



APG NEWS

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Prepare for winter before snow arrives

By **AMANDA ROMINIECKI**
APG News

Once again, that time of year arrives: the sun is rising later in the morning and it is increasingly darker as you head home from work. The struggle to adjust to the end of daylight saving time settles in, and there frost covers your windshield in the morning.

While fall has been relatively mild thus far and winter won't officially arrive for another four weeks, Old Man Winter is fickle and freezing temperatures can arrive without a moment's notice.

Before the first measurable snow storm hits, Team APG is urged to take precautions now to prepare for the snowy winters common to the region, including knowing where to go for information about post closures and delayed openings due to snow.

Where to go for info

Updates about a change to the installation's normal operating status are disseminated several ways. The first and most direct way APG leaders will send weather alerts to the com-

See **WINTER**, page 17



APG Theater Group members Richard Delbrook, a volunteer actor, and Army veteran and Ruggles Golf Course volunteer Joe Phoebus give an animated lip-sync performance of Bruce Springsteen's "Glory Days."

Red, Hot & Blue talent Variety show delights Perry Point patients

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

Team APG and the Perry Point VA Medical Center presented a Veterans Day program to remember for hospitalized patients and their families during the "Red, Hot and Blues!" variety show in the medical center theater Nov. 11.

Led by APG Theater Group Director Tricia Devine, the show featured APG Soldiers, civilians, veterans and volunteers in a series

of musical presentations arranged by the eras of World War II, Vietnam and present day.

Participants included members of the Rhema Praise singers and the APG Theater Group.

Guests included APG Senior Commander Maj. Gen. Bruce T. Crawford; Garrison Commander Col. James E. Davis; and Senior Command Sgt. Maj. William G. Bruns.

Devine said the show was the result of

combined efforts from several groups and individuals who included the Garrison's Better Opportunities for Single Soldiers (BOSS) program; the APG Spouses Club; and Shermaine Johnson, Perry Point VAMC supervisor of Recreation Therapy.

"Along with our APG Soldiers, they all stepped up to the plate to be a part of this

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Prevent cross-contamination and foodborne illnesses this holiday season.

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November serves as time to honor military families and their sacrifices.

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

APG Soldiers, civilians visit D.C.

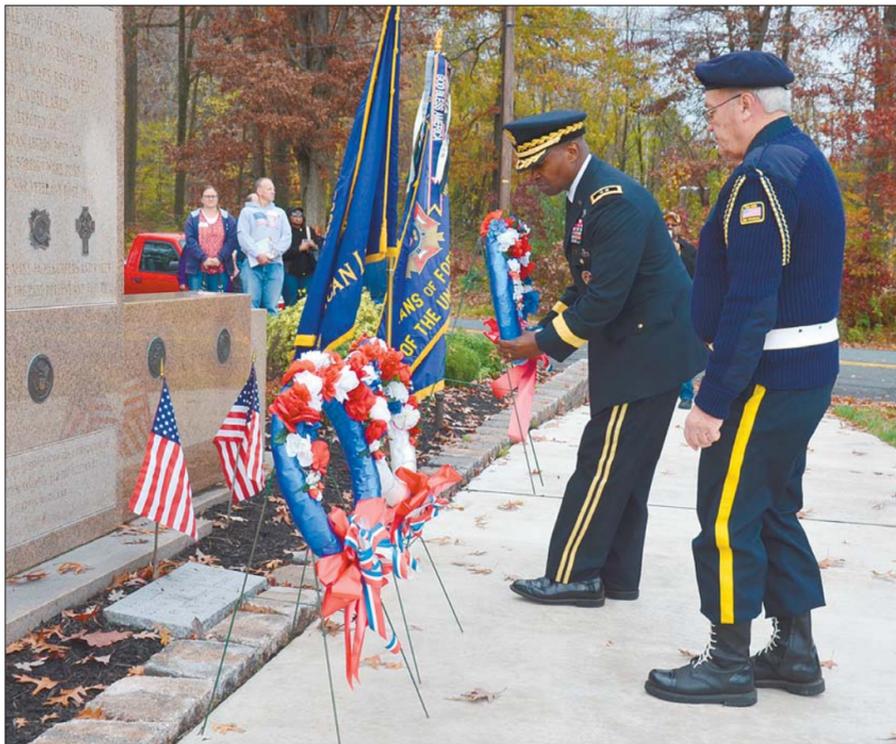
Story and photos by **STACY SMITH**
APG News

More than 30 APG personnel remembered America's past and present military heroes during a visit to Washington D.C. for the 6th annual Spirit of Thanks tour, Nov. 12.

The interactive excursion, which included sightseeing at war memorials, monuments and Arlington National Cemetery, was hosted by the Chesapeake Science and Security Corridor (CSSC). Twenty-three of the trip's attendees were active-duty Soldiers.

See **TOUR**, page 18

Flowers adorn the gravesite of Maj. Gen. Harold J. Greene, who was killed in Afghanistan in 2014, at Arlington National Cemetery, Nov. 12. APG Soldiers visited the gravesite during the 6th annual Spirit of Thanks tour hosted by the Chesapeake Science and Security Corridor.



Crawford honors vets during local Veterans Day ceremony

Officer of the Day Robert Hanson escorts APG Senior Commander Maj. Gen. Bruce T. Crawford as he places a wreath to honor the nation's veterans during a Veterans Day ceremony at Memorial Park in Aberdeen Nov. 11.

The annual ceremony was hosted by the American Legion Post 128, Aberdeen Memorial Veterans of Foreign Wars Post 10028 and Korean War Veterans Chapter 271.

Wreaths were placed at the memorial honoring Gold Star Mothers, departed comrades, living veterans, and veterans of homeland defense.

Photo by Stacy Smith

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STREET TALK

November is Military Family Month. How can the community support military families?

I think they should have a food bank or clothing swap on APG. Maryland is an expensive place to live; lower ranking Soldiers especially need help.



Linda Heikkila
CYSS

Have more activities for military spouses, they need a break too. Host relaxing activities like open mic nights or book club meetings. Serve as a mentor or coach for Child, Youth and School Services programs.



Michael Mitchell
Retired military

We can support MWR (Morale, Welfare and Recreation) programs like Outdoor Recreation and the APG Bowling Center. Directors and commanders can encourage the support of these programs by hosting team building events at MWR facilities.



CW2 Jovanny Suarez
AMCLC-APG

You can write your elected officials, encourage them to support the military and their families. You can also volunteer in the community. For example, I read to children during story time at the Bayside Community Center.



Jeffery Shields
CECOM

Retailers can acknowledge our service by giving military discounts to Soldiers, veterans and their families. It makes us feel appreciated, it makes a difference.



Robin Sypniewski
Retired Air Force



An Airman quickly backs away from a grease fire during a turkey fryer fire demonstration. In less than five seconds, flames completely engulfed the pot and the supporting structure, representing the severity of what can happen when someone attempts to fry a turkey that has not been properly thawed.
Photo by Senior Airman Marissa Tucker

Be a safe cook this holiday season

By **FIRE INSPECTOR T.C. GLASSMAN**
Directorate of Emergency Services

Thanksgiving is quickly approaching, which means families will spend the day (or two) cooking up a large meal. But chefs beware, cooking is the number one cause of home fires and home fire injuries.

Dangers of deep-frying

An estimated 46 million turkeys will be cooked and eaten on Thanksgiving in the U.S. Many families prefer the crisp skin of a deep-fried turkey, but before dunking that bird into the fryer, the National Fire Protection Association recommends keeping these things in mind:

- Hot oil may splash or spill during cooking. Contact between hot oil and skin could result in serious injury.
- Turkey fryers can easily tip over, spilling hot cooking oil over a large area.
- In deep-frying, oil is heated to 350 degrees Fahrenheit and above. Cooking oil is combustible, and if it is heated above its cooking temperature its vapors can ignite.
- Propane-fired turkey fryers must be used outdoors. Many parts of the country have rain or snow around Thanksgiving. If rain or snow hits the hot cooking oil, the oil may splatter or turn to steam, leading to burns.
- An overfilled fryer will cause hot oil to spill over the sides when the turkey is put in.
- A partially frozen turkey will cause hot oil to splatter and cause serious burns.
- Even a small amount of spilled cooking oil on a hot burner can cause a large fire.
- The sides of the cooking pot, lid and handles can get dangerously hot.

The NFPA has a longstanding belief that turkey fryers that use cooking oil, as currently designed, are not suitable for safe use by even the most well-informed and careful consumer. Underwriters Laboratory, the leading independent safety organization in the country (well known for its UL logo on most electronic devices) does not endorse any oil turkey fryer.

At-home turkey fryers use a large amount of cooking oil and high temperatures, and they pose a significant danger that hot oil

will be released at some point during the cooking process. The use of turkey fryers can lead to devastating burns and other injuries, as well as property damage.

Consumers who prefer a fried turkey are urged to look for grocery stores, specialty food retailers and restaurants that sell deep-fried turkeys, or to purchase a new type of “oil-less” turkey fryer.

Stay in the kitchen

Stay in the kitchen if you are frying, grilling or broiling food. If you leave the kitchen – even for a short period of time – turn off the stove.

When cooking with oil, it is important to remember that smoke is the first sign of danger. If you see wisps of smoke or the oil smells, immediately turn off the burner and remove the pan from the burner.

Always keep a pan lid easily accessible while frying or sautéing. If the oil or food ignites, sliding a lid over the pan and turning off the burner is safest option. Never throw water on a grease or oil fire. Do not remove the lid – let the pan cool for quite some time before removing the lid to avoid letting the fire start again.

More than half of home cooking fire injuries occur when victims tried to fight the fire themselves.

If the fire doesn’t go out or you don’t feel comfortable sliding a lid over the pan, get everyone out of the house and call 911 from outside.

Be a safe cook

While cooking, it’s important to keep yourself from being the fire hazard. Wear short sleeves or roll up long sleeves. Pull back long hair. Avoid loose or flowing clothing that could fall near the burner.

Stay awake and alert while cooking. Alcohol and many prescription drugs can impact your judgment and make you sleepy. An inattentive cook is a dangerous cook.

Keep the cooking area safe by ensuring children and pets are at least three feet from a hot stove. Turn pot handles toward the back of the stove to avoid bumping into them or knocking them off the stove. Always keep flammable items like dish towels far from the stove.

For more fire safety information, visit www.nfpa.org or www.usfa.fema.gov.

Criminal Investigation Command seeks applicants

U.S. Army Criminal Investigation Command

“Wanted.” The word placed in bold letters across a poster with the U.S. Army Criminal Investigation Command badge incites fear in criminals around the world.

The latest “Wanted” poster released by the U.S. Army Criminal Investigation Command, however, is seeking assistance of a different kind. Commonly known as CID, it is seeking applications from qualified Soldiers to train and serve as sworn federal law enforcement agents.

CID and its agents support the Army in peace and war, by investigating felony-level crime that has an Army nexus. From homicide to contracting fraud, CID’s reach covers the globe and helps keep the Army community safe with one of the highest crime solve rates in modern law enforcement.

CID Special Agents are on the cutting edge with the latest in criminal investigative tactics and techniques and receive some of the best training available in law enforcement today. Agents are supported by a world-renowned criminal forensic laboratory and have the opportunity to pursue education at the FBI National Academy, Metropolitan Police Academy at Scotland Yard, and the Canadian



Police College.

“Wanted” Soldiers must be U.S. citizens at least 21-years-old and a maximum rank of sergeant (non-promotable). Promotable sergeants and staff sergeants with one year or less time-in-grade may apply with a waiver. All applicants must have at least two years - but not more than 10 years- time-in-service, have an ST score of 107 or higher (110 or higher if tested prior to Jan. 2, 2002), have at least 60 college credit hours (waiver of up to half of this prerequisite may be considered), and have normal color vision and no record of mental or emotional disorders.

Additionally, they must be able to speak and write clearly, attain and maintain a Top Secret-Single Scope Background Investigation security clearance, no record of unsatisfactory credit, and no felony or court-martial convictions. Lastly, they must be able to complete 36 months of service obligation upon completion of the CID Special Agent Course.

Soldiers with a passion for real detective work and the above qualifications are “Wanted” by CID and can start the application process at www.cid.army.mil.

APG SEVEN DAY FORECAST



APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001. Printed circulation is 5,200.

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Fire dept. exceeds education goals

Training classes put Team APG in position to save lives

By **YVONNE JOHNSON**
APG News

The Directorate of Emergency Services, Fire & Emergency Services Division exceeded community education goals during the past year, putting Team APG in a better position to react during a medical or fire emergency.

Assistant Chiefs John E. Roush and Michael P. Slayman, representing the fire prevention and emergency medical services (EMS) branches respectively, reported that more than 8,100 service members, civilians, contractors, family members and visitors were reached through the department's training programs.

"We revamped the way we do business," Roush said. "The best way to get the word out is through technology and our large civilian population is technically savvy."

"Everything is mobile now," Slayman added, "So if it's hard for them to come to us, we take it to them and because of that, our numbers are up."

The breakdown says it all. (See info. Box)

In addition, more than 500 AEDs are available for use on APG in the event of cardiac emergencies. Since the program's inception, three lives have been saved by the general public using these devices.

The combination of extensive training of personnel and availability of AEDs has resulted in a Return of Spontaneous Circulation (ROSC) rate of 75 percent for the last 12 cardiac arrests – the national average is 10.7 percent.

"The goal is to be proactive instead of reactive," Slayman added. "We need to get the information out to the public so the people on the ground can be a force multiplier for us."

Slayman also emphasized that training personnel with life-saving knowledge is especially crucial for those working "behind the fence" where it can take some time before medical assistance arrives.

