



APG NEWS

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

www.TeamAPG.com

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From grief to growth

Aberdeen family gains closure through sharing

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

In observance of Suicide Prevention Month, Team APG hosted a community conversation, "RUOK?" events at two locations the week of Sept. 14.

Each event featured the family of Maxwell Defiance Landbeck, a once-talented and promising 20-year-old Aberdeen High School graduate who committed suicide July 13, 2014 after years of battling substance abuse.

Landbeck's parents, John and Jennilyn, work with the Harford County Office on Drug Policy to present their experience to Harford County groups and public schools in an effort to help others identify the signs and connect to potential victims.

Lamont Cogger, installation suicide prevention manager with the garrison's Army Substance Abuse Program (ASAP), hosted the event which included a short talk by Tammy Woodard, a certified suicide prevention trainer with the Army Contracting Command. According to Wood-

See LOCAL, page 18



Photo by Ellen Crown

From left, leaders from the U.S. Army Medical Research Institute of Chemical Defense (USAMRICD), U.S. Army Medical Research and Materiel Command (USAMRMC), and the U.S. Army Corps of Engineers execute a joint ribbon cutting in front of the new USAMRICD building at APG South (Edgewood), Sept. 15. The new facility consolidates MRICD capabilities and helps the organization forward its mission of discovering and developing medical products and knowledge solutions against chemical threats through research, education and training, and consultation.

State-of-the-art facility opens

MRICD celebrates new lab with ribbon cutting

By **STACY SMITH**
APG News

The U.S. Army Medical Research Institute of Chemical Defense (MRICD) marked the grand opening of its new building during a ribbon-cutting ceremony at APG South (Edgewood), Sept. 15.

"Today we will officially open the doors to our nation's new lead chemical defense

research facility, the U.S. Army Medical Research Institute of Chemical Defense," said Master of Ceremonies Capt. Jeffrey A. Havens.

"This building was designed specifically for a very unique mission: medical countermeasures to chemical weapons," he said.

Havens welcomed distinguished guests from government, military, and research

fields. Attendees included representatives from the Department of Defense, the Chemical and Biological Defense Program, Department of the Army, Army Medicine, and the Medical Research and Materiel Command.

The event, which included a ribbon cutting, cake reception, and guided tour of the building, was hosted by Maj. Gen. Brian C.

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LEADERSHIP

On the job for two months, new garrison commander Col. James E. Davis shares his vision.

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One of the region's largest anechoic chambers opens on APG.

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Caffeine doesn't improve decision-making skills for sleep deprived Soldiers, study finds.

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29 days until Oktoberfest

Oct. 23 & 24

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online

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ICE system
http://ice.disa.mil/
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Dueling Pianos returns to APG



A costumed Sgt. 1st Class Adam Jaffe, with the Joint Project Manager for Nuclear, Biological and Chemical Contamination Avoidance, performs as "Elton John" during the Dueling Pianos Comedy Show at the APG North (Aberdeen) recreation center, Sept. 17.

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

One of APG Family and Morale, Welfare and Recreation's most popular attractions, the high-energy and interactive Dueling Pianos Comedy Show returned to APG for the fourth time in three years, Sept. 17.

During the three-hour event at the APG North (Aberdeen) recreation center, Dueling Pianos International performers Dan Louisell and Noel Leaman performed Top 40, rap, country, TV and movie theme songs and rock-and-roll classics requests from the audience.

Throughout the night audience members were invited to join the musicians on stage, and various props were incorporated into the performances for extra laughs.

Sgt. 1st Class Adam Jaffe, with the Joint Project Manager for Nuclear, Biological and Chemical Contamination Avoidance, dressed up as Elton John and joined Leaman for playful renditions of "Crocodile Rock" and "Bennie and the Jets."

See DUELING, page 17

GRAB YOUR LEDERHOSEN!

APG to host Oktoberfest, Oct. 23-24

At right, dancers enjoy the musical entertainment of the Edelweiss Band at the APG Oktoberfest in 2014.

Don't miss out on the fun this year - Oktoberfest returns to APG, Friday and Saturday, Oct. 23-24. The local community is invited to join Team APG as it celebrates a centuries-old Bavarian tradition at the APG North (Aberdeen) recreation center and surrounding grounds. Activities abound for the entire family, from German-inspired food and beverages and live entertainment, to inflatables and carnival games.

For more information about APG Oktoberfest, see page 10, or visit www.apgmwr.com.

Photo by Molly Blossie



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STREET TALK

The new fall TV season has started – which shows will you watch?

“How to Get Away With Murder” and “Empire.” I like suspenseful shows.



Theresa Owolabi
Garrison SHARP Office

I don't watch a lot of TV, but I like “The Tonight Show” with Jimmy Fallon and I watch the news every day.



