service College Fellowship Program

The SSCFP is a nationally-recognized, Army-sponsored program designed to develop strong, effective senior leaders for the Department of Defense Acquisition community. SSCFP announcement, call for applications for selection/attendance to attend the class of 2016-17, which starts on July 25, 2016, is expected to run from Dec. 2, 2015 through March 9, 2016.

Program announcement information will be posted on US Army Acquisition Support Center website at <http://asc.army.mil/web/>. For more information, visit the DAU website at www.dau.mil/sscf/Pages/apg.aspx or contact James Oman at james.oman@dau.mil or 410-272-9470.

How are we doing? E-mail comments and suggestions for the APG News to usarmy.apg.imcom.mbx.apg-pao@mail.mil

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.

WellBeats system offers fitness classes on-demand at rec. center

This is an amazing piece of equipment, especially if you do not have time to go to classes when they are offered at the gym

Gwyn Dolzine

Morale, Welfare and Recreation
supervisory sports specialist

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

Members of the APG community can now work out at their own pace using the WellBeats digital fitness system at the APG North (Aberdeen) recreation center.

WellBeats fitness programs include yoga, step aerobics, kickboxing, taekwondo and dance. Classes are available at beginner, intermediate and advanced levels and run in 20, 30, 45 and 60 minute increments. Patrons select a fitness program and level on a touch-screen kiosk, and then a virtual group fitness class is projected on a large screen.

Gwyn Dolzine, Morale, Welfare and Recreation supervisory sports specialist, said WellBeats is available free for all MWR patrons and it will not replace the live group fitness classes currently offered through MWR.

"This is an amazing piece of equipment, especially if you do not have time to go to classes when they are offered at the gym," Dolzine said. "WellBeats just gives you more choices."

She added that WellBeats is a good alternative for patrons who want to exercise with friends and family in a relaxed, small group setting. Up to six people can participate in a class and patrons can schedule sessions in advance.

Dolzine said WellBeats is currently offered at many military installations as well as in private companies,



Military spouse Jill Bobb follows through a left hook punch during a WellBeats virtual kickboxing class called "TKO." WellBeats is a new digital fitness system at the APG North (Aberdeen) recreation center.

schools, recreation centers and health clubs nationwide. The variety of content and convenience makes WellBeats a popular option, she said.

For example, the fitness programs are tailored for different age groups. The "MOVE ME!" program features high-energy, interactive classes for children. WellBeats calls these classes "fitness in disguise."

At the other end of the spectrum, the "Silver &Fit" channel is designed for older adults who are starting or return-

ing to an exercise routine. According to WellBeats, "this is a gentler, slower workout, with seated exercise options."

Deborah Bauerle, the spouse of a military retiree, said that she plans to use WellBeats with family and friends.

"I definitely want to use it," she said. "There is more space to move here."

Cindy Sepulveda, a civilian retiree, said she is excited to incorporate WellBeats into her exercise routine.

"It is easy to use, very self-explanatory," she said.

The WellBeats digital fitness system is located in the APG North Recreation Center, Bldg. 3326, room 105. The recreation center is open Monday-Friday, 8 a.m. to 7 p.m. and Saturday 9 a.m. to 2 p.m. For more information or to schedule a session, contact the Athletic Center at 410-278-7933/7934 or the Recreation Center at 410-278-2621. For more information about fitness classes visit <http://www.apgmwr.com/recreation-and-sports/sports-fitness/fitness-classes>.



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



ALL THINGS MARYLAND

The National Aquarium

Home of diverse aquatic treasures

By **RACHEL PONDER**
APG News

As the weather turns colder, take a tropical getaway without leaving the state by visiting the National Aquarium, located in the Baltimore Inner Harbor.

The National Aquarium opened to the public in 1981 and attracts more than 1.4 million visitors annually. Covering more than 250,000 square feet, the National Aquarium is home to more than 17,000 animals from more than 750 species of fish, birds, amphibians, reptiles and mammals.

The aquarium's collection is diverse, ranging from animals that are native to Maryland to rare animals that live in tropical rain forests.

The newest exhibit, "Living Seashore," replicates the beaches and waters of the Mid-Atlantic seashore and features two touch pools and a variety of hands-on experiences, inviting patrons to get their hands wet. Animals in the "Living Seashore" include stingrays, horseshoe crabs, sea stars and moon jellies, a species of jellyfish.

Another highlight is the "Blacktip Reef" exhibit, which replicates an Indo-Pacific reef, and was recognized for Significant Achievement in Exhibit Design by the Association of Zoos & Aquariums (AZA). This exhibit features multi-level tanks filled with colorful tropical fish, a school of blacktip reef sharks and a 500-pound green sea turtle named "Calypso." The exhibit includes free, live presentations that are broadcast on the National Aquarium website every Tuesday and Thursday at 2:30 p.m.

The "Australia: Wild Extremes" exhibit represents a northern Australia river gorge, and includes freshwater crocodiles, turtles, fish, snakes, lizards, birds and flying foxes. Visitors can glimpse the laughing kookaburra, a bird that is Australia's national symbol, and is known for its laugh-like call.

Visitors also have the opportunity to observe a colony of eight Atlantic bottlenose dolphins and talk to marine mammal specialists at the "Dolphin Discovery" exhibit.

The aquarium hosts a variety of daily interactive events and activities. They include the "Animal Encounter" experience, which offers a closer look at the exotic animals that are part of the aquarium's collection. Visitors can download the free National Aquarium mobile app for Apple and Android devices to learn more about the daily schedule of events.

The National Aquarium is located at 501 East Pratt Street. November hours are Monday-Thursday, 10 a.m. to 4 p.m., Friday, 10 a.m. to 8 p.m. and Saturday-Sunday, 10 a.m. to 5 p.m.

The APG MWR Leisure Travel ticket office offers discount tickets to the National Aquarium for eligible MWR patrons; tickets for adults are \$32, tickets for children, ages 3-11, are \$21 and tickets for active-duty military are \$30.

At the aquarium's box office, tickets are \$39.95 for adults, \$36.95 for seniors, ages 65 and older, and \$24.95 for children, ages 3 to 11. Children under 3 receive free admission. On Fridays, admission to the aquarium is half-price after 5 p.m.

To learn more about the National Aquarium and to purchase tickets, visit <http://www.aqua.org/>.

(Clockwise, from top)

- The National Aquarium is located in the heart of Baltimore's Inner Harbor. More than 1.4 million people visit a year
- Seahorses swim upright and are known for their prehensile tails
- An Atlantic bottlenose dolphin plays with an inflatable toy
- A golden lion tamarin, a small tree-dwelling monkey, is known for its thick lion-like mane
- The yellow tang, left, and the Banggai cardinalfish, right, are part of the "Pacific Coral Reef" exhibit
- A visitor touches a moon jelly at the new "Living Seashore" exhibit
- A diver, left, observes a 500-pound green sea turtle called "Calypso."



Courtesy photo



Courtesy photo



Photo by Molly Blossie



Courtesy photo



Photo by Molly Blossie



Photo by Molly Blossie



Photo by Molly Blossie

MORALE, WELFARE & RECREATION



Upcoming Activities

LEISURE & TRAVEL 2015 HOLIDAY BAZAAR NOV. 18

APG MWR Leisure Travel will host a Holiday Bazaar at the APG North (Aberdeen) recreation center, 10 a.m. to 2 p.m., featuring a variety of vendors selling everything from home décor and jewelry to baked goods and much more. The event will also feature music and door prizes.

For more information, contact MWR Leisure Travel at 410-278-4011/4907 or usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel

NEW YORK CITY BUS TRIP DEC. 5

The Civilian Welfare Fund will sponsor a holiday bus trip to New York City Saturday, Dec. 5. The cost of \$48 per person includes roundtrip coach bus service to and from the Big Apple. Explore New York on your own or see a show. The bus will leave the APG North (Aberdeen) post theater at 6 a.m. and the Beards Hill Plaza at 6:10 a.m. Return trip leaves New York at 5:45 p.m. with a scheduled arrival back at APG around 9:30 p.m.

For reservations, call Patti Harkins at 410-436-4467.

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 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.

CHILD & YOUTH SERVICES CYSS QUARTERLY PARENT ADVISORY BOARD MEETING NOV. 18

CYSS has established a Parent Advisory

Board (PAB) that represents all CYSS programs. Parents or guardians are encouraged to attend the next quarterly meeting, scheduled for 11:30 a.m. to 12:30 p.m. at the APG South (Edgewood) youth center, Bldg. E1902, if they have a child currently enrolled in any program offered by CYSS.

Any CYSS family who has a child enrolled in a full-time CYSS program will receive two parent participation points for their attendance. Patrons are free to bring their own lunch, if desired.