"The system is working," Roush said, "Our completion numbers are high from taking a proactive approach and members of Team APG are reaping the benefits."



Photo by Rachel Ponder
Juli Igartha, 13, practices performing CPR on a mannequin torso during the 4-H/Army Child, Youth and School Services Babysitting Course held in July. Igartha was just one of more than 1,300 individuals who received CPR and automated external defibrillator (AED) trainings at APG in 2015.

EMS Training	Individuals Trained
CPR/AED classes	1,333
First Aid	563
CPR/First Aid Combo	207
Safety briefings	754
Fire Prevention Training	Individuals Trained
Fire Extinguisher Class	800
Fire Drill	4,412
Fire Marshal Class	47
Total Personnel Trained 2015	8,116



Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit <http://ice.disa.mil>.

Click on "ARMY" then "Aberdeen Proving Ground."

Session provides info on lung cancer, diabetes

By **RACHEL PONDER**
APG News

In honor of November being both Lung Cancer Awareness Month and National Diabetes Month, the C4ISR Wellness Committee hosted an information session for the APG community at the Myer Auditorium Nov. 12.

Lung cancer awareness

Ruth Doerfler-Evans, a nurse navigator from the Angelos Center of Lung Diseases at MedStar Franklin Square Medical Center, led the presentation on lung disease.

“The lungs allow oxygen to pass into the bloodstream and carbon dioxide to move out,” she said. “And acts as a giant filter.”

Doerfler-Evans said more than 35 million Americans are affected by lung disease. The top three lung diseases are asthma, chronic obstructive pulmonary disease (COPD) and lung cancer.

Key causes of lung disease include smoking, age, family history and environmental exposure to asbestos, chemical fumes and pollutants.

“If you are having difficulty breathing, go see a lung specialist,” Doerfler-Evans said.

She said lung cancer screening is recommended for high risk patients.

According to the American Cancer Society, lung cancer accounts for 27 percent of all cancer deaths.

“Each year, more people die of lung cancer than of colon, breast and prostate cancers combined,” she said.

Doerfler-Evans said lung cancer often takes many years to develop and is difficult to detect at an early stage. When symptoms occur, the disease has usually reached an advanced stage.

Signs and symptoms of lung cancer include:

- Chronic coughing
- Coughing up blood

LUNG DISEASE EFFECTS 35 MILLION AMERICANS EVERY YEAR

Signs and symptoms of lung cancer include:

- Chronic coughing
- Coughing up blood
- Frequent chest pain
- Hoarseness or wheezing
- Loss of appetite or weight loss
- Fatigue
- Frequent problems with bronchitis or pneumonia



- Frequent chest pain
- Hoarseness or wheezing
- Frequent problems with bronchitis or pneumonia
- Loss of appetite or weight loss
- Fatigue

She said the most important thing patients can do to reduce their risk of lung cancer is to quit smoking and avoid second hand smoke. According to the Centers for Disease Control and Prevention, about 90 percent of lung cancers are linked with cigarette smoking.

“Smoking is the number one contributor to lung cancer,” Doerfler-Evans said.

She advises smokers who want to quit should join a tobacco cessation program for support. Smokers who work with coaches have a higher success rate, she said.

The Harford County Health Department also offers tobacco cessation classes at no cost to tobacco users. For further information call 410-612-1781.

Diabetes awareness

Michelle Christman, a chiropractor assistant and host of the radio show, “Wake up to Wellness with Michelle Christman,” talked about making health-

ier choices to prevent diabetes and other illnesses.

“Are we setting our lives up to live at a high level of health, or are we headed down the path of sickness, illness and disease and we don’t even realize it?” she asked attendees.

Christman said diabetes is a condition of having abnormally elevated blood sugar. With Type 1 diabetes, the body doesn’t produce enough insulin. With Type 2 diabetes, the body does not use insulin properly.

According to the CDC, 29.1 million people, or 9.3 percent of the U.S. population has diabetes. Type 2 diabetes accounts for 90 to 95 percent of all diabetes cases.

Christman said exercising, eating healthy, managing weight and working with a health professional can help prevent or delay diabetes. She recommends setting aside time during the week to exercise and carefully plan healthy meals.

“You value what you put time into,” she said. “Value yourself. When you do that amazing things occur.”

Christman said the average American diet is high in sugar. In 1904, less than 6 pounds of sugar was consumed per

family, per year. Today, the average person consumes about 183 pounds of sugar per year.

The average American diet is also high in “bad” fat like hydrogenated and partially hydrogenated oils, trans fats and canola, vegetable and corn oils.

She recommends eating organic “good fats” like raw nuts, extra virgin olive oil, avocados, free-range eggs and grass-fed meat.

“Eating healthy is an investment in your family’s health,” she said.

Christman also recommends taking short activity breaks throughout the day to get the body moving. Research has shown that sitting all day can cause harm to the body. Even taking a 10 minute walk a day can have a positive effect on your health and overall wellbeing, she said.

After the presentation John Thiel, a contractor, said he attended the event because he was interested in both topics.

“I am getting more information because I am now looking at making changes to improve my health,” he said.

Neeta Jonchhe, with the Communications-Electronics Research, Development and Engineering Center, said she appreciates the holistic health approach advocated by Christman. Jonchhe added that she wants to serve healthier food at home.

“My mom has Type 2 diabetes, so it does run in the family,” she said. “Not only did we learn about diabetes, but we learned about holistic health in general. I liked that she talked about being the best person you can be.”

For information on future C4ISR Wellness Committee events read the APG News and check the APG Facebook page, www.facebook.com/APGMd/, or contact Tiffany Grimes, CECOM G1, at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

A SNAPSHOT of DIABETES

TYPES of DIABETES



BODY DOES NOT MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it



BODY CANNOT USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

Risk factors for developing type 2 diabetes:

- Being Overweight
- Having a Family History
- Having Diabetes while Pregnant (Gestational Diabetes)

WHAT ARE YOUR RISKS WITH DIABETES?

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

WHAT CAN YOU DO?

You can *prevent or delay* type 2 diabetes

- Lose Weight
- Eat Healthy
- Be More Active

You can *manage* diabetes

- work with a Health Professional
- Eat Healthy
- Stay Active

Source: www.cdc.gov

Infographic by Molly Blossie

November is National Diabetes Awareness Month

By **ANGELA LANG**
Kirk U.S. Army Health Clinic

Perhaps your mom was diagnosed when she was 50. Maybe you recall your grandmother talking about her “sugar.” It may be that you have no family history what so ever, and yet you were just told, “You have diabetes.”

A million thoughts run through your mind: “The doctor must be wrong.” “It probably isn’t that bad.” “Now I have to stop eating all of the foods I love!” “Will I lose a foot?”

November is National Diabetes Awareness Month, and it is observed to bring attention to the millions of Americans who have already been or will be diagnosed with diabetes. You are not alone. One in 11 Americans have diabetes and 86 million Americans are at high risk of developing Type 2 diabetes.

If you have diabetes, you are your best advocate. Become educated about your condition and understand what is going on inside of your body. Ask questions of your doctor if you don’t understand. By taking control of diabetes you can prevent its complications from taking control of you.

There are several things you should know about your individual situation that can help you avoid long term complications from diabetes.

Healthy Living

Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage www.TeamAPG.com To suggest health-related topics for the Health Living series, email amanda.r.rominiecki.civ@mail.mil

What is Hemoglobin A1c and why is it important?

Hemoglobin A1c is a blood test that shows the average level of blood sugar over the last three months. The result is reported as a percentage and can be used to estimate your average blood sugar level over that time period. The A1c is then to gauge how well you’re managing your diabetes. You should always be able to answer the question, “What is your A1c?”

Which diabetes medications are you on?

When patients are asked which diabetes medications they are taking, it is common to hear things like: “It is a white pill,” “It starts with a P or a G,” or “I don’t really know, I pick it up at the

pharmacy and take it.”

Patients who are engaged in their own healthcare know the name and dosage of their medication as well as when they should take it. In addition, patients who know how the medication works are more likely to be compliant with the medication dosing and have a higher success with managing their condition. If you are unsure about any of these, speak to your doctor or pharmacist.

Do I really need to check my blood sugar at home?

Checking your blood sugar at home is the best way to learn about how your disease is being managed. It is hard to tell from one individual reading how medications are working and how your diabetes is being controlled. Ask your doctor

how often you should check your own blood sugar.

You should also know which range is acceptable for your individual situation. Don’t rely on a friend or family member’s acceptable range to know what is best for you. Some patients may need to check their blood sugar numerous times a day while others may be best managed with checks once or twice a week.

While it isn’t always pleasant to perform, your daily blood glucose checks can help you and your doctor make decisions about your care.

Where can I go for more help?

Active-duty Soldiers, retirees and family members can schedule an appointment with a Certified Diabetes Educator at Kirk U.S. Army Health Clinic at 410-278-5475. Civilians should contact their primary care manager and ask for a referral to a diabetes educator.

For more information, visit one of these websites:

- “I have Diabetes” by the National Diabetes Education Program – <http://ndep.nih.gov/i-have-diabetes/index.aspx>
- Will Diabetes Be Part of Your Story? by the Centers for Disease Control and Prevention – <http://www.cdc.gov/features/livingwithdiabetes/>
- American Diabetes Association – <http://www.diabetes.org/>

Robo-Raven may one day fly for Soldiers

By **DAVID VERGUN**
Army News Service

In the future, it's possible that some unmanned aerial vehicles, or UAVs, might sport wings that flap like a bird or a butterfly.

The Army Research Lab, or ARL, is testing that concept at the Spesutie Island Robotics Research Facility on the Chesapeake Bay.

John W. Gerdes III, mechanical engineer at the Vehicle Technology Directorate, has been testing such a UAV, known as Robo-Raven. He designed the vehicle in collaboration with the University of Maryland.

During an open house Nov. 3, Gerdes took Robo-Raven for three test flights. He held it aloft in his hand, sort of like a falconer might do. With the other hand, he switched on the transmitter - the sort found in hobby shops for drones and toy vehicles.

The wings started flapping immediately as soon as he threw it aloft. Up and away it went, flapping around in a light breeze more like a butterfly than a bird. A gust blew it backward, but Robo-Raven made course corrections on its own so that Gerdes continued to maintain nearly full control of its flight.

After a minute or two, a curious raptor, possibly a hawk, circled Robo-Raven from above. At this point, Gerdes decided to land his mechanical bird. He raised his arm, and Robo-Raven obediently landed on his outstretched hand.

Raptors, if given the chance, will destroy Robo-Raven, he said. Once in the past, he said he flew his bird up to about 300 feet and a falcon dive bombed it, destroying its gossamer wings.

Once the falcon disappeared, Gerdes launched a second flight. This time, a flock of seagulls circled it. Gerdes noted that non-birds of prey will come over to investigate, but will not attack Robo-Raven - at least not yet.

Unfortunately, Gerdes' landing didn't go as smoothly as the first and it crashed into the grass nearby. Fortunately, his half-pound bird sustained no damage. Observers wore hard hats and goggles, just to be safe.

Had his Robo-Raven been destroyed in a crash or by a raptor, Gerdes had two backups, each of which looked similar, but were slightly different in shape and size for testing.

The third flight went well and landed back in Gerdes' hand.



John W. Gerdes III, mechanical engineer at the Vehicle Technology Directorate, prepares to fly Robo-Raven at APG's Spesutie Island Robotics Research Facility on the Chesapeake Bay, Nov. 3.
Photo by Todd Lopez

Why design a flappy bird?

"Ultimately, what we're trying to go after is a vehicle which, at least in part, duplicates some of the great things animals can do," he said. "The benefit of the flapping air vehicle is obvious when you look at nature."

Flying creatures are so good at what they do because of how well in harmony all their subsystems work, he said. "Everything is perfectly matched to itself so they are able to perform at the highest possible level, given their size and weight. We're curious to discover the tricks they're using."

The challenge is to engineer a system, which can duplicate that behavior, he added.

Gerdes provided another illustration.

A quad-copter is great for flying at slow speeds, hovering, maneuvering and avoiding obstacles, he said. On the other hand, an airplane is great at flying high, far and fast.

"When you take either of those platforms out of their intended mission space they do very poorly," he said. "Animals, on the other hand, can do all these things quite well." The reason why is they can recon-

figure their wings and orient themselves to take advantage of the airflow. "All these different details we're trying to learn about here."

Animals that fly are able to do so because of an enormous number of muscles and nerves that control their flexible wing and body, he said. The slightest alteration of a wing can send a bird soaring hundreds of feet into the air on an updraft.

"It's extraordinarily difficult to unravel all of the pieces of that problem," where there are flexible wings, sensors and controls distributed everywhere, he said. "It's just too difficult to engineer at this point. But, we can approach that solution at least."

On the other hand, Robo-Raven has some advantages over real birds.

For instance, Robo-Raven doesn't need to eat or reproduce. "Animals make sacrifices that are different that don't make sense from a robotics standpoint, so it gives me hope that one day we can do better than an animal," he said.

Raven's design

Robo-Raven's design is a terrible approach from an efficiency standpoint, Gerdes said.

For one thing, it has two motors that independently control each wing. There are commercial flappy-bird designs that work more efficiently using just one motor to control both wings. For example, "you wouldn't drive a car with a different motor on each wheel. You'd be carrying unnecessary extra weight," he said.

But from a scientific standpoint, this approach lets one learn a lot more about the platform and explore interesting spaces of the design, which wouldn't be possible with a traditional flapping wing single-motor design, he said. With a single motor, one can only speed the wings up and slow them down, which doesn't do much to inform learning of the system.