For more information, contact Myria Figueroa at myria.i.figueroa.naf@mail.mil or 410-278-2572.

CIZE LIVE TUESDAYS, THROUGH NOV. 24

CIZE™ LIVE is professional dance for everyday people. Learn the hottest professionally-choreographed dance routines, step by step. From your first class, you'll be bustin' out moves you can take anywhere! It's so much fun, so exciting, you'll forget you're actually working out.

Class will be held at the APG North (Aberdeen) youth center, Bldg. 2522, from 6 to 7 p.m. each Tuesday through Nov. 24. Open to children ages 7 and up, the cost is \$49 for the seven-week session, or at an \$8 drop-in rate for CYSS members.

To register, call 410-278-7571/7479.

LET'S COOK NOV. 14 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 or call 410-278-4589.

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 attending 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, sci-

ence & 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.

SPORTS & RECREATION VETERANS DAY SCRAMBLE NOV. 11

Ruggles Golf Course will host a Veterans Day 4-person scramble golf tournament. Registration begins 8:30 a.m. with a 10 a.m. shotgun start. There will be special contests for all veterans and prizes for the low veteran's teams. Cost is \$60 for a regular patron, \$45 for an annual patron. Lunch and awards will follow the tournament.

For more information, or to register, call the Ruggles Pro Shop at 410-278-4794.

2015 DEMO CLUB SALE NOV. 13 - DEC. 23

Ruggles golf shop is now selling 2015 Demo Clubs. Stop by to see the inventory and great savings on Callaway, Taylor Made, Titlesit 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.

SUTHERLAND GRILLE TO CLOSE FOR SEASON NOV. 23 - APRIL 4

The Sutherland Grille at Ruggles Golf Course will close for lunch service for the winter season Nov. 23 and reopen April 4. During this time, the grille will open for meetings and special events.

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

HOLIDAY SEASON AT RUGGLES DEC. 1 - 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.

ARMY COMMUNITY SERVICE APPLYING FOR FEDERAL EMPLOYMENT NOV. 9

ACS will host an "Applying for Federal Employment" workshop, exploring the 10

steps to federal employment. Seating is limited to 30 individuals. Participants are encouraged to bring their lunch.

Registration is required. Visit www.mwejobs.maryland.gov; create a user account; go to events calendar on left-hand side; move forward to appropriate date; click on "APG How to Apply for Federal Jobs"; Click register.

IDENTITY THEFT DEC. 3

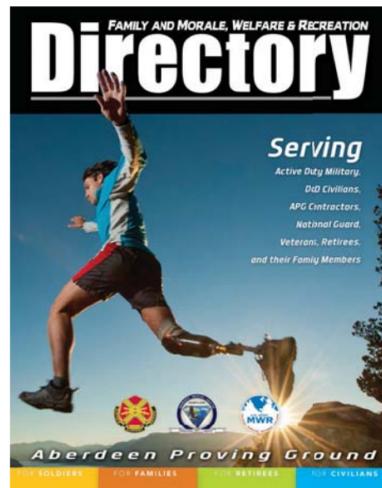
ACS will host a course discussing what ID theft is, how thieves steal your ID, and what you can do to deter, detect and defend against identity theft, 11:30 a.m. to 12:30 p.m., at Bldg. 2503. The class will also explain the different classifications of ID theft and how you can safeguard your information.

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

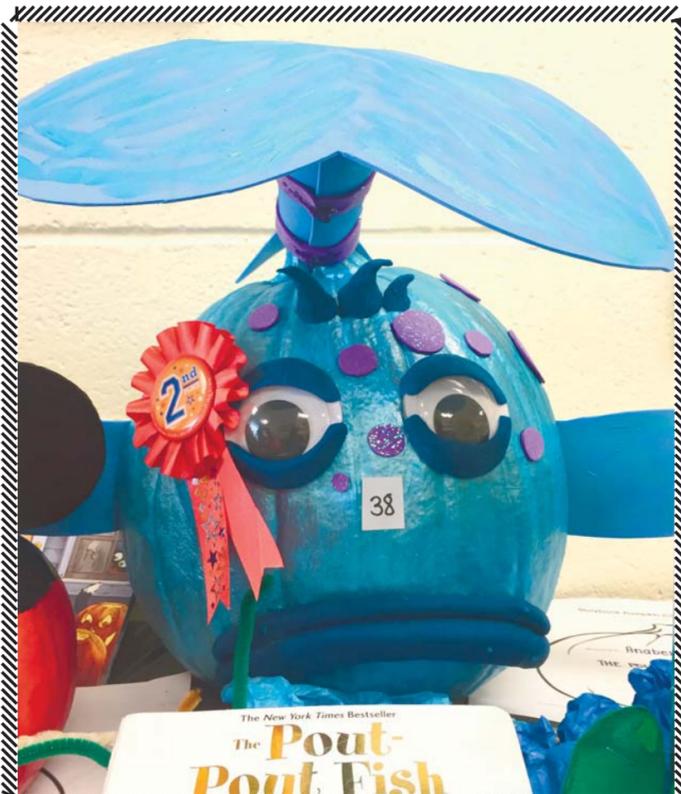
CREDIT FINESSE DEC. 10

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 and downloading the FMWR Directory.



CDC hosts storybook pumpkin contest

The APG North (Aberdeen) Child Development Center hosted a Storybook Pumpkin Contest last month. Children, families, and center staff decorated pumpkins to look like their favorite storybook characters.

The top three pumpkins were chosen by popular vote among 43 entries.

- 1st place – “Peppa Pig” created by Henry Monks.
- 2nd place – “The Pout Pout Fish” created by Anabelle Rider
- 3rd place – “The Old Lady Who Swallowed a Bat” created by Camden White

All 43 pumpkins were on display in the CDC as festive seasonal decorations.

Courtesy photos

Raking leaves protects water resources

DPW Water Team

As summer has ended and we move quickly through the fall season, the falling leaves remind us of some of the traditional duties that accompany the change of seasons: winterizing building structures, harvesting the last of our fruits and vegetables from our gardens, and carving jack-o-lanterns are all very familiar chores on the list of autumn fun. However, raking leaves is probably the task most associated with autumn yard work.

We tend to forget that though the changing leaves are beautiful, improper collection and disposal of leaves can pose a threat to water quality and the environment. Proper disposal of raked leaves provides us an opportunity to insure that we are doing our best to protect our water resources.

When leaves, branches and yard clippings are raked into the streets they can obstruct stormwater inlets and cause flooding which can lead to erosion and property damage. Additionally, if the leaves and other organic material are discharged through the stormwater system into streams, rivers, and the Chesapeake Bay they contribute unwanted nutrients to the environment. This extra nutrient loading of the environment can lead to an increased growth of algae and microbes that are harmful to aquatic plants and wildlife.

Fortunately, proper management



Courtesy Photo

and disposal of leaves is easy; it just requires a bit of forethought. Follow any of the suggestions provided below for proper management and disposal of fallen leaves.

Rake It

Ideally, disposal of leaves on your property is easiest and most efficient. If this is not possible, check with your local government for public leaf collection and disposal. Some municipalities have leaf pick-up programs where leaves can be piled at the curb or bagged for pick-up by the city or county. Other

cities may have public composting or mulching programs available. Piles should not be placed directly in the street unless pick-up is the same day. In any case, make sure that you follow the requirements and pick-up schedule.

In Harford County, leaves can be dropped off at the Harford Waste Disposal Center in Street or at the Tollgate Road Site in Bel Air. For more information, visit www.harfordcountymd.gov. In Cecil County, yard waste can be dropped off at the Cecil County Central Landfill in Elkton, or the Stemmers Run Transfer Station in Earleville, at a

cost of \$3 per vehicle. For more information, visit www.ccgov.org.

Compost It

If you have a compost pile at home, leaves can be added along with disposables from your kitchen. Leaves may also be placed directly on your garden beds and used as an inexpensive source of fertilizer. The same nutrient rich source that we want to avoid placing in the bay, can do wonders for plants at home, and is one of the most natural forms of recycling. Remember, a healthy compost pile should have two-thirds brown material (leaves) to one-third green material (grass-clippings, kitchen-scrap) for a good balance of nutrients.

Mulch It

If your town or county does not have a public service, you may want to consider mulching your leaves and rakings at home. Leaves can be mowed and mulched in place and left on the lawn. The leaves will decompose and provide nutrients directly to the grass on your lawn. You can also collect the mulched leaves in to a separate compost pile so that it can slowly decompose. This collected “brown” material can then be used to mix with your “green” material, mentioned in the compost section above, to maintain a proper nutrient balance in your primary composting pile.

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



Tell them you saw it in the APG News

Proper hygiene prevents spread of illnesses

Centers for Disease Control and Prevention

As soon as the colder weather of fall and winter seasons arrives, so does the season of the sniffles. Spending more time indoors often means the spread of many viruses and infections. Practice good hygiene, cover your cough and stay home when you're sick to prevent the spread of disease.

Check out these tips from the Centers for Disease Control and Prevention (CDC) for avoiding the flu and using proper hand washing techniques.

Avoiding the flu

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated

Proper Hand Washing Steps

- ☞ **Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.**
- ☞ **Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.**
- ☞ **Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.**
- ☞ **Rinse your hands well under clean, running water.**
- ☞ **Dry your hands using a clean towel or air dry them.**



with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Preventing the spread of other germs and illnesses

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many conditions are spread by not washing hands with soap and clean, running water.

If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol to clean hands.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing

- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How should you wash your hands?

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

What about hand sanitizer?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

For more information about preventing the spread of the flu and other illnesses and proper hand washing, visit www.cdc.gov.

TRADOC opens app store for mobile devices

Story and photo by
C. TODD LOPEZ
Army News Service

The Army's Training and Doctrine Command, or TRADOC, has stood up its own online app store to bring the command's body of knowledge to Soldiers where they are most likely to ingest it: online and on the move.

"Most Soldiers have a mobile device of some sort: a cell phone, a tablet, or something," said Lt. Col. Joseph A. Harris Jr., TRADOC capability manager for mobile learning, or TCM-M.

"They are using those devices every day to get the information they need. And usually, that's through a mobile app of some sort. What we are trying to do is ensure that we use what they are using already in order to get the information to them. We have a digital Army, and Soldiers have that digital mindset - and we are just capitalizing on that," Harris said.

One of the things the newly-created TCM-M did was to create the "TRADOC Application Gateway," or "TAG," which will host unclassified, "non-for official-use-only" apps and interactive digital publications.

To access the app store, Soldiers can point their mobile devices to www.adtdl.army.mil, and log in to the site with just their Army Knowledge Online login name and password. Soldiers can, but don't need to, use a common access card to access the site.

Right now the TAG hosts only a small handful of the TRADOC-produced apps that are available elsewhere in commercial app stores, Harris said. Titles on an

Android app store, for instance, include "DFAS Info2Go," "GoArmyEd," "Performance Triad," and "Army Comprehensive Doctrine." There are many others on other commercial app stores.

Matthew MacLaughlin Jr., TCM-M's senior mobile instructional design specialist, said that the few apps up now on the TAG are part of the evaluation for the site. By January, he said, they expect to make available on the TAG from 100 to 150 apps that support three mobile platforms.

For development of new applications to meet the needs of Army organizations, MacLaughlin said he has a team of six developers at TCM-M that can do in-house development for Android, iPhone and Windows Phone.

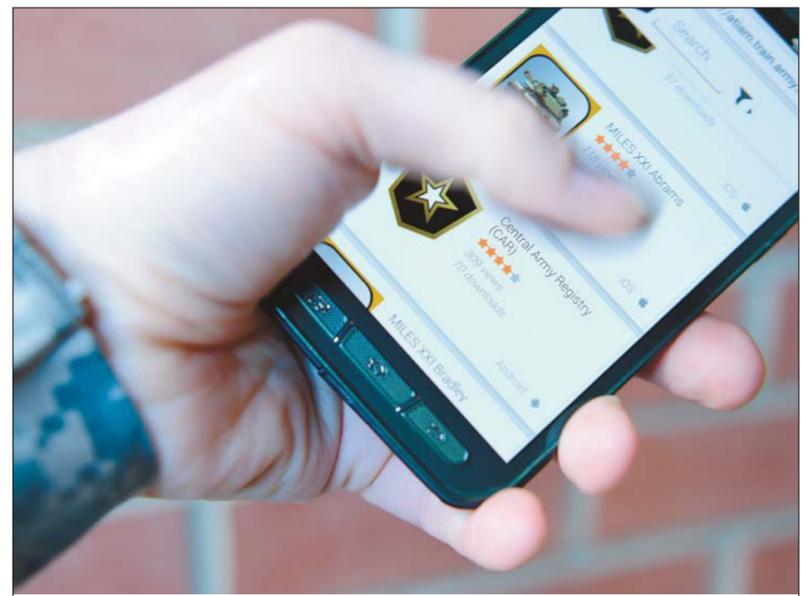
"Anybody can request an app," he said, or they can develop their own app. "We want to empower them and give them guidance on how to build their mobile applications correctly."

In the future, MacLaughlin said, he sees teams of developers going to locations throughout the Army to train mobile app developers on-site. In that way, a proponent Army organization can learn to develop its own apps to support their own mission.

"They won't have to go through us to create that mobile app. They will create it there, or as much as they can, and that can shorten the development timeline," MacLaughlin said.

Before any app can make it to the TAG, it must first pass at least two forms of verification, said Brian Robertson, program integrator, TCM-M.

Apps must be shown to be safe from



The Army's Training and Doctrine Command has stood up its own online app store to bring the command's body of knowledge to Soldiers where they are most likely to ingest it: online and on the move.

malicious code, to make sure they don't damage the Army network where they will be hosted or the phones of the Soldiers who will install them, Robertson said.

Additionally, he said, proponent organizations for the apps must review the app to ensure that it contains accurate and up-to-date information.

Robertson said he expects the TAG will cover mostly learning software, and that the TAG will in the future likely be part of a larger "Army software market-

place" that might also host apps with tactical applications.

He said already Army organizations that are independently hosting their own apps are asking that they be transferred to the TAG.

Harris said for organizations considering transferring their own apps to the TAG, "they won't lose ownership of their apps. They'll be hosted on the TAG, but they will still own and get the credit for them."



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

THIS WEEK IN APG HISTORY

APG NEWS

Published in the interest of the people of Aberdeen Proving Ground

BULK RATE
U.S. POSTAGE
PAID
Havre de Grace, Md.
21078
Permit No. 24

Vol. 42, No. 14 • April 8, 1999

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

By YVONNE JOHNSON, APG News

2015
2010
2000
1990
1980
1970
1960
1950

10 Years Ago: Nov. 3, 2005

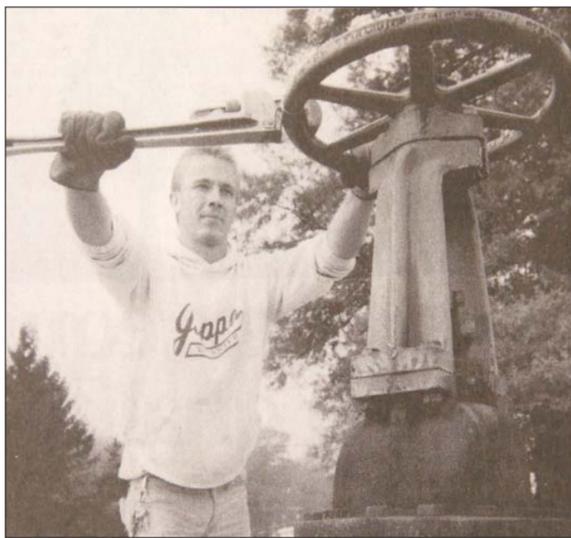


(Above) APG Garrison Commander Col. John T. Wright extinguishes a kitchen fire during the installation Community Awareness Day.



(Right) Capt. Scott Willens of the U.S. Army Center for Health Promotion and Preventive Medicine performs during the Military Idol national finals at Fort Gordon, Georgia.

25 Years Ago: Oct. 31, 1990



(Left) Tom Hott of the Heating, Ventilation and Air Conditioning Branch of the Directorate of Engineering and Logistics Operations maintenance division, opens a vent that sends steam to the Edgewood Area of APG.



(Right) Combined Federal Campaign chairperson Carl Corrigio, left, and campaign assistant Robin Hoory, right, put the finishing touches on a CFC display in Bldg. 310.

50 Years Ago: Nov. 4, 1965



(Left) Maryland Senator Daniel B. Brewster, left, greets Pvt. James L. Thompson, an APG clerk who worked at Brewster's farm before he joined the Army, during the senator's tour of the U.S. Army Ordnance Center and School.



(Right) A 1965 Plymouth Barracuda does a 360 maneuver around traffic cones during the Swan Creek Sports Car Club gymkhana [timed automotive obstacle course] competition.

Drivers, stay alert for deer during fall

By **RON KRAVITZ**
APG Safety Office

Compared to its land area, Aberdeen Proving Ground has a large deer population. At last count, there were roughly 5,500. As a result, the installation averages 28 car accidents involving deer each year.

Most people do not pay much attention to the deer crossing warning signs on the side of the road, but statistics say they should. According to the National Highway Traffic Safety Administration, auto deer collisions are responsible for around 150 deaths each year. Not only that, they also cause over \$1 billion in damage.