So, the goal is not to build the best flapping wing possible. "It's our goal to build the most amount of knowledge about flapping-wing air vehicles as possible."

Robo-Raven's wings were designed with the help of ARL's 3-D printer. Gerdes programmed a commercial-off-the-shelf Arduino micro-controller, which controls the flapping motion.

A hobby shop transmitter and receiver is used to send and receive commands to Robo-Raven. It can fly for 10 to 15 minutes before the motors overheat.

Looking ahead

Inside Gerdes' lab is a breadboard with wires connected to sensors. In about a month, he said he hopes to have a more robust Robo-Raven that can carry this full suite of sensors, which will measure altitude, air speed, wing position, flapping speed, power draw, battery charge, acceleration, roll and so on.

These sensors will provide a huge body of data, he said, to begin to get at the "diabolically hard problem to solve" of flight similar to birds.

Down the road, he said ARL might come up with an innovative flexible material that would boost the chance of bird-like flight. He said the various labs across the Army collaborate very well on projects like this and others are aware of what he's doing.

Ultimately in the future, Gerdes said he wants Soldiers to have a single platform that's safer, quieter, stealthier, more versatile, that can do a wide range of missions.

"It's an exciting project, full of possibilities, but unfortunately right now, it's not the finished product we're after," he said. That will be years from now. At that point, the U.S. Army Aviation and Missile Research, Development and Engineering Center might work on it.

MARK YOUR CALENDAR

MORE ONLINE

More events can be seen at www.TeamAPG.com

events&town halls

TUESDAY NOVEMBER 24

NATIVE AMERICAN INDIAN HERITAGE MONTH OBSERVANCE

Team APG and the Communications-Electronics Command will host the installation's Native American Indian Heritage Month Observance themed "Growing Native Leaders: Enhancing Our Seven Generations" at the Myer Auditorium, Bldg. 6000, at 10 a.m.

Kerry Hawk Lessard (Shawnee), executive director of Native American Lifelines, will serve as guest speaker. The event will include traditional dance, food tasting and exhibits.

For more information, contact Andrew Kosci, CECOM G8, 443-861-6797 or andrew.b.kosc.civ@mail.mil; for disability accommodations, please call 443-861-4381

TUESDAY DECEMBER 8

APG SHARP POETRY SLAM

Team APG will host its first Sexual Harassment/Assault Response and Prevention (SHARP) Poetry Slam at the APG North (Aberdeen) recreation center from 11:30 a.m. to 1 p.m.

The SHARP Poetry Slam is a competition at which poets read or recite original work. These performances are then judged on a numeric scale by previously selected members of the audience. Participants will present SHARP-themed poems focusing on such topics as prevention, culture change, intervention, awareness, and more.

Attendees are encouraged to bring their lunch and enjoy the performances. All attendees will receive credit for the 2016 SHARP – PART TWO TRAINING and will not need to take the online training. Certificates will be issued at the end of the Poetry Slam.

For more information, contact Jody Jackson at 443-861-9258 or Michcell Shoultz at 410-278-0137.

THURSDAY JANUARY 28

TEAM APG 2016 WINTER BALL

The pleasure of your company is requested at the Team APG 2016 Winter Ball, to be held at Top of the Bay. Social hour will begin at 6 p.m., followed by dinner and dancing.

Tickets cost \$55 for all civilians; \$55 for sergeant, E5 and above; and \$50 specialist and below. Service member dress code is the Army Service Uniform or equivalent military uniform; suit or formal dress for civilians.

For more information, contact Garrison HHC Commander Capt. Robert "Danny" Allen at 410-278-3000.

Tickets can be purchased at the following link: <https://webtrac.mwr.army.mil/webtrac/apgretract.html>.

meetings&conferences

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, contactors, 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.

MOAA SUSQUEHANNA CHAPTER PROFESSIONAL DEVELOPMENT MEETING

The Military Officers of America Association (MOAA) Susquehanna chapter will host a professional development meeting at 510 Johnny's restaurant at 510 Market Place Drive in Bel Air starting at 6:30 p.m.

The meeting will include a buffet dinner, starting at 7 p.m. Capt. Kenneth Tarr, USMC, will serve as guest speaker. He will discuss leadership theory and the many applications, based on his experience as a USNA instructor, participant in humanitarian relief efforts in Japan, and service with the French Foreign Legion, among others.

Dinner is \$30 per person, for members and spouses; \$35 for all other guests. To register, contact TJ Staffieri by email at tjs3tjs3@gmail.com, or visit the MOAA Susquehanna Chapter webpage at www.susquehannamoaa.org. The MOAA is open to all commissioned officers of all the uniformed services. All are welcome to attend the Professional Development dinner and see what MOAA is all about.

ONGOING

BIBLE STUDY CLASS

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

THROUGH DECEMBER

SIGN LANGUAGE CLASS

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

This free class offers basic to advanced instruction. The required text book, "ABC, A Basic Course in American Sign Language," can be found on www.amazon.com. Students can bring their own lunch.

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

health&resiliency

THURSDAY NOVEMBER 19

TURKEY TROT RUN & 'HIGHWAY TO HEALTH' WELLNESS EXPO

AMSAA will host a Turkey Trot run around Plump Point Loop, starting at Bldg. 328. The run will begin promptly after the morning Reveille bugle call, at 6:31 a.m. Assemble time is 6:15 a.m. The run is open to all members of Team APG.

That same day, AMSAA will host a Highway to Health wellness expo at Bldg 330, from 11 a.m. to 1 p.m. On-post participants include: the APG Army Wellness Center; SHARP Resource Center; Chaplain Corps; GNC; and APG Federal Credit Union. Other vendors include: Blue Cross/Blue Shield; Natural Essential Oils; Health Department; Rideshare; Upper Chesapeake Health Van; and more.

For more information, contact Lori Wohr at lori.a.wohr.civ@mail.mil.

NOVEMBER 26-27

KIRK U.S. ARMY HEALTH CLINIC CLOSED

Kirk U.S. Army Health Clinic will be closed Nov. 26-27 for the Thanksgiving holiday. It will resume normal operations Monday, Nov. 30.

DECEMBER 2

KIRK U.S. ARMY HEALTH CLINIC CLOSED

Kirk U.S. Army Health Clinic will be closed Wednesday, Dec. 2 for its monthly first-Wednesday training holiday.

THURSDAY DECEMBER 3

SOCIAL HEALTH & WELLNESS SESSION

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

As the holidays approach, we need to realize there are many choices we can enjoy while staying the course with healthy eating plans. The session covers how to make healthy choices for popular holiday foods and drinks during the holiday season.

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

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

The G1 POC is Tiffany Grimes, at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

TUESDAY DECEMBER 8

EDGEWOOD DENTAL CLINIC CLOSED

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

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.mil@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.

EDGEWOOD DENTAL CLINIC CLOSED

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

ONGOING

WEAR BLUE: RUN TO REMEMBER HARFORD COUNTY/APG

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

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

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

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

Upcoming dates include:

- Dec. 12

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

TUESDAY DECEMBER 15

FIVE PILLARS OF HEALTH INFO SESSION

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

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

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

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

DECEMBER 24-25

KIRK U.S. ARMY HEALTH CLINIC CLOSED

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

ONGOING

KUSAHC CLOSED FIRST WEDNESDAY OF EVERY MONTH

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

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

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

THROUGH 2015

2015 CPR, AED CLASS SCHEDULE

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

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

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

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

family&children

SATURDAY NOVEMBER 21

FREE ADMISSION TO "ICE WORLD" SKATING RINK

The APG Civilian Welfare Fund is sponsoring free admission to Ice World skating rink in Abingdon from 7 to 9 p.m. Participants can bring their own skates, or rent skates for \$3.

Ice World is located at 1300 Governor Ct., Abingdon, MD 21009.

In order to receive free admission, participants must pre-register with the CWF Office by calling 410-436-4467.

For more information, contact Patti Harkins at patricia.e.harkins.naf@mail.mil or 410-436-4467.

miscellaneous

ONGOING

FIREWOOD AVAILABLE FOR SALE

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

ONGOING

RETIRING SOON? UNCLE SAM WANTS TO THANK YOU!

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

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

Much goes into the planning for these events. Event planners set up flag displays, write speeches, print programs, provide sound equipment and photography support and even create photo DVDs for each retiree.

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

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

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

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

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

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

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.

If you see it, report it!

Aggressive driving has no place at APG! Call 410-306-0550



Practice food prep safety this holiday season

By **WARRANT OFFICER DAVID KLOBERDANZ**
Army Public Health Center

As the holiday season quickly approaches, many of us are looking to spend some quality time with family and friends. Nothing draws us closer together than enjoying a delicious home-cooked meal with the ones we love, but things can take a turn for the worse if food safety is not kept in mind.

The U.S. Centers for Disease Control and Prevention estimates that approximately 48 million people get sick from foodborne illness each year. Of those that contract a foodborne illness, 128,000 are hospitalized and 3,000 die.

Foods most commonly associated with foodborne illnesses are raw foods of animal origin; that is raw meat and poultry, raw eggs, unpasteurized milk and raw shellfish. Adequate cooking will kill most bacteria and their toxins. Fruits and vegetables consumed raw are also a particular concern. Washing can decrease but not eliminate contamination, so cooking to proper time and temperature is vital. Also, unpasteurized fruit juices can be contaminated if there are pathogens in or on the fruit that is used to make it. The best bet is to only drink pasteurized juices.

One of the biggest pitfalls many make when cooking for the holidays is they do not plan ahead. Make a list of all the foods that you will need to prepare your meals and know which foods need to be refrigerated or kept warm. Keep in mind which foods have short shelf lives to ensure you are using them before spoilage occurs. Know how long each food takes to thaw, prepare and cook to avoid time or temperature abuse.

Do not combine shopping for your foods with holiday gift shopping. If you must combine meal shopping with holiday shopping, bring along a cooler and ice to keep foods cold as you check off items on your gift lists.

Here are a few more food safety tips to keep you, your families and your friends healthy during the holidays:

Sanitize food contact surfaces.

- Wash counters, cutting boards, utensils and any other surface that will come in contact with food. Ensure you are using warm soapy water.
- After washing, wipe or spray with a bleach solution and allow to air dry. To get the proper concentration of bleach, add 1/2 tablespoon bleach to one gallon of water.
- Always allow food contact surfaces to air dry instead of wiping dry. Immedi-

Safe Minimum Cooking Temperatures		
Food	Temperature (degrees Fahrenheit)	Rest Time
Ground beef, pork, veal or lamb	160	None
Ground turkey or chicken	165	None
Fresh beef, veal or lamb – steaks, roasts or chops	145	3 minutes
Turkey or chicken – whole, breasts or thighs	165	None
Duck and goose	165	None
Fresh pork or ham	145	3 minutes
Pre-cooked ham (to re-heat)	140	None
Eggs	Until yolk and white are firm	None
Egg dishes	160	None
Leftovers	165	None
Casseroles	165	None
Finned fish	145, or until flesh is opaque and flakes with a fork	None
Shrimp, lobster and crabs	Until flesh is pearly and opaque	None
Clams, oysters and mussels	Until shells open during cooking	None
Scallops	Until flesh is milky white or opaque and firm	None

Source: foodsafety.gov

ately clean up spilled foods.

- When serving foods, always use a clean plate and separate serving utensils for each food item.

Practice good personal hygiene.

- Wash your hands with soap and water before handling food and when switching foods during preparation.
- Wash your hands after smoking, eating, touching any part of the body, taking out the trash, playing with pets or taking breaks.
- Wash your hands after every chance of contamination.
- It is especially important to wash your hands after using the bathroom, assisting children in the bathroom or changing diapers. Use water as hot as you can comfortably tolerate and sing the Happy Birthday song to yourself in your head while washing. This will ensure you are washing long enough - 20 seconds. It is best to use disposable paper towels to dry your hands and throw them away after each use.
- Sneeze/cough into the crook of your arm and always away from food or other people.

- Bandage any cuts on your hands.
- Do your best to keep hair out of foods by wearing hats or tying up long hair.
- Keep fingernails neatly trimmed and clean.

Cook foods to the proper internal temperature.

- Always use a calibrated metal stem thermometer to check temperatures and measure at the thickest part of the food.
- Ground meat should look brownish when cooked to 160 degrees Fahrenheit.
- Poultry can appear light or dark and should be cooked to an internal temperature of 165 degrees Fahrenheit.
- Fish should look milky and flake easily with a fork when cooked to an internal temperature of 145 degrees Fahrenheit.
- Cook turkey, stuffing, casseroles and leftovers to 165 degrees Fahrenheit.
- Beef, veal and lamb roasts should

be cooked to 145 degrees Fahrenheit.

- Re-heat "Fully cooked" ham to 140 degrees Fahrenheit.
- Fresh ham, pork and egg dishes should be cooked to 160 degrees Fahrenheit.
- Cook plant foods to 135 degrees Fahrenheit.
- Maintain a minimum internal food temperature of 140 degrees Fahrenheit while serving to guests.

Cool down cooked foods properly.

- Cool all cooked foods down to 70 degrees Fahrenheit within two hours and then down to 41 degrees Fahrenheit within an additional four hours if not using immediately.
- Divide large portions into smaller containers before placing into the refrigerator, use ice as an ingredient or by stir the food in a container placed in an ice water bath.
- Keep cold foods cold. Maintain internal food temperatures below 41 degrees Fahrenheit when serving to guests and storing.
- Do not thaw foods at room temperature and never rush the thawing process. Instead, thaw foods in a refrigerator that maintains an internal temperature of 41 degrees Fahrenheit or below, or you can thaw foods as a part of the cooking process.