With adult deer weighing an average 250 pounds, the potential for disaster to drivers should come as no surprise. An ever increasing deer population means drivers and animals alike will be at risk in the foreseeable future. It's estimated that there are over 30 million deer currently in the United States and 280,000 in Maryland, a number that is certain to rise.

Since the mating season has started, one can expect to see many more deer darting across the roadways.

Often, people ask for more "deer crossing" signs to be posted. Signs are already posted in areas where deer are noted to most often cross roadways, and deer crossing signs only alert the driver who pays attention.

There is the "viral" story of a woman who called 9-1-1 to ask the police if they could move the deer crossing signs near her house to another area. When asked why, she said it was a busy road and too many deer were being struck by cars. She requested to move the sign to a less busy area so the deer could cross the road safely. If only deer could read.

APG has an active deer population that increases every spring when new fawns are born. Deer activity varies, depending on the time of year.

Deer behavior erratic during fall

As the area is now deeply rooted into the fall season, this time of year brings a large change in the whitetail deer's behavior. The laziness of spring and summer is gone, replaced by the frenzy of the mating season. The mature buck becomes aggressive and roams widely in search of female companionship. This is called the "rutting season."

The rut, or the whitetail's breeding season, occurs in the fall from late September through February, with a peak in November. The time before mating, or the



early pre-rut, is characterized by groups of does, bucks and fawns grazing together. As late summer turns into early fall bucks will turn their mind to two things: mating a doe and eating for energy in order to breed. They seek out foods rich in carbohydrates such as acorns, beechnuts, pecans, apples and other soft and hard mast; in addition to crops to help pack on fat that carry deer through the rut and winter.

Bucks must eat to store energy for the stresses of breeding. During breeding season bucks will often throw caution to the wind for a doe. Sightings will increase and the doe will run from the buck without paying the slightest attention where she's going. The chase before mating is often when deer car collisions occur. After mating, a buck may graze with a doe for a while before darting off to find another mate. The rut leaves a buck frail and tired. Sometimes a dominant buck is so weak that he can barely survive the winter. This gives younger bucks a chance to breed doe that come into late estrus, (also known as heat) in December.

Deer feel effects of winter weather

The effects of winter on deer are much greater in the northern states than other parts of the country.

In order to escape the cold and snow, some deer migrate 50 miles or more to suitable winter range. Food supplies are often scarce. Deer survive on whatever twigs or brush they can find. Some older bucks, worn out from the rut, may die. Doe and fawns may perish from malnutrition or predation.

The survival of a deer depends primarily on how well it prepared during the

other three seasons. One good thing: The metabolism of whitetails slows down in the winter, so the animals don't have to eat as much to keep their bodies going.

During winter, bucks once again form social groups. Younger deer learn how to survive the harsh conditions from the older deer in the herd.

The struggle for survival forces many deer to congregate in one area, called a "deer yard". A yard is located where there is some food around, and where the temperature is relatively warm—for example on a south-facing slope. Regardless of social grouping, deer congregate in a yard. Here, fights can break out over the tiniest morsel of food. Fawns usually suffer. They can't reach food on high branches, and bigger, older deer bully them. Deer are frequently injured in the winter. They slip on ice. Predators force deer onto frozen lakes, where they are easy targets.

The installation allows bow, shotgun and black powder hunting in season, to try and keep the deer population down.

Avoiding deer/vehicle collisions

Defensive driving tips to avoid hitting a deer.

- Deer aren't just found on rural roads near wooded areas. Many deer crashes occur on busy highways near cities.

- Deer are unpredictable, especially when faced with glaring headlights, blowing horns and fast-moving vehicles. They often dart into traffic.

- Be especially attentive from sunset to midnight and during the hours shortly before and after sunrise. These are the highest risk times for deer-vehicle collisions.

- Drive with caution when moving through deer-crossing zones, in areas known to have a large deer population and in areas where roads divide agricultural fields from forestland. Deer seldom run alone. If you see one deer, you can bet others will be nearby.

- Actively scan the sides of the road as you drive.

- Whenever possible, use your high-beams when driving in areas with wildlife. Not only will they provide the light necessarily to see the road, but they can also help illuminate a deer's eyes from afar, giving you proper warning. Flashing your lights at other drivers can alert them to a deer's presence, but do so with caution, so not to distract them.

- If you see deer slow down and blow your horn with one long blast to frighten the deer away.

- Always wear your seat belt. Most people injured in car/deer crashes were not.

- Do not rely on devices such as deer whistles, and reflectors to deter deer. These devices have not been proven to reduce deer-vehicle collisions.

- If you do come across a deer, firmly apply your brakes, try not to slam them on or swerve into another lane. While deer collisions are extremely dangerous, drivers losing control of their car to avoid them can be just as or more deadly.

- Finally, always keep an eye on the vehicles in front of you. Be prepared to stop suddenly, as there's no telling when a herd may decide to cross, forcing the drivers in front of you to slam on their brakes.

If your vehicle strikes a deer, do not touch the animal. A frightened and wounded deer can hurt you or further injure itself. The best procedure is to get your car off the road, if possible, and call the police.

Contact your insurance agent or company representative to report any damage to your car. Collision with an animal is covered under the comprehensive portion of your auto insurance policy.

The deer on APG have few predators so they proliferate. This adds to the problem of the deer-meets-vehicle problem. As most have noticed it is not only an APG problem but county wide. Deer are frequently seen at all times of the day.

The bottom line is, whether on Aberdeen, Edgewood or on the highways; even in the neighborhood you live, there is the possibility of a collision with a deer.

All employees must schedule "use or lose" leave by Nov. 28, 2015.

Civilian Personnel Advisory Center

The deadline for scheduling excess, or "use or lose" leave is fast approaching. The current leave year ends for most APG employees on Saturday, Jan. 9, 2016. All excess leave must be scheduled and approved prior to the beginning of the third pay period, prior to the end of the leave year. Employees subject to excess leave carryover should be aware that the deadline for scheduling excess leave is Saturday, Nov. 28.

Excess leave restoration

There is a two-step process for having excess leave restored which cannot be used due to a work exigency. Commanders/directors are responsible for approving exigencies within their organizations. In this capacity, commanders/directors should only approve exigencies for rare circumstances. This expectation applies to all employees regardless of grade. Diligence must be used to ensure that all supervisors are working with their employees to properly schedule and use their excess leave.

However, if a supervisor confirms an exigency which prevents an employee from using his/her excess leave before the end of the leave year (Jan. 9, 2016), the supervisor will need to document the exigency by Nov. 28 for each employee affected. Then, after the leave year has concluded (after Jan. 11, 2016), the employee should coordinate the supervisor's exigency confirmation documentation with the servicing Customer Service Representative (CSR) to get his/her excess leave restored.

If management becomes aware of an exigency after the Nov. 28 deadline for scheduling excess leave, which prevents an employee from using scheduled and approved excess leave for which the supervisor and employee arranged prior to the deadline, the supervisor must document the exigency which prevented the employee from taking his/her scheduled excess leave. Then, after the leave year has concluded (Jan. 9, 2016), the employee should coordinate the supervisor's exigency confirmation documentation and the documentation showing that the employee and supervisor had scheduled excess leave to be taken prior to the Nov. 28 deadline with their servicing (CSR) to get his/her excess leave restored.

If sickness prevents an employee from taking his/her scheduled excess leave (leave that was arranged between the employee and supervisor before Nov. 28), the time is eligible to be restored. In this situation, the supervisor should document that it was planned for the employee to use his/her excess leave before the end of the leave year, but the employee could not use the excess leave as a result of sickness. Then, after the leave year has concluded (after Jan. 9, 2016), the employee should coordinate the supervisor's documentation with their servicing CSR to get his/her excess leave restored.

If employees have excess leave and do not follow the procedures mentioned in paragraphs 2, 3 and 4 of this notice, they risk losing their excess leave without an option to restore it.

Voluntary Leave Transfer Program

The Voluntary Leave Transfer Program (VLTP) offers a viable alternative for those individuals who wish to donate their excess annual leave to eligible federal employees. Federal employees who receive VLTP donations are able to remain in a pay status after they have depleted their annual leave and sick leave, while recovering from a health ailment or in working to try and get an eligible family member well.

To make a donation, individuals must complete either an OPM 630-A (inside the agency) or an OPM 630-B (outside the agency). Donations for the end of the year must be submitted to Sue Campbell, VLTP Coordinator no later than Jan. 6, 2016.

For more information about the Voluntary Leave Transfer Program, contact Sue Campbell at 410-306-0266.

NOVEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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!



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Follow us on twitter

<https://twitter.com/USAGAPG>



APG commends CECOM retirees

By **STACY SMITH**
APG News

Two members of the U.S. Army Communications-Electronics Command (CECOM) were commended for exceptional careers during an installation Retirement Ceremony at the Ball Conference Center on APG North (Aberdeen) Oct. 29.

Col. John V. Teyhen III, deputy director, Army Public Health Center (Provisional) presided over the ceremony and presented awards to honorees Joseph W. Fisher and 1st Sgt. Marlon D. Ames. Teyhen hailed the retirees, whose combined service totals more than 50 years, as exemplars of strong leadership in their respective fields.

“For the longest time my leadership philosophy has been 10 words: accomplish the mission, take care of people, and have fun,” Teyhen said. “When I look back at your [the retirees] bios and in talking to your families, I think you guys have checked all those boxes.”

He discussed the retirees’ individual

accomplishments and offered his personal thoughts about retirement.

“When I think about it, it’s bitter-sweet,” Teyhen said. “You’re leaving and you’re going on to that next life, but you’ll miss the Army.”

Joseph W. Fisher

Fisher was awarded the Department of the Army certificates of appreciation retirement, each signed by APG Senior Commander Maj. Gen. Bruce T. Crawford.

Fisher culminated his federal career as the chief of the Communications Division at the CECOM Life Cycle Management Command, Software Engineering Center. He led CECOM’s efforts in providing state-of-the-art satellite and tactical communications software engineering

products and services throughout the Army and the Department of Defense. These efforts included support to more than 50 communications systems in various stages of their life cycle and managing a budget of more than \$78 million. He formerly served as the director of

the Communications Directorate, CECOM LCMC SEC, the deputy director of the Communications Directorate, and as acting division chief for the Communications Division, Battlespace Systems Support Directorate.

Fisher thanked his friends and family for attending the ceremony and lauded the hard work of his coworkers.

“I really cherish my time working with SEC (Software Engineering Center),” he said.

Fisher, who is married and has one son, retired Sept. 30 with 32 years of service.

1st Sgt. Marlon D. Ames

Ames was awarded the Meritorious Service Medal signed by APG Senior Commander Maj. Gen. Bruce T. Crawford; the Presidential Certificate of Appreciation signed by President Barack Obama; the Department of the Army Certificate of Retirement signed by Gen. Raymond T. Odierno, former U.S. Army Chief of Staff; and a U.S. flag and pin.

Ames joined the Army in November

‘I’m going to miss it, but every Soldier has their day, and today is mine.



1st Sgt. Marlon D. Ames
CECOM retiree

1993 as an automated logistical specialist. His past assignments include Fort Benning, Georgia; Fort Stewart, Georgia and Bamberg, Germany. His combat tours include deployments with the 11th Aviation Regiment in support of the Bosnian Implementation

Force; and the 3rd Infantry Division in support of Operations Desert Spring, Iraqi Freedom V and VII, and New Dawn.

His military awards and commendations include the Bronze Star, Iraqi Campaign Medal, the Global War on Terrorism Medal, and several others.

Ames culminates his military career as a CECOM Logistics and Readiness Center noncommissioned officer in charge.

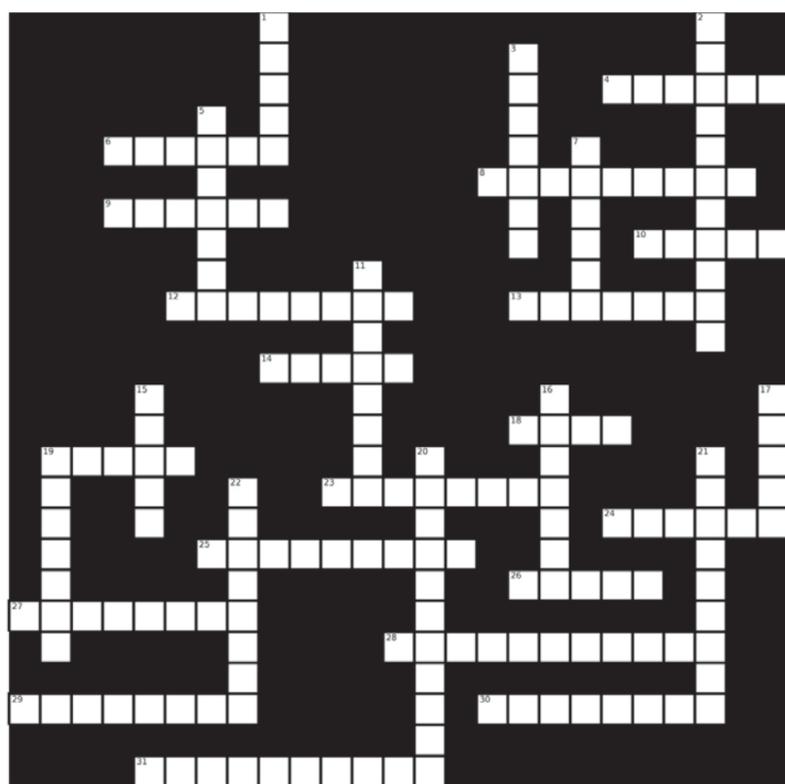
“I’m appreciative of everything the military has provided me and my family,” Ames said. “I’m going to miss it, but every Soldier has their day, and today is mine.”

Ames, who is married with two children, retires Feb. 1, 2016 with 22 years of service.

‘I really cherish my time working with SEC [Software Engineering Center].



Joseph W. Fisher
CECOM retiree



The APG Crossword National American Indian Heritage Month

By **STACY SMITH**, APG News

On Aug. 3, 1990 President George H. W. Bush declared the month of November as National American Indian Heritage Month. This commemorative month aims to provide a platform for Native people in the United States of America to share their culture, traditions, music, crafts, dance, and ways and concepts of life. Complete this puzzle to learn more about Native Americans.

Across

- Members of these Native American people served as code talkers for the military in the Pacific during World War II. The code they made, although cryptologically very simple, was never cracked by the Japanese.
- Some Native American people believe these nightly occurrences are messages that come from sacred spirits.

- Considered America’s first major prima ballerina and the first Native American to hold the rank.
- More than 28,000 members of this tribe live on the Pine Ridge Indian Reservation in South Dakota.
- Type of home made from Earth and organic materials that was built by Pueblo Indians in the Southwest.
- Shawnee chief who led an inter-

tribal army which fought a number of engagements against American expansion in the Northwest from 1811 to 1812.

- A gift that symbolizes strength and is given by chiefs or elders to a tribal member who has achieved something great.
- Group of culturally similar indigenous peoples inhabiting the Arctic regions of Greenland, Canada, and Alaska.
- Name of the first tribal college founded in Arizona in 1968 and accredited in 1979.
- Director of the 2009 television documentary “We Shall Remain,” which tells the story of the life and hardships of Native Americans in the United States.
- A prominent leader of the Bedonkohe Apache who fought against Mexico and Arizona for their expansion into Apache tribal lands for several decades during the Apache Wars.
- Versatile Native American athlete who won Olympic gold medals for the 1912 pentathlon and decathlon and also played American football, baseball and basketball.
- Lemhi Shoshone woman who helped the Lewis and Clark Expedition achieve each of its chartered mission objectives exploring the Louisiana Purchase.
- American actor, Oglala Lakota activist, and prominent member of the American Indian Movement who died in 2012.
- A popular Native American food consisting of flat dough fried or deep-fried in oil, shortening, or lard. It is the state bread of South Dakota.
- The name for this large U.S. body of water is derived from an Ojibwa word meaning “great river.”
- Traditional Native American music often centers on this activity.
- This popular ball and stick game has roots in the cultural tradition of the Native American Iroquois people.
- Descendants of these Indian people received Maryland state recognition as Native American tribes in 2012.

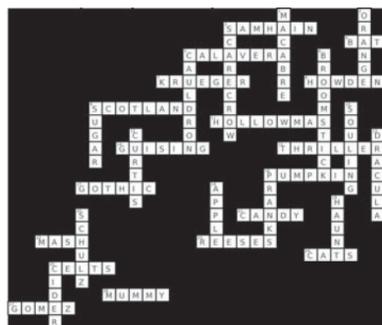
- The Trail of _____ was a series of forced relocations of Native American nations in the United States following after passage of the Indian Removal Act of 1830.
- Traditional protective baby-carrier used by many indigenous peoples.
- Animal that is integral to many American Indian tribes and used in everything from religious rituals to teepee construction.
- American English loanword

derived from the Algonquian language and used as a term of endearment for “child.”