Avoid cross contamination.

- Separate food by product when purchasing, storing, preparing and serving.
- Separate stored raw foods from cooked foods and ready to eat foods.
- Use separate utensils, cutting boards, pots and pans for each food item you are preparing and serving.
- As hard as it might be, keep guests out of the kitchen to avoid the temptation of tasting foods as they are being prepared.
- Provide a serving utensil for all foods served to prevent germs on hands from spreading.

Enjoy the holiday season.

The holiday season is a very special time to spend with family and friends. There will be lots of preparation for big meals and shared bounty, so following these food safety precautions can assure wonderful gatherings and memories in your home.

BY THE NUMB#RS

National Diabetes Month

November is National Diabetes Month, a time to raise awareness of this ever-growing disease.

86 million

Number of Americans who have pre-diabetes and are at risk for developing Type 2 diabetes. People can delay and possibly prevent the disease by eating healthier and losing five to seven percent of their total body weight through 30 minutes of physical activity five days a week.

8+ million

Number of Americans who have diabetes and don't know it. Anyone aged 45 years or older should consider getting tested for diabetes, especially if overweight. People younger than 45 who are overweight and have additional risk factors should also consider getting tested.

250

Triglyceride level of abnormal cholesterol that is a risk factor for developing Type 2 diabetes. Other risk factors include being overweight, physically inactive, and having a parent or sibling with the disease.

25+

Percentage of Americans age 65 and older who have diabetes.

16

Number of Americans newly diagnosed with diabetes every five minutes.

10

Percentage of U.S. health care dollars spent treating diabetes and its complications. People with diabetes are more likely to develop hypertension, heart disease and stroke.

By **STACY SMITH** APG News

Source(s): <http://www.diabetes.org>, www.cdc.gov,



Army Education Center hosts open house

Barbara Jenkins, a program administrator from Central Michigan University, gives Reginald Brooks, from the U.S. Army Communications-Electronics Command's Logistics and Readiness Center, a brochure during the APG Army Education Center open house held in honor of American Education Week Nov. 12.

The education center, located on the second floor of Bldg. 4305, provides counseling and information on financial aid and enrollment in selected programs for active duty military, reserve component military, retirees, Department of the Army civilians and their adult family members. For more information, visit <https://www.apg.army.mil/apghome/sites/HumanResources/apged/index.html>, or call 410-306-2042.

Photo by Rachel Ponder

Month honors military families

By **AMANDA ROMINIECKI**
APG News

Established 12 years ago, November marks Military Family Month as a time to honor the families of U.S. service members and recognize the sacrifices they make.

"The United States is stronger and safer thanks to the millions of military family members who, in sacrificing cherished moments with their loved ones, selflessly afford us precious time with ours," said President Barack Obama in a presidential proclamation marked Oct. 29.

"During Military Family Month, we pay tribute to and thank our military families for their service to our country, and we recognize the extraordinary ways in which they give of themselves for us all."

Team APG will host a Military Family Month movie night at the APG North (Aberdeen) recreation center Friday, Nov. 20 at 6:30 p.m., featuring the animated Disney Pixar film "Inside Out." Admission is free, and food and drink will be available for purchase.

The Army offers a host of Morale, Welfare and Recreation-based programs to provide support to both service members and their families – many part of the Army Community Service and Child



Youth and School Services programs.

Army Community Service

ACS helps Army families deal with the unique challenges of military life, like multiple moves and deployments, giving Army families a place to turn to for information and support.

Services offered by APG ACS include:

- Army Family Action Plan
- Employment Readiness Program
- Exceptional Family Member Program
- Family Advocacy Program

- Financial Readiness Program
- Military and Family Life Counseling Program
- Mobilization and Deployment/Support Operations Readiness Program
- Relocation Readiness Program
- Survivor Outreach Services

For more information about APG ACS and upcoming classes, visit www.apgmwr.com. APG ACS is located in Bldg. 2503. Hours are 8 a.m. to 5:30 p.m. Monday-Thursday; 8 to 4:30 p.m. Friday. For more information call 410-278-7572/4372.

Military OneSource

The online information portal known as Military OneSource (www.militaryonesource.mil) serves as a go-to location for any and all information related to military life. Service members and their families from every branch of the U.S. armed forces can find an array of information related to deployments, reintegration, moves, parenthood and retirement all in one place.

The site boasts it has the answers to all the "military life questions you didn't even know to ask."

Military OneSource topics include:

- Confidential help
- Family & Relationships
- Financial & Legal
- Health & Wellness
- Education & Employment
- On & Off Base Living
- Deployment & Transition

Helpful sites for military families:

- Army Families – www.army.mil/families
- Army MWR – www.armymwr.com
- Military OneSource – www.militaryonesource.mil
- Army OneSource – www.myarmyonesource.com
- National Military Family Association – www.militaryfamily.org

CECOM announces leadership shifts

CECOM Public Affairs

The U.S. Army Communications-Electronics Command (CECOM) announced that Mr. Larry M. Muzzelo has been selected to serve in the position of Deputy to the Commanding General (DCG).

Muzzelo replaced Maria D. Esparraguera, effective Nov. 16.

Esparraguera served as acting DCG since former deputy Gary Martin took over as the Program Executive Officer, Command, Control and Communica-

tions-Tactical in June. Muzzelo moves over from his position as the Director, CECOM Software Engineering Center (SEC). Medhat A. Abuhantash, Deputy Director of the SEC, will serve as acting director of the SEC.

Esparraguera, a long time CECOM employee, is not only leaving her role as acting DCG, but she will



also depart CECOM. She has been selected as director for Civilian Personnel Labor and Employment Law at the Department of the Army in the Pentagon for the Judge Advocate General. She will transition out of her role as the Army Materiel Command – Aberdeen Proving Ground Chief Counsel, and her effective departure date is Nov. 28.

Robert R. Fleck, who served as acting chief counsel during Esparraguera's Acting DCG tenure, will once again serve in that position upon Esparraguera's departure for the Pentagon.

In another related personnel shift, Liz Miranda has been named to serve on an interim detail to the position of Director, Logistics and Readiness Center (LRC) at CECOM. Miranda fills the vacancy created when Lane Collie, former LRC Director, left CECOM for private industry in October.

Retirement Services marks 60th anniversary

By **DAVID VERGUN**
Army News Service

Today's veterans who've served throughout the last 14 years of continuous war, "are the finest team of Soldiers yet assembled on the face of this planet," Army Vice Chief of Staff Gen. Daniel B. Allyn said.

"These Soldiers for life - who like all generations of Soldiers before them - answered this nation's call to duty," he said. "They're experienced leaders, who are accustomed to building and leading diverse teams to solve complex problems for the nation, and, they are resilient."

"Our Army's and our nation's commitment to these brave men and women cannot stop when they take the uniform off. We must all help ensure our veterans strengthen the prosperity of our nation through rewarding and meaningful civilian careers and service in our communities. This is exactly what Army Retirement Services does," he said.

Allyn was the keynote speaker during the 60th anniversary of Army Retirement Services, held in the Pentagon's Hall of Heroes, Nov. 16.

Army Retirement Services is there when needed, he said, whether it's helping an 85-year-old surviving spouse

ensure she has access to continued care, or assisting a 23-year-old wounded warrior translate military skills to a civilian job application.

Army Retirement Services has a tall order to fill, Allyn said, noting that since 9/11, more than 350,000 Soldiers have retired and today there are nearly a million retired Soldiers from World War II through Korea and Vietnam to Desert Storm, Afghanistan and Iraq.

Although these veterans are technically retired, Allyn noted that they are still serving and leading in communities throughout the nation.

Army Retirement Services "works quietly in communities across the nation and across the world, assisting [them] and their Families with opportunities for employment, education and health care, and most importantly, [they help] maintain the bond that connects our Army to the nation."

Expanded mission

Retired Col. John W. Radke, chief of Army Retirement Services Office, or RSO, delivered opening remarks. He noted that in 1955, RSO's original mission was to provide a point of contact for 79,000 Army retirees.

Today, Army RSO's mission has expanded to 116 RSO offices worldwide,

providing retirement benefits, information and referral and program counseling to more than a million Soldiers of all components, as well as 948,296 retired Soldiers and 249,160 surviving spouses, he said.

"People are the Army. It is emblematic of the Army ethos and our collective responsibilities as leaders to those who wear and have worn the cloth of our nation," Radke said.

"Our job is to do all we can do to prepare them as they get ready to retire to understand their entitlements and earned benefits as they retire, and, to never, ever break faith with them after they've retired and continue to serve our nation. This is our sacred obligation."

Retired Lt. Gen. James J. Lovelace, co-chair, chief of staff of the Army Retired Soldier Council, also delivered remarks.

Lovelace said he and many other retirees miss being on "that super bowl team." Being on that team was about camaraderie and living the warrior ethos. Like many others, he said he can't wait for that call to serve, should it ever come again.

He then thanked the men and women working for Army Retirement Services for all they do, and thanked those in uniform at the celebration for their service.

They served too

Allyn gave a special call out to guests Ann Smith, wife of the late Lt. Col. Gary F. Smith and Michelle Beilke, daughter of the late Master Sgt. Max J. Beilke. The two retired combat veterans were working in Army RSO at the Pentagon when terrorists flew a plane into the building during the 9/11 terrorist attacks. Both were killed.

"Gary Smith and Max Beilke were committed to empowering our veterans and their Families and they embodied the best of what Army Retirement Services has done for the past 60 years," Allyn said, describing them and others as the "countless men and women, working outside the spotlight with no fanfare, dedicated to ensuring our retired Soldiers and their Families continue to thrive."

Retirees Corner

Retirees Corner is a new, recurring feature in the APG News. It addresses the topics that matter most to the retirees in our community. For more information about retiree services, visit www.soldierforlife.army.mil. To suggest retiree-related topics for the Retirees Corner series, email amanda.r.rominiecki.civ@mail.mil.



ALL THINGS MARYLAND

The Maryland Christmas Show

Holiday bazaar in Frederick offers seasonal goods

By **STACY SMITH**
APG News

Although it's not yet Black Friday, some holiday shoppers may already be weary from perusing crowded malls looking for that one special stocking stuffer or seasonal gift. And online shopping is a practical alternative for some, but doesn't provide the festive feeling that is unique to this time of year.

Maryland shoppers caught in this quandary can visit Frederick County's 32nd annual Maryland Christmas Show, a two-weekend shopping extravaganza featuring artisan crafts and handmade goods.

The personal touch to holiday items is what event director Frances Lynch believes keeps customers returning to the show year after year.

"I think that is one of the joys of the Christmas Show," Lynch said. "Many people tell us it starts their holiday."

Exhibitors display and sell their items inside seven buildings and a big top tent. Items offered include fine art, pottery, furniture, jewelry, clothing, wreaths and garlands, toys and Christmas ornaments. A food pavilion offers home baked goods, including fresh breads and cookies, and hard-to-find, specialty items like cheeses, nuts, wines, candies, sauces, spices and jams. The show is open every November for two weekends, and each weekend offers patrons something new.

"Up until this year, we still had one remaining exhibitor from our first show," Lynch said. "We have a lot of the same exhibitors come back year after year."

Additionally, children can visit with the 'real' Santa Claus and have their picture taken. Lynch said the man inside the jolly red suit has been playing the role for nearly the show's entirety.

"People will stand in line for a whole hour and not complain," Lynch said. "He is a wonderful man who takes his time with each child."

Lynch has organized the Maryland Christmas Show since its inception and said she drew inspiration from her years working in the antique textiles business.

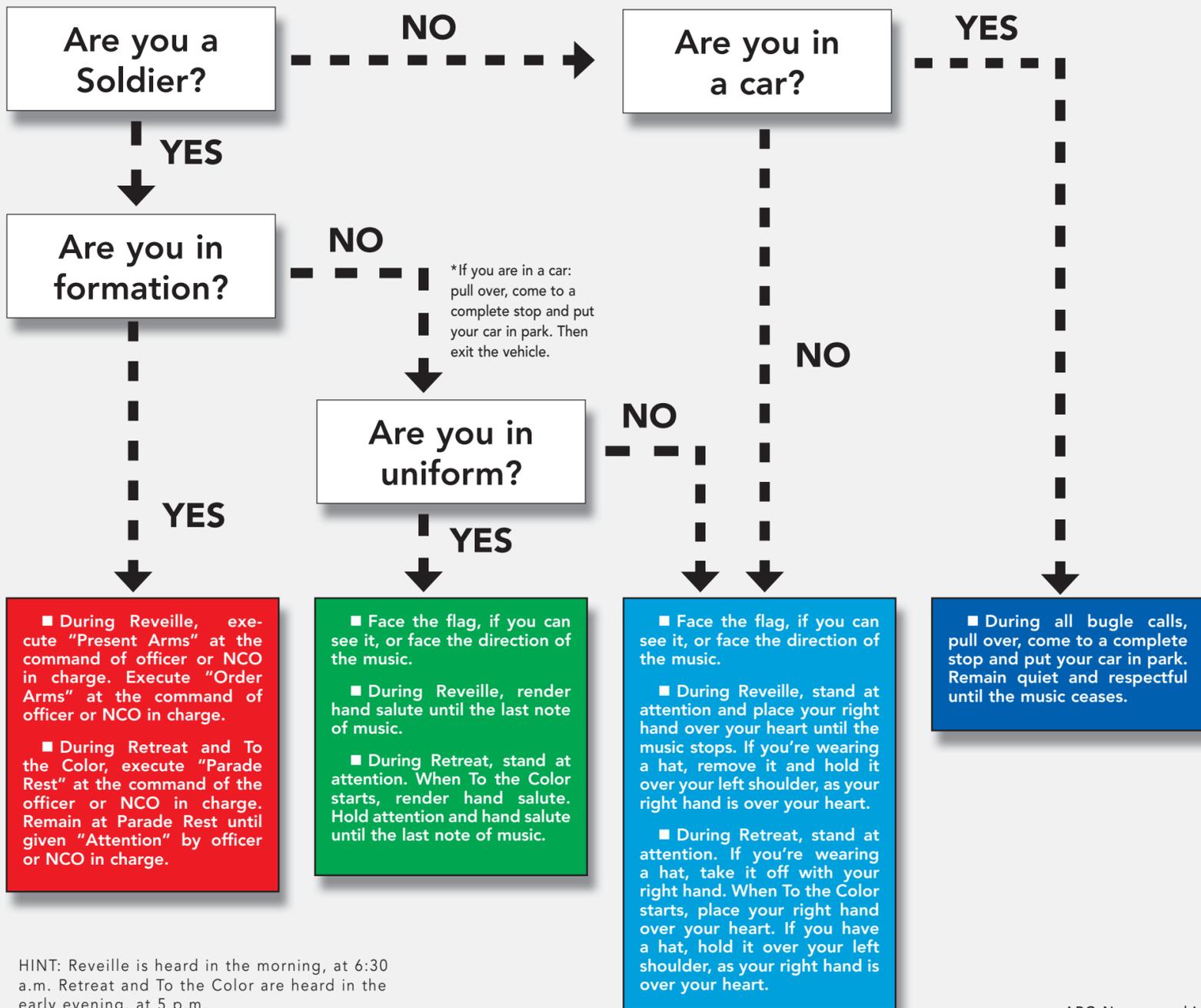
"I am very familiar with the arts and crafts industry and I just thought having a show like this in Frederick would be a good idea. I get a lot of pleasure from it. It's a nice family show," Lynch said.