- U.S. state with the largest percentage of Native Americans.
- A _____ man or woman is a traditional healer and spiritual leader among Native Americans in the United States.
- A men’s dance often performed at powwows which features vivid regalia with dramatic movement, including spins and leaps.
- First Native American woman to become a physician in the U.S.
- Also known as corn, this large grain plant was domesticated by indigenous peoples in Mesoamerica in prehistoric times.
- The Battle of the Little _____ was an armed engagement between combined forces of the Lakota, Northern Cheyenne, and Arapaho tribes, against the 7th Cavalry Regiment of the United States Army; often referred to as “Custer’s Last Stand.”
- Authority of indigenous tribes to govern themselves within the borders of the U.S.
- Opaque blue to green mineral often incorporated into the jewelry made by Southwestern Native peoples.
- Types of schools many Native American children attended in the 19th and 20th centuries. The children were often forced to speak English, study standard subjects, attend church, and leave tribal traditions behind.

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

Solution to the October 29 puzzle



WORD OF THE WEEK

Soliloquy

Pronounced: suh-LIL-uh-kwee

Part of Speech: Noun

Definition:

- An utterance or discourse by a person who is talking to himself or herself, disregarding or oblivious to hearers; often used in drama
- A dramatic monologue that represents a series of reflections.
- (Verb) the act of talking while or as if alone.

Use:

- Instead of explaining the loss of the contract she launched into a lengthy soliloquy cursing the shortage of time and resources while addressing no one in particular.
- Hamlet’s “To be or not to be” monologue is considered the archetype of soliloquy.
- In drama, soliloquies are necessary techniques to express the feelings that the character cannot express to others.

By **YVONNE JOHNSON**, APG News

Source(s): www.dictionnaire.reference.com www.oxforddictionaries.com www.webster-dictionary.net

ACRONYM OF THE WEEK

FDIC Federal Deposit Insurance Corporation



The Federal Deposit Insurance Corporation (FDIC) is a United States government corporation operating as an independent agency created by the Banking Act of 1933. As of August 2014, it provides deposit insurance guaranteeing the safety of a depositor’s accounts in member banks up to \$250,000 for each deposit ownership category in each insured bank. An independent agency of the federal government, the FDIC was created in 1933 in response to the thousands of bank failures that occurred in the 1920s and early 1930s.

The FDIC receives no Congressional appropriations - it is funded by premiums that banks and thrift institutions pay for deposit insurance coverage and from earnings on investments in U.S. Treasury securities. The FDIC insures approximately \$9 trillion of deposits in U.S. banks and thrifts - deposits in virtually every bank and thrift in the country.

Institutions insured by the FDIC are required to place signs at their place of business stating that “deposits are backed by the full faith and credit of the United States Government.”

The FDIC does not provide deposit insurance for credit unions. Most credit unions are insured by the National Credit Union Administration (NCUA); some are privately insured.

By **YVONNE JOHNSON**, APG News

Source(s): <http://www.fdic.gov/>; <http://en.wikipedia.org/>

BSC, AbilityOne provide jobs for blind, disabled

Continued from Page 1

Intelligence Agency in Washington, D.C.; Dover Air Force Base, Delaware; and at Fort Knox, Kentucky.

Puente said the objective for the gathering of customers and associates was to celebrate 20 years of BSC and to recognize the heart of the business – the customer.

“We would not exist if not for our associates,” he said, “and every time you [the customer] buy Skilcraft products, somebody’s life changes. It starts right here. We owe you and our military everything because you assure our freedom every day. Whatever you need, we’re here to serve.”

Skilcraft brand products are sold exclusively by AbilityOne, which is the largest source of employment for people who are blind or have other severe disabilities in the country. For most service members and federal employees, Skilcraft is synonymous for all office supplies.

Davis showed listeners a Skilcraft pen, the type he said served him through deployments to Saudi Arabia, Iraq and Afghanistan.

“Thank you for what you do,” he told the associates. “And I want to thank the management for giving people a better quality of life. You give us a better quality of life by your service.”

Barnett noted that AbilityOne provides vocational as well as rehabilitative training for the blind and disabled. Specifically, the residential program teaches independent living skills such as travel, braille, cooking and using computers and then provides employment to achieve a state of independence. Consequently, AbilityOne associates can be relied on to provide the best in customer service and consistently positive feedback from customers verifies this, he said. He called the venture to serve the government while providing employment for people with disabilities a “win-win relationship.”

“Everything we do helps support them to live the American dream and support their families.”

A retired Air Force veteran, Barnett has been with BISM more than 18 years. He said in that time he’s learned that, “blind people can do the same things we do, they just have to learn other ways to do it. We give them the appropriate resources to accomplish their jobs in ways the commercial sector can’t.”

Rene Alonso, sales director for the APG stores, said associates leave the program in a better state than when they arrived due to AbilityOne training programs.

“A lot of them become more independent due to software innovations that aid speech,” she said, adding that simply enhancing communication capabilities increases confidence.



“It’s come a long way over the years.”

During a luncheon after the ceremony, customers said the service at APG AbilityOne stores is second to none.

“It’s great,” said Bill Babauta, an operations officer with the Directorate of Plans, Training, Mobilization and Security office located at the end of the building.

“When we order supplies, they put the order on a pallet, roll it down to us and then help unload it. And you can ask for something at the register when you first come in and they’ll tell you if it’s in stock and where to find it so you don’t have to run around looking for it.”

He added that associates accompany shoppers and scan selections with handheld scanners so customers will know their totals before they get to the register.

“They’re better than any place on the outside,” Babauta said.

Rose Marie Gaines, a program support assistant with the U.S. Army Research Laboratory, agreed. She said she frequents the store for a large division.

“Service here is excellent,” she said. “They are very sociable and accommodating and can handle every situation.”

The aunt of a “challenged niece” Gaines said she appreciates the importance of the AbilityOne and BISM partnership.

“It’s about being able to function,” she

said. “That’s all anybody could ask for.”

AbilityOne success story

With more than 600 associates across the BISM supply centers there are plenty of success stories. An associate with the BSC at Joint Base Andrews in Prince George’s County is one. Keith Tyson traveled to APG with BISM leaders to sing the national anthem during the ceremony. His emotional, a Capella rendition resonated off the store walls and moved some listeners to tears.

Tyson lost his sight to glaucoma during his senior year in high school. He said he was “in a bad state” for the next four years but finally made the mental adjustment, gained some training and was looking for work when he happened on AbilityOne.

“It was the only place I didn’t get turned down,” he said adding that he at first declined the offer because he didn’t think it was right for him.

“Then they called and I went in for the interview and they told me it wasn’t an interview it was my first day on the job. Since then my whole world changed. I learned I could do much more than I thought I could.”

Now at age 43 and with a son who was born with glaucoma, Tyson said he wants to do all he can to get the word out



(Above) Keith Tyson sings the national anthem during the AbilityOne BSC 20th anniversary celebration. Tyson is a blind associate with the Joint Base Andrews AbilityOne store. The Washington D.C. native lost his sight to glaucoma in his senior year of high school and credits AbilityOne with changing his life.

(Left) Iowa, a yellow lab seeing-eye dog waits patiently for his owner, Steve Hairsine, a blind retail associate with the APG South (Edgewood) AbilityOne Base Supply Center, to finish speaking during the AbilityOne Base Supply Center 20th Anniversary celebration at Bldg. 320 Oct. 28.

about BISM and AbilityOne.

“I put my heart into everything I do because I want people to know that we as blind persons can do almost anything you can and I want to make sure programs are in place if my son ever needs them.”

“AbilityOne is like the military,” Tyson added. “They take those who think they can’t do anything, build up their confidence by training them to soldier, and then entrust them with the duty to protect the nation.”

Tyson is well known throughout the AbilityOne community and he’s frequently called upon to sing at ceremonies. The Washington D.C. native said he grew up singing in church and he credits divine intervention for leading him to BISM and AbilityOne.

“I look back and I thank God,” he said. “This changed my life and my family’s life.”

Tyson was a nominee for the 2014 Milton J. Samuelson Career Achievement Award for Associate of the Year.

For more information about BSC products and services, visit the Edgewood BSC, Bldg. E3007 Bush River Road, 410-676-0564; www.facebook.com/EdgewoodBaseSupplyCenter; or the Aberdeen BSC, Bldg. 320 Johnson Street, 410-297-4950, www.facebook.com/AberdeenBaseSupplyCenter.

EOC responds as planned to emergency

Continued from Page 1

er APG, local, state and federal entities.

“While it was an unfortunate circumstance, our response to the JLENS tether break went exactly as planned in terms of emergency response,” Kearney said. “Based on what the EOC is meant to do, it did it well.”

Kearney said that planning ahead and establishing partnerships with local authorities allows for direction and order during the initial chaotic moments following an emergency of this nature.

Before either of the JLENS aerostats arrived at APG earlier this year, the installation worked with the surrounding Maryland counties to discuss response plans to any contingency related to a JLENS tether break, said Clint Zaengle, chief of the DPTMS plans and operations division.

APG Emergency Manager Pedro Rodriguez added that APG and local personnel participated in a “table top” emergency exercise to practice a response to a JLENS-related incident.