(Clockwise, from top) Holiday shoppers browse artisan crafts and handmade goods at the Maryland Christmas Show in Frederick, Maryland. The annual bazaar is open Nov. 20 to 22 and 27 to 29 at Frederick fairgrounds; Exhibitors display a Maryland-themed Christmas tree featuring crafted Natty Boh, Baltimore Orioles and Ravens football ornaments; Santa's elf gives a cheeky grin as he takes a bite of Christmas cookie.

The Maryland Christmas show is located on Frederick County's Fairgrounds in historic Frederick City and runs Nov. 20 to 22 and Nov. 27 to 29 from 10 a.m. to 6 p.m. Admission is \$8 for adults and \$4 for children. For more information, call 301-845-0003, or visit <http://marylandchristmasshow.com>.

You hear the bugle call, now what?



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



MORALE, WELFARE & RECREATION

Learn more about APG MWR activities and services by going online at www.apgmwr.com.

Upcoming Activities

SAVE THE DATE MOVIE NIGHT FEATURING 'INSIDE OUT' NOV. 20

In celebration of Military Family Appreciation Month, MWR will host a family movie night showing the animated feature "Inside Out" at the APG North (Aberdeen) recreation center starting at 6:30 p.m.

The movie night will feature free admission and giveaways. Food and drink will be available for purchase.

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

LEISURE & TRAVEL MARVELS UNIVERSE LIVE DEC. 11-13

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

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

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

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

MWR STOCKING STUFFERS THROUGH DECEMBER

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

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

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

CHILD & YOUTH SERVICES

CYBER SAFETY NOV. 23

The Internet has drastically changed the way that children interact with the world. They have access to in-depth knowledge, tools to express their creativity, and peo-

ple from all over the world. Yet along with offering fascinating, new ways to connect with the world, the Internet also offers new risks.

APG CYSS will open a discussion to help begin a dialogue about internet safety with your child(ren) at the CYSS Admin Bldg. 2503. The first session, open to first- and second-graders, will be held 10 to 11 a.m. Parents are encouraged to stay for the presentation. The second session, open to third-, fourth-, and fifth-graders will be held 11:15 a.m. to 12:30 p.m. The third session, open to sixth-, seventh- and eighth-graders will be held 1 to 2:30 p.m.

The class is free, but does require prior registration. For more information, or to register, contact Stacie Umbarger at 410-278-2857 or stacie.e.umbarger.naf@mail.mil

LET'S COOK DEC. 12

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

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

For more information, contact Shirelle Womack at shirelle.j.womack.naf@mail.mil 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, science & technology, social studies, arts and English language acquisition. Sign up your child today!

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

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

YOUTH SPONSORSHIP

All youth between the ages 8-18 can request a Youth Sponsor before, during or after their move to the Aberdeen Proving Ground community. A Youth Sponsor can provide you with information about

schools, shopping and culture or maybe become your new friend! Youth Sponsorship is co-ordinated by the Youth Services and will match sponsors to new youths according to gender, age/grade, interests/hobbies, and school attending.

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

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

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

SPORTS & RECREATION 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.

TURKEY TROT FUN RUN NOV. 24

Team APG is invited to participate in a Turkey Trot 5K Fun Run and walk starting at the APG Athletic Center, Bldg. 3300. Runners and walkers can start anytime between 11 a.m. and 12:15 p.m.

Registration is free and the first 50 participants to register will receive a free t-shirt. To register, visit www.apgmwr.com and click "Upcoming Events."

APG HOLIDAY INVITATIONAL BASKETBALL TOURNAMENT REGISTRATION DEADLINE NOV. 25

APG MWR will host a free Holiday Invitational Basketball Tournament Nov. 30 - Dec. 17, at the APG North (Aberdeen) Athletic Center, Monday-Thursday at 6 and 7 p.m.

The registration deadline is Nov. 25 and forms can be picked up at any sports facility or at www.apgmwr.com under Recreation & Sports. Forms can be returned to Athletic Center or Hoyle Gym staff, or emailed to usarmy.APG.imcom-fmwrcl.list.usag-mwr-sports@mail.mil.

For more information, call 410-278-7933 or 410-436-3375.

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.

2015 DEMO CLUB SALE THROUGH DEC. 23

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

ARMY COMMUNITY SERVICE 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.

TEAM APG

TURKEY TROT 5K FUN RUN

Walkers are also welcome to participate!

Tuesday, November 24, 2015

Participants may start anytime between 11 a.m. and 12:15p.m. at the APG Athletic Center, Bldg 3300
Registration is free!
First 50 registrants get free T-Shirt!

Registration forms can be found on www.apgmwr.com
Please email registration forms to:
usarmy.APG.imcom-fmwrcl.list.usag-mwr-sports@mail.mil, or drop them off at any MWR sports facility.

Identity Theft

December 3
11:30 a.m. - 12:30 p.m.
ACS Building 2503

This class discusses what ID theft is, how thieves steal your ID, and what you can do to deter, detect and defend against identity theft. It explains the different classifications of ID theft and how you can safeguard your information and how you can learn more.

For more information contact Leary Henry
leary.g.henry.civ@mail.mil
410-278-2453/ 7572

Registration Required:
To reserve a seat call ACS
410-278-2453/7572

Groberg receives Medal of Honor

By **JD LEIPOLD**
Army News Service

Medically-retired Capt. Florent A. Groberg became the 10th living service member to receive the Medal of Honor Nov. 12, for selfless actions on the battlefield in Iraq or Afghanistan.

President Barack Obama draped the nation's highest military award for conspicuous gallantry around the 32-year-old's neck in the East Room of the White House in front of the Soldiers who were part of the personal security detachment he was leading in Kunar province, Aug. 8, 2012.

Obama told Groberg's story of how the French-born former Soldier came to America and became a naturalized citizen in 2001, the same year he graduated high school in Maryland. He next attended the University of Maryland, competing in track and cross-country before graduating and receiving his commission in the Army in 2008.

"Training, guts, teamwork," Obama said. "What made Flo a great runner also made him a great Soldier. In the Army, Flo again took his training seriously - hitting the books... paying attention to every detail in field exercises, because he knew that he had to be prepared for any scenario."

His greatest test of his training happened on his second deployment to Afghanistan where he was hand-picked to head up a security detail. On that day in 2012, he was leading his security detail by foot in a diamond-shape formation tasked with protecting two brigade commanders, two battalion commanders, two sergeants major and an Afghanistan National Army brigade commander.

As the formation approached the provincial governor's compound, Groberg noticed off to his left a man dressed in dark clothing, walking backward, some 10 feet away. The man spun around and turned toward the captain who simultaneously sprinted toward him and began pushing him backward and farther from his detail. As he pushed him away, Groberg noticed a bomb under the man's



President Barack Obama pins the Medal of Honor around the neck of medically-retired U.S. Army Capt. Florent Groberg during a ceremony at the White House in Washington D.C., Nov. 12.

Photo by Eboni L. EversonMyart

clothing.

"And at that moment, Flo did something extraordinary - he grabbed the bomber by his vest and kept pushing him away," the president said. "In those few seconds, he had the instincts and the courage to do what was needed. One of Flo's comrades, Sgt. Andrew Mahoney, had joined in too, and together they shoved the bomber again and again... pushing him so hard he fell to the ground onto his chest... ball bearings, debris, dust exploded everywhere."

The blast threw Groberg 15 to 20 feet and knocked him unconscious. When he awoke he found himself in the middle of the road in shock, an eardrum blown out and his left leg broken with most of his calf muscle torn away and bleeding badly.

What Groberg didn't know was at the time the suicide bomber blew up, a second suicide bomber released his bomb killing four others outside the perimeter.

"That blast by the bridge claimed four heroes Flo wants us to remember today," Obama said. "One of his mentors, a 24-year Army vet who always

found time for Flo and any other Soldier who wanted to talk - Command Sgt. Maj. Kevin Griffin; a West Pointer, who loved hockey and became a role model to cadets and troops because he always cared more about other people than himself - Maj. Tom Kennedy; a popular Air Force leader known for smiling with his whole face, someone who always seemed to run into a friend wherever he went - Maj. David Gray; and, finally, a USAID [U.S. Agency for International Development] foreign service officer who had just volunteered for a second tour in Afghanistan, a man who moved to the United States from Egypt and reveled in everything American, whether it was Disneyland or chain restaurants or roadside pie - Ragaei Abdelfatah.

"These four men believed in America... they dedicated their lives to our country... they died serving it," Obama said.

The president added that Groberg suffered significant nerve damage and has endured more than 33 surgeries to keep his leg.

"He's not running, but he's doing a lot

of CrossFit - I would not challenge him to CrossFit," Obama joked. "He's putting some hurt on some rowing machines and some stair climbers... I think it is fair to say he is fit.

"Today, Flo is medically retired, but like so many of his fellow veterans of our 9/11 generation, Flo continues to serve," Obama continued. "They are incredibly highly-skilled, dynamic leaders always looking to write that next chapter of service to America. For Flo, that means a civilian job with the Department of Defense to help take care of our troops and keep our military strong.

"And, every day that he is serving, he will be wearing a bracelet on his wrist - as he is today - a bracelet that bears the names of his brothers-in-arms who gave their lives that day," Obama added. "The truth is, Flo says that day was the worst day of his life. And that is the stark reality behind these Medal of Honor ceremonies - that for all the valor we celebrate, and all the courage that inspires us, these actions were demanded amid some of the most dreadful moments of war."

Army authorizes black socks for PT uniform

By **GARY SHEFTICK**
Army News Service

Soldiers are now authorized to wear either black or white socks with their Army physical fitness uniform.

Effective immediately, black socks can be worn with either the gray-black PT uniform or the new gold and black uniform.

Like white socks, the black socks must be plain with no logos. The socks can be calf-length or ankle-length, but must at least cover the entire ankle bone, said Sgt. Maj. Eva M. Commons, Army uniform policy sergeant major with G-1.

The new policy comes as a result of Soldiers requesting the change over the last several months, Commons said.

"The senior Army leaders will go out to various installations and receive questions from the field," Commons said. "... One of the ones brought back was the request to be authorized to wear black socks."

The Army staff then examined the request, she said. The black sock question was also placed into a uniform item survey completed in August by 18,588 Soldiers. Almost 67 percent of respondents, or 12,408 said that black socks should be authorized.

Since the black socks will be optional, there was no production requirement, no cost associated, and the logistical aspect was minimal, so this change was able to go through an abbreviated board process, Commons said, but added that all of the steps of the Uniform Board process were still completed before the change was considered by the Army chief of staff.

"We were able to get through all of the steps much more quickly and get it



Photo by Alejandro Pena

Black socks are now authorized for wear with both the Improved Physical Fitness Uniform (black and gold) and the traditional gray Army Physical Fitness Uniform. Both uniforms are shown here at a U.S. Army Alaska formation as Soldiers participate in an Army Birthday Run on Joint Base Elmendorf-Richardson, Alaska, June 4.

approved and get it implemented so Soldiers can start operating under this new guidance," she said.

The new guidance is outlined in an Exception to Policy, or ETP, memorandum signed by Lt. Gen. James McConville, Army G-1, Nov. 5. That memo will serve as the authorization for Sol-

diers to wear black PT socks until DA Pam 670-1 is updated in a few months, Commons said.

Another change to the new DA Pam 670-1 will be the elimination of all reference to the dress green Army Service Uniform, or ASU. Sept. 30 was the wear-out date for the green Class A jacket, she

explained. All Soldiers should now have the blue ASU.

Other items in the recent uniform survey must go before the Uniform Board at Department of the Army before they can be implemented, Commons said. The survey included questions about a wind-proof blue Eisenhower jacket, a single-style "campaign hat" for all drill sergeants, and a single-style ASU cap for all Soldiers.

A majority of Soldiers voted for the optional wind-proof Eisenhower, or Ike, jacket meant to be worn in the workplace. A total of 11,613 Soldiers, or 62.5 percent of the respondents, were in favor of authorizing the Ike jacket to be worn in addition to the current black windbreaker.

Soldiers also voted that all drill sergeants, including women, should wear a single-style "campaign hat," already worn by male drill sergeants. A total of 11,590 Soldiers, or 62.4 percent of respondents, wanted this headgear for all drill instructors.

A majority of survey respondents wanted the Army to go to a single-style service cap for all Soldiers. A total of 12,250 Soldiers, or 65.9 percent, wanted the "bus driver" type cap - now worn by males - to be authorized for wear by all Soldiers.

In addition, 10,313 respondents, or 55.4 percent, wanted the blue service cap to be the required headgear with ASUs for senior noncommissioned officers (sergeant first class and above), officers and warrant officers, instead of the beret.

A representative sample of active-duty, National Guard and Army Reserve troops were asked to complete the uniform survey.

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



Technology to boost cognitive ability

EEG may one day aid Soldiers suffering from cognitive fatigue

Story and photos by **DAVID VERGUN**
Army News Service

New and complex technology for Soldiers can tax their mental ability, since the brain has finite processing capability, said David Hairston, a neuroscientist.

Hairston and his colleagues at the Army Research Lab's Human Research and Engineering Directorate at Aberdeen Proving Ground want to someday use electroencephalogram, or EEG, to aid Soldiers in those mental tasks. He's leading the Real-World Neuroimaging program to make that happen.

The EEG, which has been in use now for more than 60 years in clinical practice, measures and records voltage fluctuations in different parts of the brain to determine a person's neural patterns. Those patterns provide insights into what a person is seeing, hearing, thinking and feeling - like peering into an individual's mental and emotional state, he said.

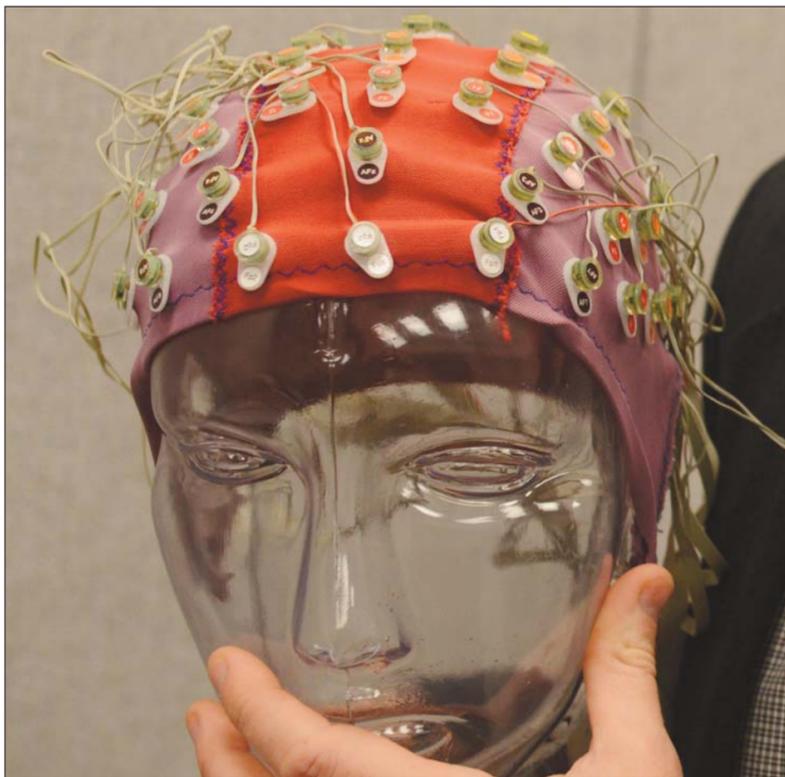
For instance, if a Soldier is fatigued, a unique EEG pattern will be produced, he said. That sort of information could be useful for a commander, who could rotate in a more rested Soldier for a critical mission requiring alertness.

Unfortunately, there's currently no way to monitor a Soldier's neural pattern out in the field, since EEG equipment is bulky and it's located in laboratories or a medical facilities.

Hairston's goal is provide positive results to Soldiers by leveraging what can be learned from an EEG. The challenge, Hairston said, is that science currently has very little understanding of how the brain works outside of the laboratory, because the brain is very rarely measured outside a clinical setting. He compared that task to putting together a giant jigsaw puzzle that's missing many of the pieces. "We have to create the pieces as we go along."

Puzzle Piece #1

The first puzzle piece Hairston's team created was a simplification of how the EEG is hooked up to a person's head. The traditional method is attaching wired sensors to different parts of a person's scalp. A gooey gel is used on the person's head to facilitate electrical conductivity.



That gel and all those wires are messy, bulky, invasive, uncomfortable and time-consuming to connect, he said.

Instead of using gel, ARL researchers invented new sensors based on spring-loaded pins. "The pins wiggle their way through your hair to make contact, so you don't need gel," he said.

Puzzle Piece #2

The second piece of the puzzle involved removing all the individual, separate wires and sensors from the scalp and encasing them in a custom-fitting, lightweight cap made of plastic that's fitted over the head.

The cap could be worn, he said, by an image analyst sitting in front of a computer, looking through images from an unmanned aerial vehicle, searching for a pattern, which might be, for example, an enemy emplacement or a tank.

When the analyst is pouring over thousands of images, he might miss something important because of the immense amount of cognitive processing required. Plus, it is a very time-consuming and tiring process.

Wearing the cap would facilitate that task with EEG, since "we can pick out that sort of ah-ha, pop-out moment in your brain, which happens very quickly," he said.

In other words, the Soldier's brain subconsciously picked out the signal, but the brain's internal communication didn't elevate it to the conscious level, he said.

Using an algorithm, a computer that's hooked up to the EEG would then process that information and quickly figure out that of 1,000 images, perhaps 10 are likely very important based on the EEG pattern, he said. Those could then be represented back to the Soldier very slowly so they can look for the target.

One problem though is that most EEG caps are not comfortable because they are designed as "one-size fits all," so people will not wear them long. As an alternative approach, Hairston picked up a prototype of a custom-fit cap that had been printed out by one of ARL's 3-D printers. The Soldier's head had first been measured in 3-D by magnetic resonance imaging, or MRI. The cap felt lightweight, spongy and comfortable, and would be a perfect fit for that Soldier.

Puzzle Piece #3

Puzzle piece number three involved completely ditching the cap and wirelessly transmitting EEG data via a microprocessor. This is one of the most challenging stages.

ARL's material scientists are looking at a number of materials to make non-metallic polymer sensors that are stretchable and pliable so they'll be comfortable and lightweight, he said. "In order to do this, we must work as a multi-disciplinary, collaborative team, involving members from other areas including material

(Left) A traditional electroencephalogram, or EEG, head hookup is messy with lots of wires, sensors and gel that irritates the scalp and causes mild discomfort, as well as taking time to set up.

(Below) The future envisioned device is a thin, lightweight electroencephalogram, or EEG, detector that can be worn inside a Soldier's helmet, transmitting valuable performance data back to his commander. This is ultimately what the Army Research Lab envisions.



science, aerospace engineering and electronics engineering."

The material holding the sensors and the sensors themselves would need to be thin enough to fit inside a Soldier's helmet safely, and the electronics operate only on locally-harvested power to alleviate the need for a bulky battery.

Hairston held up an example of one that's being tested. It was lightweight and comfortable. "We don't want to burden Soldiers with more equipment," he said.

The other parts of the puzzle would be getting the sensors to transmit on ultra-low power and getting the algorithms needed to assist Soldiers in a variety of tasks.

It's probably still years away from happening, he said.

But at ARL, it's about "taking what we know from basic neuroscience research and finding ways of turning that into useful applications for Soldier systems and future scientific methods and understanding of how the brain actually works in real, dynamic environments."

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!

Follow us on twitter

https://twitter.com/USAGAPG



THIS WEEK IN APG HISTORY

APG News

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

Vol. 43, No. 46 • November 16, 2000

Published in the interest of the people of Aberdeen Proving Ground

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 2000.

By YVONNE JOHNSON, APG News

2015
2010
2000
1990
1980
1970
1960
1950

10 Years Ago: Nov. 16, 2005



(Left) An Aberdeen Proving Ground color guard presents the colors during a Veterans Day program at the Perry Point VA Medical Center that later featured a wreath drop from a helicopter and a USO-style variety show for hospitalized veterans.

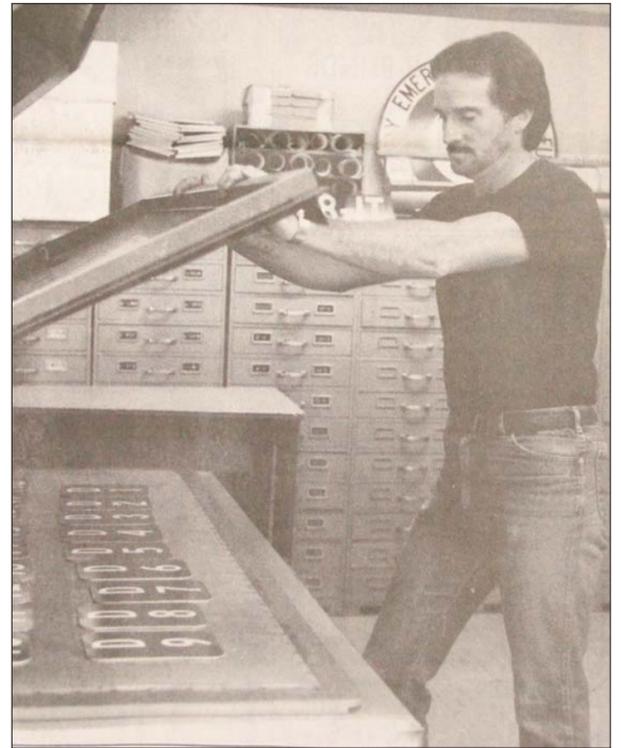


(Right) Staff Sgt. Anthony Manske marches a group of Roye-Williams teachers from the dining facility during a military familiarization exercise in partnership with the 16th Ordnance Battalion and Harford County Public Schools.

25 Years Ago: Nov. 14, 1990



(Left) The proving ground's new recycling program manager, Barry Decker, stands beside bales of cardboard ready for shipment.



(Right) Sign maker Jim Jackson of the Aberdeen Area Maintenance Division uses a heat-activated machine to bake on lettering for signs to mark camping sites.

50 Years Ago: Nov. 18, 1965



(Left) Mary Brown, left, and Sharon Geipe of Development and Proof Services, help kick-off the start of the Department of Defense Zero Defects campaign that emphasizes, "Doing it right the first time."



(Right) After bowling a 297 game, Spc. 6 James R. McDermott of the U.S. Army Ordnance Center and School looks at the three remaining pins that kept him from a perfect score at the APG Bowling Alley.



Kirk clinic recognizes civilian service

During a recent commander's call at the APG North (Aberdeen) post chapel Nov. 4, Kirk U.S. Army Health Clinic Commander Lt. Col. Wesley J. L. Anderson recognized 10 KUSAHC employees for their commitment to the U.S. government and presented them with civilian length of service awards. Cumulatively, the civilians share 170 years of civilian service.

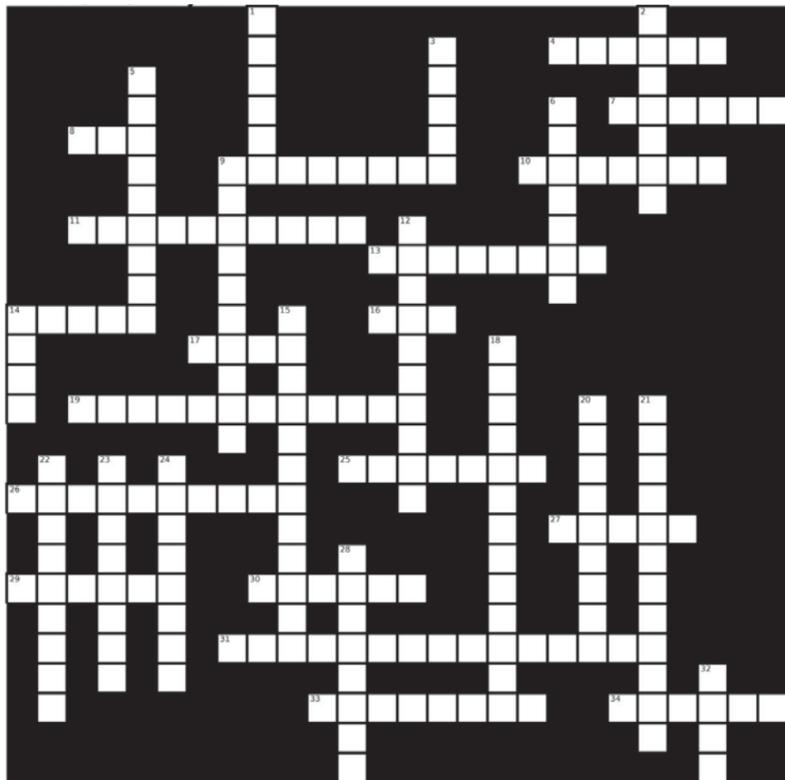
The employees are, from left to right, Ralph Ross Jr., 30 years; Carolyn Prince, 30 years; LaMesa Wade, 15 years; Paul Wolcott, 35 years; Carrie Silbernagel, 5 years; and not pictured, Dr. Carrie Dorsey, 5 years; Tammie Rush, 15 years; Mary Weaver, 15 years; Matthew Kight, 10 years; and Kimberly M. Carns-Lambert, 10 years.