A positive working relationship with Harford County emergency personnel meant APG and Harford County were in communication within minutes of the aerostat tether break last week, sharing information and updates, Rodriguez said.

“Harford County was really supportive. They were on stand-by, ready to assist if we needed it,” he said. “We have a great relationship with them.”

According to Kearney, in the minutes and hours following the tether break, the APG EOC coordinated communication and response efforts among APG emergency personnel, JLENS Soldiers and subject matter experts (SMEs) and Harford County personnel, as they tracked the movement of the aerostat.

Zaengle said that despite the initial



NORAD courtesy photo

Department of Defense personnel, assisted by Pennsylvania State Police, undertake recovery efforts of the Joint Land Attack Cruise Missile Defense Elevated Netted Sensor System (JLENS) aerostat, Oct. 29, which became untethered from its moorings at Aberdeen Proving Ground, Oct. 28 and later grounded itself in northeastern Pennsylvania that same day. The APG Emergency Operations Center was activated and operational within five minutes of the JLENS tether break and remained activated for 36 hours.

added complication of a low cloud deck on the day of the tether break, the EOC functioned exactly as planned during the incident.

As the aerostat moved out of Harford County and crossed into Pennsylvania, the APG EOC served as support to FEMA, and the North American Aerospace Defense Command/U.S. Northern Command (NORAD/NORTHCOM) who took lead control over monitoring the aerostat and coordinating response

efforts.

The EOC connected JLENS SMEs to the Pennsylvania State Police and emergency personnel, ensuring information sharing related to the location and elevation of the aerostat and public safety.

“Once the aerostat went below radar detection, the Pennsylvania State Troopers were our eyes on the ground, serving as spotters, following the aerostat as it approached the ground,” Kearney said.

After the aerostat grounded itself, the

EOC remained open on 24-hour status for 36 hours, sharing updates among all necessary personnel and helping coordinate response efforts.

“The EOC integrated very quickly, in just a matter of minutes,” Kearney said. “It did exactly what it was meant to do during an emergency.”

Investigation underway

Army officials have already initiated an official investigation to determine how the aerostat detached from its moorings on APG South. According to a release by NORAD, there is no indication that it may have been cyber or terrorist-related. The investigation will look at every aspect of how the incident occurred.

The aerostat detached from its moorings midday Oct. 28 and grounded itself roughly four hours later, approximately 150 miles away in northeast Pennsylvania. There are no reports of injuries related to the incident, but damage to property and power lines did occur.

Operations to recover the aerostat and its onboard radar system began Oct. 29. JLENS personnel, in conjunction with Pennsylvania Army National Guard and Pennsylvania State Police, secured the site, while a technical recovery team of military and civilian experts from APG deployed to the site.

The radar system attached to the aerostat will return to APG, while the aerostat and tether will be sent to North Carolina, where it was manufactured, for the duration of the investigation.

All claims of property damage related to the JLENS aerostat are being handled by the APG Legal Office.

All updates related to the recovery operations will be released by NORAD at www.norad.mil, www.facebook.com/noradnorthcom and www.twitter.com/noradnorthcom.

Funeral honors former APG Soldier

Continued from Page 1

loved ones eulogized him.

"I am a proud Army brat, and consider myself very fortunate to come up the way I did, with the opportunities to live the places I've lived and see the things I have," said son Don Meredith.

"He was a hard man to live up to; he had high standards," said Rick Meredith, the eldest son. "He probably made us [siblings] a little stronger."

After a Bible reading, the ceremony continued with military honors. Five Soldiers from the Maryland National Guard honor guard fired a three-volley salute as David Meredith played "Taps" on his bugle.

Col. Lamar Adams, military deputy of the U.S. Army Test and Evaluation Command, presented the American flag to Meredith's first wife and the mother of his children, Ruth Rudisill. The ceremony concluded with a final prayer.

"May we always carry in our heart the fond memory of Francis Meredith, and gratitude for his role in our lives and his dedicated service to our nation," Davis said.

Meredith was a Vietnam War veteran who served from 1959 to 1960 as an advisor to the Army of the Republic of Vietnam working out of Pleiku in the country's Central Highlands. He served a second tour from 1970 to 1971, and retired from the Army in 1975.

A lover of classical music and opera, Meredith was an accomplished musician who loved to play the piano and organ. He also enjoyed building and fixing things, and his children recalled that during his time at APG he built a hi-fi stereo system from a pile of

transistors.

Meredith spoke French fluently and was competent in several other languages. The family lived for a time in France and his children attended French-speaking schools.

"I saw Europe holding onto my daddy's hand," said Patricia Jean, Meredith's youngest daughter. "He was a great inspiration to me with his classical music, and I enjoy playing the piano today that I learned first sitting on his knee."

As a principled man, Meredith was often ahead of his time. His daughter Carol recalled his stance on Maryland's 1950's segregation laws.

"I could not understand why my friends didn't go to the same school I did," she said. "He explained about segregation to me and said that we didn't support it and hoped to see it abolished in the future. Also, at that time I had been reading a book about Marian Anderson [African-American opera singer]. He got me up from bed so I could hear her sing on the radio."

Meredith attained a law degree at age 62 from the University of South Carolina and continued to practice probate law until he was 88 years old.

"He taught me no matter how old you are in life, you can always go back to school and you can always better yourself," said eldest grandchild Shannon Meredith.

Francis is survived by six children, 18 grandchildren, 40 great-grandchildren, and two great-great grandchildren. *Editor's Note: Learn more about APG's cemeteries and rights to burial on the installation in next week's APG News.*

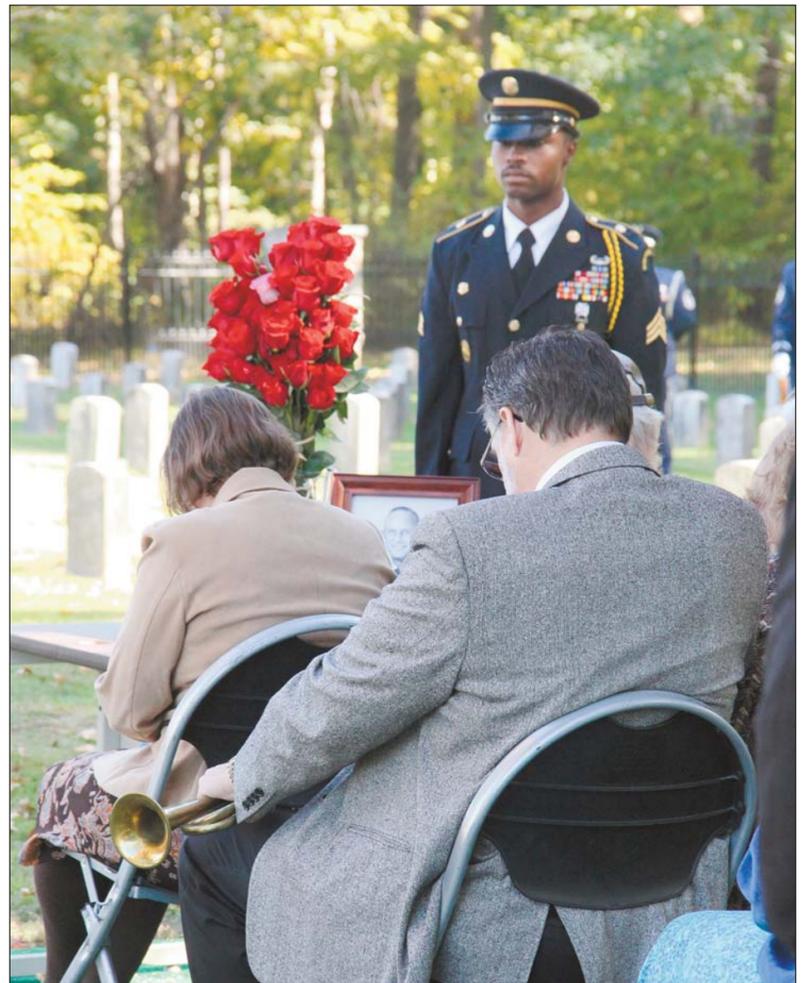


Photo by Molly Blossie

Master Sgt. Robert Walter, Maryland National Guard Honor Guard, stands at attention as mourners bow their heads in prayer during the military funeral of retired U.S. Army Col. Francis Meredith Jr. at the APG North (Aberdeen) cemetery Oct. 23.

Overdose training addresses growing epidemic

Continued from Page 1

According to the Maryland Department of Health and Mental Hygiene, heroin use has risen because it is generally cheaper and more accessible than prescription pain medicine like oxycodone and hydrocodone.