Photo by Stacy Smith

Thanksgiving Holiday Hours

ACTIVITY	THURSDAY Nov. 26	FRIDAY Nov. 27	SATURDAY Nov. 28	SUNDAY Nov. 29
FITNESS				
AA ATHLETIC CENTER *	CLOSED	CLOSED.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.
AA Health & Fitness Ctr (302)	CLOSED	7 a.m. - 3 p.m.	CLOSED	CLOSED
EA HOYLE GYM/FITNESS CTR	CLOSED	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.	7 a.m. - 3 p.m.
COMMUNITY SERVICES/CHILD CARE				
ARMY COMMUNITY SVS	CLOSED	CLOSED	CLOSED	CLOSED
CHILD & YOUTH SERVICES**	CLOSED	CLOSED	CLOSED	CLOSED
CORVIAS Housing Office	CLOSED	CLOSED	CLOSED	CLOSED
RECREATION				
AA RECREATION CENTER	CLOSED	CLOSED	CLOSED	CLOSED
EA RECREATION CENTER	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING & SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED
RUGGLES GOLF COURSE	CLOSED	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.
EXTON GOLF COURSE	CLOSED	CLOSED	CLOSED	CLOSED
SELF SERVICE				
AUTO SKILLS SHOP	CLOSED	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.
OUTDOOR & EQUIPMENT CENTER	CLOSED	CLOSED	CLOSED	CLOSED
LIBRARY	CLOSED	CLOSED	CLOSED	CLOSED
MWR LEISURE TRAVEL	CLOSED	CLOSED	CLOSED	CLOSED
FOOD & BEVERAGE				
NORTH SIDE GRILL/1SG BBQ	CLOSED	CLOSED	CLOSED	CLOSED
TOP OF THE BAY	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING'S STRIKE FORCE CAFÉ	CLOSED	CLOSED	CLOSED	CLOSED
SUTHERLAND GRILLE	CLOSED	CLOSED	CLOSED	CLOSED
GROCERY				
Commissary	CLOSED	10 a.m. - 3 p.m.	9 a.m. - 6 p.m.	11 a.m. - 6 p.m.
		Mon, Nov. 23 open 10 a.m. - 7 p.m.		
MEDICAL/DENTAL				
Kirk Clinc	CLOSED	CLOSED	CLOSED	CLOSED
DENTAC	CLOSED	CLOSED	CLOSED	CLOSED
APG Veterinary Clinic	CLOSED	CLOSED	CLOSED	CLOSED
HUMAN RESOURCES				
SJA / LEGAL	CLOSED	CLOSED	CLOSED	CLOSED
MILPO/ ID CARD/ RETIREMENT	CLOSED	7:30 a.m. - 4:30 p.m.	CLOSED	CLOSED
SHOPPING (AAFES)/VENDOR SERVICES				
MAIN EXCHANGE	CLOSED	Black Friday: 4 a.m. - 6 p.m.	10 a.m. - 4:30 p.m.	10 a.m. - 4 p.m.
GNC	CLOSED	9 a.m. - 6 p.m.	10 a.m. - 4 p.m.	11 a.m. - 4 p.m.
BARBER SHOP	CLOSED	9 a.m. - 5 p.m.	10 a.m. - 3 p.m.	10 a.m. - 3 p.m.
OPTICAL	CLOSED	10 a.m. - 5 p.m.	10 a.m. - 3 p.m.	CLOSED
Laundry/Dry Cleaners	CLOSED	10 a.m. - 5 p.m.	10 a.m. - 3 p.m.	CLOSED
Lunch Box	CLOSED	CLOSED	CLOSED	CLOSED
Melvins Auto	CLOSED	CLOSED	CLOSED	CLOSED
APG Express (Shoppette)	CLOSED	10 a.m. - 6 p.m.	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.
APG Shoppette Subway	CLOSED	10 a.m. - 6 p.m.	10 a.m. - 3 p.m.	10 a.m. - 3 p.m.
Tim Hortons bldg 6002	CLOSED	CLOSED	CLOSED	CLOSED
Tim Hortons bldg 6008	CLOSED	CLOSED	CLOSED	CLOSED
Subway Bldg 6008 C4ISR	CLOSED	CLOSED	CLOSED	CLOSED
Burger King	CLOSED	10 a.m. - 4 p.m.	CLOSED	CLOSED
Edgewood Express (Shoppette)	CLOSED	9 a.m. - 3 p.m.	10:30 a.m. - 4:30 p.m.	11 a.m. - 4 p.m.
Subway EA	CLOSED	CLOSED	CLOSED	CLOSED
LOGISTICS READINESS CENTER-APG				
LRC-ABERDEEN	CLOSED	OPERATIONAL	CLOSED	CLOSED
Property Book Office	CLOSED	7 am - 4:30 pm	CLOSED	CLOSED
Property Book Warehouse	CLOSED	7 am - 4:30 pm	CLOSED	CLOSED
CIF	CLOSED	CLOSED	CLOSED	CLOSED
Installation ASP	CLOSED	CLOSED (RDO)	CLOSED	CLOSED
SSA / CRP	CLOSED	CLOSED (RDO)	CLOSED	CLOSED
DOL Fuel Station	CLOSED	7a.m. - 3 p.m.	CLOSED	CLOSED
TMP	CLOSED	CLOSED	CLOSED	CLOSED
PPPO	CLOSED	CLOSED	CLOSED	CLOSED
Carlson Wagonlit Travel CTO	CLOSED	8 am - 4:30 pm	CLOSED	CLOSED
Passenger Travel	CLOSED	CLOSED	CLOSED	CLOSED
Freight Office	CLOSED	CLOSED	CLOSED	CLOSED
Maintenance	CLOSED	CLOSED	CLOSED	CLOSED
GATES				
AA Rt 22 / Visitor Center	OPEN / CLOSED	OPEN	OPEN/ 6 a.m. - 6 p.m.	OPEN / 6 a.m. - 6 p.m.
AA Rt 715 / Vistor Center	CLOSED	Open/ 6 a.m. - 6 p.m.	CLOSED	CLOSED
EA Wise Rd	CLOSED	CLOSED	CLOSED	CLOSED
EA Rt 24 / Vistor Center	OPEN / CLOSED	OPEN / CLOSED	OPEN / CLOSED	OPEN / CLOSED

* Athletic Center is closed on Friday, 27 Nov for floor maintenance. The Fitness Center (building 320) will be open Nov 27; ** CYSS Facilities are: Child Development Centers, Youth Centers/School-Age Services & Family Child Care Homes; ***For support services call 913-271-4245. For Army Emergency Relief, call Red Cross at 1-877-272-7337



The APG Crossword

American Education Week

By **RACHEL PONDER**, APG News

American Education Week, November 16-20, celebrates public education and individuals who make a difference ensuring that every child receives a quality education. Sponsored by the National Education Association, this year's theme is "Great Public Schools: A Basic Right and Our Responsibility." Solve this puzzle about education, ranging from preschool to university.

Across

- 4. This educator founded the American Red Cross in 1881.
- 7. A term for a student that has intellectual ability significantly higher than average.
- 8. A mind _____ is a diagram used to visually organize information.
- 9. The 1896 Supreme Court case of Plessy v. _____ upheld the segregation of races in schools as long as each race enjoyed parity in quality of education.

- 10. This South African anti-apartheid activist and politician said, "Education is the most powerful weapon which you can use to change the world."
- 11. He founded Tuskegee University in Alabama and was a leading black political and educational leader in the U.S. from the 1890s until his death in 1915.
- 13. This teacher of Helen Keller is known as the "miracle worker."
- 14. The 1954 Supreme Court case _____ v. Board of Educa-

- tion stated that the racial segregation of public school facilities was inherently unequal and unconstitutional.
- 16. A _____ quiz is a short test given to a class by a teacher, without prior warning.
- 17. A memorization technique based on repetition is called _____ learning.
- 19. A _____ test is administered and scored in a consistent manner.
- 25. An oral presentation intended to teach people about a particular subject.
- 26. The Army's pre-kindergarten program is called Strong _____.
- 27. This American philosopher and educational reformer said, "Education is not a preparation for life; education is life itself."
- 29. On Oct. 17, 1979, this U.S. president signed the Department of Education Organization Act into law.
- 30. A break from class.
- 31. _____ activities take place after school and are optional.
- 33. Another name for cursive writing.
- 34. A _____ card is a document that communicates a student's academic performance.

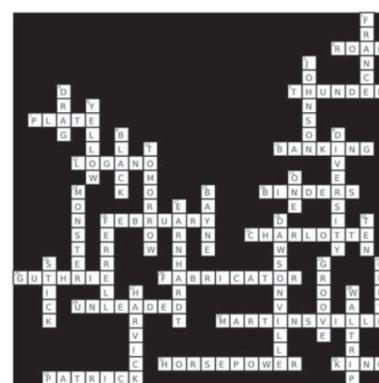
- in everyday life situations.
- 12. A self-taught person.
- 14. The wife of the 43rd U.S. President, this former teacher worked to improve literacy during her tenure as First Lady.
- 15. The Servicemen's _____ Act of 1944, known informally as the G.I. Bill, was a law that provided a range of benefits for returning World War II veterans.
- 18. Reading _____ is the ability to read text, process it and understand its meaning.
- 20. _____ preschool is the notion that access to preschool should be available to all families similar to kindergarten.
- 21. Means "children's garden" in German.
- 22. The study of self-determined learning.
- 23. This famous German-born theoretical physicist said, "Education is what remains after one has forgotten what one has learned in school."
- 24. Ben Franklin said "An investment in knowledge pays the best _____."
- 28. The art and science of teaching.
- 32. A student _____ is designed to help students pay for tuition, books, and living expenses.

Down

- 1. A unit of teaching that typically lasts one academic term.
- 2. This Austrian philosopher is the founder of Waldorf education.
- 3. Founded in 1635, Boston _____ School is both the first public school and the oldest existing public school in the United States.
- 5. Removing a student from a school for violating rules.
- 6. A sentence _____ is a pictorial representation of the grammatical structure of a sentence.
- 9. _____ illiteracy refers to the inability of an individual to use reading, speaking, writing, and computational skills efficiently

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

Solution to the November 12 puzzle



WORD OF THE WEEK

Mollify

Pronounced: MOL-uh-fahy
Part of Speech: Verb

Definition:

1. To soften in feeling or temper, as a person; pacify; appease.
2. To mitigate or reduce in intensity; assuage, temper, soften

Other forms

- Mollification, noun
- Mollifier, noun
- Mollifyingly, adverb
- Mollifiable, adjective

Use:

- She bequeathed her diamond necklace to her oldest son and, to mollify the family, distributed a large, though less dazzling, assortment of jewelry among the other siblings.
- He was not mollified by the hefty raise; a promotion was what he wanted.
- She started to drive the disappointed little leaguers home after their loss, but on a hunch, took an impulsive detour, and found that McDonalds is a great mollifier.
- The settlers hoped to mollify the harsh wilderness environment.

By **YVONNE JOHNSON**, APG News
Source(s): www.dictionary.reference.com www.oxforddictionaries.com

ACRONYM OF THE WEEK

USPTO

U.S. Patent and Trademark Office



The United States Patent and Trademark Office (USPTO) is the federal agency for granting U.S. patents and registering trademarks. Congress created the U.S. Patent Office in 1836, and established the basic principles of American patent law. In the United States, any process or device may be patented if it is novel and useful and if plans and a working model are supplied.

The USPTO registers trademarks based on the commerce clause of the U.S. Constitution (Article I, section 8, clause 3). Under this system of protection, American industry has flourished, new products have been invented, new uses for old ones discovered, and employment opportunities have been created.

The USPTO advises the president of the United States, the Secretary of Commerce, and U.S. government agencies on intellectual property (IP) policy, protection, and enforcement; and promotes the stronger and more effective IP protection around the world.

In doing so, the USPTO fulfills the mandate of the Constitution that the legislative branch "promote the Progress of Science and useful Arts, by securing for limited Times to Authors and Inventors the exclusive Right to their respective Writings and Discoveries."

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

By **YVONNE JOHNSON**, APG News
Source(s): <http://www.encyclopedia.com> <https://en.wikipedia.org>

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

Show memorializes past service members

Continued from Page 1

because they understand the importance of honoring our veterans," Devine said.

Johnson added that the big plus is that veterans – particularly hospitalized veterans – appreciate any efforts on their behalf.

"They always enjoy the camaraderie with active-duty Soldiers, and they're thankful anytime someone takes the time to remember them," she said. "It lets them know they're not forgotten."

Tony Shumpert, a military retiree, APG civilian and leader of Rhema Praise, got things started when he strutted down the aisle, playing "When the Saints Go Marching In" on trombone. Then, APG Garrison 1st Sgt. Jermaine Allen, a former drill sergeant, strutting in campaign hat and dark glasses, barked a military welcome to put guests "at ease."

Music and dance followed with popular songs from each era.

The Serendipity Dancers - Tami Woodruff of the APG CPAC, former Army "brat" Wendy Tiner and Sandy Sanders, a Navy veteran and CERDEC civilian, danced to "Boogie Woogie Bugle Boy" a World War II favorite; CECOM civilian Paul Catley sang Bill Withers' "Lean On Me" in a tribute to Martin Luther King Jr. during the Vietnam era and CPAC civilian Tami Woodruff, dressed in ACU's, lip-synced to "These Boots Are Made For Walking" by Nancy Sinatra, in a nod to present day.

Other standout performances included ATEC civilian Stephen Perno, singing "If I Can Dream," a song by Elvis Presley written shortly after the King assassination in 1968; Rachel Acevedo, an RDECOM civilian and Rhema Praise member who sang "Touch the Sky," from the Walt Disney film, "Brave," and Bruce Springsteen's "Glorious Days" lip-synced by Richard Delbrook and Joe Phoebus.



With the "Red, Hot and Blues!" cast assembled on stage behind him, APG Senior Commander Maj. Gen. Bruce T. Crawford, extends his thanks to Perry Point VAMC hospitalized patients for their service.

In addition, CECOM civilian Rensha Robinson of Rhema Praise drew a standing ovation after belting out Whitney Houston's "I Will Always Love You."

For the finale, military cast members marched from the stage and moved through the audience shaking hands with veterans.

Crawford and other attendees praised the Veterans Day performance and said that "Thank you for your service" cannot be repeated too often.

"It is on the backs of our great veterans that we stand today," he said, adding that it is by their sacrifices that the nation is free.

"Never forget our veterans on whose shoulders we stand."

Jeff A. Nechanicky, associate director for finance for the VA Maryland Health Care System, noting that he is a veteran as was his father, said he learned the value of veterans from a former first sergeant who taught him the importance of "memorializing those of

the past."

"We never forget," he said.

Vietnam veteran Michael Senna said the show was "very good, especially the part about Vietnam."

"I loved it," added former Navy corpsman John Pollack. "I hope they come back next year."

Veteran Ralph Stepney also "enjoyed it thoroughly."

"They did an outstanding job," he said. "Their coming out here for us really means a lot."

Winter updates to be posted to social media

Continued from Page 1

munity is through AtHoc.

As APG's mass warning notification system, AtHoc allows the installation to instantaneously send phone, email and text alerts about adverse weather to Team APG. To register for AtHoc, visit www.teamapg.com. Click "APG Employee Toolbox" on the left-hand navigation, then click "eLearning." Scroll down to "Security and Intelligence" and click on "AtHoc" to open the self-registration guide.

The APG Facebook page, www.facebook.com/APGmd, will also be updated as soon as a decision has been made to change the installation's operating status due to weather. Members of the community are reminded that they DO NOT need a Facebook account to visit the site and view posts.

Updates will be posted to the APG Twitter page at www.twitter.com/usagapp. Team APG can also call the snow line, 410-278-SNOW (7669), for weather updates. The installation operational status will also be shared with local news TV and radio stations.

Personnel are also reminded to refer to their chains of command and organizational leadership during weather emergencies. Individual organizations have the authority to release personnel early, delay the start of work, or shutdown altogether.

How is the decision made to close post?

The decision to close the installation during inclement winter weather – or remain open – is not a decision made lightly.

APG's destructive weather team meets hours, and sometimes days, before winter weather arrives to track

Where to go for winter weather updates

Aberdeen Proving Ground-Managed Sites

APG Facebook: www.facebook.com/APGmd

APG Twitter: www.twitter.com/usagapp

APG Website: www.teamapg.com

APG Weather Line: 410-278-7669

****Register for AtHoc to have notifications sent directly to your phone and/or email.****

Area TV Stations	Area Radio Stations	
<p>Greater Baltimore Area WMAR-TV Channel 2 WBAL-TV Channel 11 WJZ-TV Channel 13 WBFF-TV Channel 45</p> <p>Other Areas Fox 43 (York, Pennsylvania) Harford Cable Network (Harford County)</p>	<p>Greater Baltimore Area WPOC – 93.1 FM WJZ-FM – 105.7 FM WZFT – 104.3 FM WJZ-AM – 1300 AM WQSR – 102.7 FM WCAO – 600 AM WLIF – 101.9 FM WWMX – 106.5 FM WIYY – 97.9 FM WBAL – 1090 AM</p>	<p>Other Areas WXCX – 103.7 FM (Havre de Grace, MD) WROZ – 101.3 FM (Lancaster, PA) WDEL – 1150 AM (Wilmington, DE) WSTW – 93.7 (Wilmington, DE)</p>

the anticipated impact on APG. This team – made up of weather forecasters, emergency responders, snow-clearing personnel, and installation leaders from both the garrison and tenant organizations – takes into account countless variables.

Factors included in the decision to alter APG's normal operating status are: (1) current and forecasted weather, (2) the effect of DPW clearance operations (how much has been plowed, swept or

cleared), (3) hazardous conditions on post, (4) surrounding county conditions, (5) school and local government closures, (6) installation infrastructure status (power, water, sewage, etc.), and (7) the condition of each installation access control point.

The decision to delay or close the installation is made as early as possible, based on available information. When possible, APG leaders work to make a decision by 4:30 a.m., before a majori-

ty of the workforce leaves home to commute to work.

Leaders are cognizant of both the safety of the workforce and duty to the mission. The overarching goal is to ensure the workforce can conduct various missions safely.

Editor's Note: Check back with the "APG News" for tips about how to prepare your home and car for winter, winter driving safety and how to decipher weather forecasts in future issues.

Tell them you saw it in the APG News

Leave Donations

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

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

Employees eligible for donations in the Voluntary Leave Transfer Program

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

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

Tour takes Soldiers to National Mall, Arlington

Continued from Page 1

“This annual community trek is an ambassadorship of goodwill,” said Daniel Whipp, CSSC coordinator. CSSC is an off-shoot of the Harford County Office of Economic Development and serves to ensure a high quality of life for those who live and work in the defense community surrounding APG.

“We value the Soldiers’ presence at APG and their commitment to our country. Our business community welcomes the opportunity to interact with active military and help them feel part of the greater APG community,” Whipp said.

APG Soldiers and civilians explored the 11 memorials and monuments that surround the National Mall, which include the Washington Monument, Lincoln Memorial, Jefferson Memorial, Martin Luther King Jr. Memorial, World War II Memorial, Vietnam Veterans Memorial, Vietnam Women’s Memorial, Franklin Delano Roosevelt Memorial, Korean War Veterans Memorial, Marine Corps War Memorial and Pentagon Memorial.

Ruggles golf course manager Rick Bond said he attended the trip for “a little bit of history,” adding that he looked forward to seeing the changing of the guard at the Tomb of the Unknowns.

Bond, along with other tour members, also paid their respects at the gravesite of Maj. Gen. Harold Greene who was killed in Afghanistan in August 2014. Greene, who had served in multiple positions at APG during his career, was the highest-ranking service member killed on foreign soil during a war since Rear Admiral Rembrandt Cecil Robinson was killed during the Vietnam War in May 1972.

Bond said he remembered Greene, who often frequented the golf course restaurant, Sutherland Grille, as a humble man.

“You would never have known he was a military general,” Bond said.

Sharing memories

Many who visit Arlington and the war memorials and monuments do so not only to honor the fallen, but also to share personal stories. One such visitor to the WWII Memorial was 88-year-old Dorothy Estes from Arlington, Texas. Estes braved a cold, November rain to place a single rose on the Texas tower at the Memorial in honor of her late husband, Dr. Emory Estes, who served in WWII and passed away in 2013.

“My husband and I were here when they dedicated this [memorial],” Estes said. “He was a professor and he loved to walk around [here], and he remembered all the battles.”

However, visiting the memorial was incidental to the larger reason for Estes’ trip. Two days prior, Estes was at Arlington National Cemetery to lay to rest a distant relative, Lt. William O. Pile, who served alongside her husband during WWII.

What makes Estes’ story unique though is that, according to her family members, she was instrumental in placing the U.S. Army in touch with his living relatives. A former journalist, she used historical documents and old-fashioned research to uncover the family tree.

“I wrote a note to [Pile’s] granddaughter to tell her what her grandfa-



(Above) More than 30 APG Soldiers and civilians visit the WWII Memorial in Washington D.C. during the 6th annual Spirit of Thanks tour, Nov. 12. The tour is a collaborative effort between APG and the local business community. (Below) Dorothy Estes places a single rose on the Texas tower at Washington D.C.’s WWII Memorial in honor of her late husband, Dr. Emory Estes, who served in WWII and passed away in 2013. (Bottom) Pictures, flowers and remembrances line the Vietnam Veterans Memorial Wall in Washington D.C. Nov. 12, the day after Veterans Day.

ther had done, and she was so touched by the story of his heroism, that she brought his remains from Honolulu directly to the funeral home here [D.C.]”

Pile was the pilot of a B-26C Marauder, with eight other crewmen onboard, which crashed after being struck by enemy fire while on a bombing mission against enemy forces near Philippsweiler, Germany. His remains had not been recovered at the time of the crash.

“It took 70 years, but they found him [Pile] in 2011,” Estes said.

To learn more about Washington D.C.’s monuments and memorials or Arlington National Cemetery, visit <http://washington.org/washington-dc-monuments-memorials> and <http://www.arlingtoncemetery.mil/>. For more information about CSSC, visit www.apg-cssc.com.



Did You Know?

Of the 3,469 Medals of Honor awarded, 32 have been awarded to Native Americans.

The most recent recipient, Michael Edwin Thornton, a retired Navy SEAL of Cherokee ancestry, is still living. Thornton was awarded the medal for saving the life of his senior officer, Lt. Thomas R. Norris, who later earned the Medal of Honor in an unrelated incident.

Thornton was born March 23, 1949 in Greenville, South Carolina. He graduated from high school in 1967 and enlisted in the Navy the same year.

He served aboard destroyers as a gunner’s mate apprentice until November 1968, when he began Basic Underwater Demolition/SEAL training. Upon graduation, he was assigned to SEAL Team 1 and began a series of tours in Southeast Asia which ran from January 1970, to December 1972.

By the last quarter of 1972, U.S. involvement in the region had waned and Thornton, by then a petty officer, was one of only a dozen SEALs remaining in Vietnam. On Oct. 31 of that year, he participated in a mission to capture prisoners and gather intelligence just south of the Demilitarized Zone. The group went in at night but in the morning realized they were too far north and were actually in North Vietnam.

When they were spotted by a group of 50 soldiers an intense, five-hour battle ensued.

Thornton’s MOH citation reads:

“For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while participating in a daring operation against enemy forces. Thornton, as assistant U.S. Navy advisor, along with a U.S. Navy



lieutenant serving as senior advisor, accompanied a 3-man Vietnamese Navy SEAL patrol on an intelligence gathering and prisoner capture operation against an enemy-occupied naval river base. Launched from a Vietnamese Navy junk in a rubber boat, the patrol reached land and was continuing on foot toward its objective when it suddenly came under heavy fire from a numerically superior force. The patrol called in naval gunfire support and then engaged the enemy in a fierce firefight, accounting for many enemy casualties before moving back to the waterline to prevent encirclement. Upon learning that the senior advisor had been hit by enemy fire and was believed to be dead, Thornton returned through a hail of fire to the lieutenant’s last position; quickly disposed of 2 enemy soldiers about to overrun the position, and succeeded in removing the seriously wounded and unconscious senior naval advisor to the water’s edge. He then inflated the lieutenant’s lifejacket and towed him seaward for approximately 2 hours until picked up by support craft. By his extraordinary courage and perseverance, Thornton was directly responsible for saving the life of his superior officer and enabling the safe extraction of all patrol members, thereby upholding the highest traditions of the U.S. Naval Service.”

In 1980, Thornton was chosen to be a founding member of SEAL Team Six, the U.S. Navy’s first unit dedicated to counterterrorism. He later became a commissioned officer and after participating in Operations Desert Shield/Storm, retired as a lieutenant in 1992. Along with the MOH, his awards include the Silver Star, three Bronze Stars, and the Purple Heart. In retirement, he penned the book, “Honor Bound: Two Navy SEALs, the Medal of Honor, and a Story of Extraordinary Courage.”

President Richard M. Nixon presented Thornton the Medal of Honor during a White House ceremony Oct. 15, 1973. Norris, the lieutenant Thornton saved, recovered and went on to earn a Medal of Honor for his April 1972 rescue of two people from behind enemy lines.

Thornton lives with his family in Texas.

Yvonne Johnson, APG News
 Source(s): <http://www.cmohs.org/>
<http://www.history.army.mil>
<https://en.wikipedia.org/>

APG SNAPSHOT

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



Photos by Yvonne Johnson

RED, HOT & BLUES VETERANS DAY VARIETY SHOW A HIT

Clockwise from top left) Army retiree Tony Shumpert starts the show off musically with the jazzy "When the Saints Go Marching In" on trombone; Serendipity Dancers, from left, Tami Woodruff of the APG CPAC, former Army "brat" Wendy Tiner and Sandy Sanders, a Navy veteran and CERDEC civilian, strike a Rosie the Riveter pose. During the show, the trio danced to the "Boogie Woogie Bugle Boy."; From left, APG Senior Commander Maj. Gen. Bruce T. Crawford and BOSS president Sgt. Eric Jimenez chat with former APG public affairs officer Samuel Britten during a visit to the Perry Point VAMC nursing home after the show; Rhema Praise member and CECOM civilian Renesha Robinson performs a passionate version of Whitney Houston's "I Will Always Love You," that earned her a standing ovation.



BUSTING A MOVE

(Clockwise, from above) Seven-year-olds Azaria Ballou, left, and Kymbrelle Key bust a move during a CIZE dance class at the APG North (Aberdeen) youth center Nov. 10. The choreographed children's dance classes, which combine exercise and fun, began in October and end Nov. 24; Class instructor and CERDEC civilian Sandy Sanders teaches her students a new dance step; Six-year-old Donovan Ballou follows the beat of his own rhythm.

Photos by Stacy Smith