To combat the opioid overdose epidemic, earlier this year, Maryland Governor Larry Hogan and Lt. Governor Boyd Rutherford created a task force and an inter-agency coordinating council. Part of this initiative includes educating the public and broadening access to naloxone, also known as Narcan, a drug that temporarily reverses heroin and other opioid overdoses.

Hampton said the Maryland Overdose Response Team has recently offered a series of trainings in Harford County. In the future, ASAP plans to host trainings for the entire APG community.

"We are trying to reach everybody," she said. "Some people are put on pain medications and they do not realize that it is an opioid, and they become very addicted to them."

In Maryland the total number of overdose deaths have risen steadily since 2010, mainly due to the increase of heroin-related deaths.

Devita Hampton

APG Army Substance Abuse Program Social Services Assistant

Dr. Julie Stancliff, a psychiatrist specializing in addiction at the Harford County Health Department, led the first APG training. She said opioids manage pain, suppress cough and treat opioid-use disorders.

"In excessive amounts, opioids can suppress a person's urge to breathe," Stancliff said.

Signs and symptoms of an opioid overdose include:

- Loud snoring or gurgling noises
- Pale, clammy skin
- Slow or erratic pulse
- Breathing very slow, shallow, or not at all

- Limp body
- Unresponsiveness

Stancliff told participants that if an individual displays these symptoms, they should try to rouse the person, call 9-1-1, administer naloxone, and then stay with the person until they receive medical attention.

Stancliff said an advantage of naloxone is that it has no effect on someone who hasn't taken opioids, and is safe for children and pregnant women.

"Side effects are minimal and rare," she said.

Other advantages of naloxone is that it acts quickly, usually within five min-

utes. Because it is not a controlled substance, there is no potential for abuse.

At the end of the training, participants took a test and received a certificate and an overdose response kit, which included a dose of intranasal naloxone.

Police officer Jackie Wilson II, from the Directorate of Emergency Services, said the training was helpful and relevant.

"I think all of our first responders need training like this because drugs are such a big problem, not just a problem in Harford County but Cecil County as well," he said.

Wilson added that he hopes to see the training offered again at APG.

"If we can help save a life, that is what it is all about," he said.

Sgt. 1st Class Lakeisha Hessell, from Kirk U.S. Army Health Clinic, called the training "a good refresher."

"This gives us a broader scope and practice in treating patients that have overdosed," she said.

For more information about future ASAP trainings, call 410-278-3784 or email devita.d.hampton.civ@mail.mil.

Did You Know?

The legacy of the United States Marine Corps was born on Nov. 10, 1775.

Congress commissioned Robert Mullan, the proprietor of Tun Tavern located on Philadelphia's historic waterfront, to raise the first two battalions of Marines, under the leadership of Samuel Nicholas, the first appointed Commandant of the Continental Marines.

Semper Fidelis

The Marine Corps adopted Semper Fidelis as its official motto in 1883 (Semper Fidelis is also the title of the official musical March of the Marine Corps). Translated from Latin, Semper Fidelis means "Always Faithful." U.S. Marines use an abbreviated verbal version, "Semper Fi," to voice loyalty and commitment to their Marine comrades-in-arms.

Once a Marine, Always a Marine

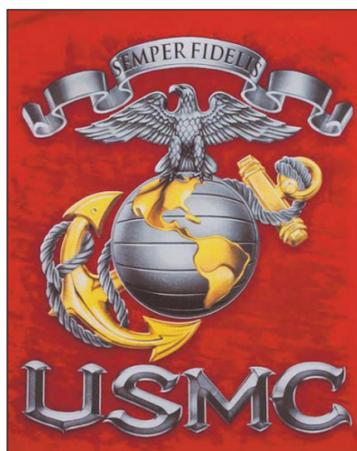
This truism was adopted as the official motto of the Marine Corps League. The origin of the statement is credited to Master Sgt. Paul Woyshner, who during a barroom argument, shouted, "Once a Marine, always a Marine!"

Official birthday

The 13th USMC Commandant, Gen. John A. LeJeune issued Marine Corps Order No. 47, Series 1921 when he summarized the history, mission, and tradition of the Marine Corps. It directed that the order be read to all Marines on Nov. 10 of each year to honor the founding of the Marine Corps.

Marine Corps Ball

The first "formal" Birthday Ball took place in Philadelphia in 1925. Guests included the Commandant, the Secretary of War (in 1925 it was Secretary of War, not Secretary of Defense), and a host of statesmen and elected



officials. In 1952 the Commandant, Gen. Lemuel C. Shepherd, Jr., formalized the cake-cutting ceremony and other traditional observances. The 2015 Marine Corps Ball celebrating the 240th birthday, will be held Saturday, Nov. 14 at the Gaylord National Resort and Convention Center in National Harbor, Maryland.

Prominent U.S. Marines

- Gen. L. Michael W. Hagee
- Maj. Samuel Nicholas (Continental Marines)
- Lt. Gen. John A. LeJeune
- Lt. Gen. Lewis "Chesty" B. Puller
- Maj. Gen. Smedley D. Butler
- Col. Gregory Boyington
- Col. John H. Glenn
- 1st Lt. Presley Neville O'Bannon
- Sgt. Maj. Daniel "Dan" Joseph Daly

Post-USMC career

- Don Adams – Emmy Award-winning actor "Get Smart"
- Sandy Alderson – General manager of the NY Mets
- F. Lee Bailey – Nationally recognized attorney
- James Baker – former U.S. Secretary of State
- Art Buchwald – Humor columnist
- Rod Carew – Major League Baseball hall of famer
- Roberto Clemente – Major League Baseball hall of famer
- Vince Dooley – Former head football coach, University of Georgia
- Scott Glenn – Actor, "The Right Stuff"
- George Roy Hill – Academy Award-winning director, "Butch Cassidy and the Sundance Kid"
- Robert Ludlum – Author, "The Bourne Identity"
- Steve McQueen – Actor
- Sam Peckinpah – Director, "The Wild Bunch," "Straw Dogs"
- George C. Scott – Academy Award-winning actor, "Patton"
- Leon Spinks – World Boxing Champion
- Lee Trevino – Golfer, Professional Golfers' Association hall of famer
- Jo Jo White – Former National Basketball Association player, Boston Celtics
- Montel Williams – TV host

Yvonne Johnson, APG News

Source(s): <http://www.marines.mil/>

<http://www.usmarinesbirthplace.com/United-States-Marines-facts.html>

APG SNAPSHOT

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



Photo by Molly Blossie



Photo by Molly Blossie

ZOMBIE RUN & TRUNK-OR-TREAT BRINGS SPOOKY FUN TO APG

The APG Army Performance Triad Team, Kirk U.S. Army Health Clinic and the Aberdeen V.F.W. hosted a festive Zombie Run and Trunk-or-Treat for Team APG families, Oct. 30.

(Above) Children and their parents, many donning their Halloween costumes, take off from the start line during the Healthy Kids 2K Zombie Run.

(Left) Maj. Rickie Meers, left, 20th CBRNE Command, and his wife Carly dressed as concession stand workers and their 2-month-old twins Gabriel and Paige dressed as popcorn and soda during the Trunk-or-Treat in the KUSAHC parking lot. Their daughter Addison, 6, is dressed as a dolphin trainer, while their son Tre, 3, drives a monster truck.

(Right) Zombie duo Sofia Jones, right, and her daughter Jasmine Jones, left, gaze lovingly (or hungrily?) at each other before the start of the Zombie Run.



Photo by Stacy Smith



Photo by Stacy Smith

A zombie covered in "blood" and in search of human brains playfully scares participants during the Healthy Kids 2K Zombie Run.



Photo by Molly Blossie

"Dragon" Tyler Samler, 2, chooses a piece of candy from a bowl offered by Sgt. 1st Class Tasheba Pouncey, APG Dental Clinic, during the Trunk-or-Treat.

HALLELUJAH HARVEST DRAWS TEAM APG FAMILIES

The post chapel hosted its annual Hallelujah Harvest for Soldiers and families of the APG Community Oct. 31. Chaplain Chad Davis, chapel resource manager and the program host said the large turnout of parents and children who enjoyed snacks, games, door prizes and tours of Directorate of Emergency Services fire engines, was heartening.

"It's really great to see the volunteers of our congregations [Catholic, Gospel and Protestant] working together to bring this about," Davis said. "We have kids from all over the community enjoying Halloween in a fun, safe environment and that's what it's all about."

(From left)

Three-year old Jonathan Andrews is all smiles in his Minion costume while snacking on watermelon during the Hallelujah Harvest at the post chapel Oct. 31.

Nazareth Eryv, 8, tries his hand at putt-putt in one of the Hallelujah Harvest game rooms.

Megan Davis, the wife of program host, Chaplain Chad Davis, chapel resource manager, sports a homemade jellyfish costume she made just for the occasion.

Photos by Yvonne Johnson