Michael Vinh
CERDEC

I like to watch comedies like “The Big Bang Theory,” “Bob's Burgers” and “Family Guy.”



Natalie Hampshire
PEO C3T

I will watch “Grey's Anatomy,” I have been watching it from the beginning. I am also looking forward to the new season of “Downton Abbey” in January. I don't want to try any new shows because I don't have time to watch any more TV.



Joyce Hampshire
PEO C3T

I don't watch much TV, but I like “Gotham” and “Game of Thrones.”



Bob Penniston
CERDEC

Commander's Corner



**READY
ARMY**

GET A KIT ▶ MAKE A PLAN ▶ BE INFORMED

**Team APG
Family PrepareAthon**

Wednesday, Sept. 30
Bayside Community Center
6 to 8 p.m.

Make sure your entire family knows what to do during an emergency!

National Preparedness Month

Natural and manmade tragedies follow no timetable. The 10th anniversary of hurricane Katrina, the remembrance of Sept. 11, 2001, and this summer's shootings at reserve and recruiting centers in Chattanooga, remind us of the need for preparedness. When we aren't prepared, these events challenge our collective security and resilience.

Our entire Army shares the responsibility to be prepared. Preparing Soldiers, civilians and our families for emergency situations ensures the strength of our resources and our ability to continue to safeguard our installations.

This year marks the 12th annual observance of National Prevention Month. The U.S. Army's focus remains steadfast: educate, empower and involve the Army community in preparedness activities to enhance the resiliency of the Army and increase the nation's readiness for all hazardous events.

Accordingly, preparedness campaigns provide a recur-



Halverson



Hartless

ring opportunity to take action before a crisis. They foster a culture of preparedness and strengthens our resilience. Commanders at all levels must encourage heightened awareness and preparedness. They must refine and rehearse appropriate emergency action plans to prepare for, mitigate, prevent, respond to and recover from the effects of natural or man-made hazards and disasters.

Our Ready Army campaign outlines the four tenets of Army preparedness: Be Informed, Make a Plan, Build a Kit and Get Involved. Visit <http://www.acsim.army.mil/readyarmy> to find out more.

Additionally, to increase emergency preparedness and community resilience, everyone is encouraged to participate in the national day of action, National PrepareAthon! Day, the culmination of National Preparedness Month, Sept. 30.

Installation preparedness staff can locate resources for local preparedness efforts at <http://www.acsim.army.mil/readyarmy> or <http://www.ready.gov>.

“Don't Wait. Communicate. Make Your Emergency Plan Today!”

Support and Defend!

LT. GEN. DAVID HALVERSON,
IMCOM Commanding General

COMMAND SGT. MAJ. JEFFREY HARTLESS,
IMCOM Command Sergeant Major

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, Metropol-



itan Policy 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

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or email yvonne.johnson5.ctr@mail.mil.

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

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New garrison commander shares vision

By **YVONNE JOHNSON**
APG News

Col. James E. Davis has had his boots on the ground as the APG Garrison commander for just over two months. In that time, he has formed opinions about the garrison staff, directorates and the installation he's come to call home.



Davis

Davis said he looks forward to what he hopes will be a productive tour at APG, and he's more than happy to share his vision with others.

Vision and leadership style

First and foremost, he said he wants garrison leaders and staff to know that while he's all about duty, honor and country, he's also human.

"I'm very focused and like most people I also like to have a good time and be comfortable," he said. "But when it's time to take care of business, I believe in getting things done."

He said he wants garrison directors and their staff to continue to make decisions for the good of the installation without worry.

"I understand that none of us are perfect, and people make mistakes," he said. "I've also made mistakes. But when you take the information you have and place faith, family and unit first, you generally make the right decisions; and when people see that, they realize that you're for real. You can put on a façade but in the end you have to be yourself."

Davis said that because leaders can't shy away from decision-making, he's not one to chastise someone for making an honest error. He said he believes in reinforcing with a positive attitude and that he's more likely to say "Let's try it this way next time."

"I want people to realize that I'm approachable," he said. "I want them to know that I truly care about APG, its workers and their work environments."

He said that in the grand scheme of things, everything is about supporting the warfighter.

"I'd like to see everyone take five minutes each day to think about their job and what they can do better to help strengthen their core," he said. "Successful and like-minded individuals think this way."

The unique makeup of the installation – with a civilian majority and active-duty Soldiers in the minority – is enough to challenge any leader, Davis said, adding that he's excited by the chance to exercise leadership principles and his own capabilities.

"Motivating people is exciting," he said. "From a private to a two-star general, from wage grade to Senior Executive Service, everyone has credible ideas and thoughts. And everything is a compromise. I think if people understand your vision you can get a lot done."

Davis said the garrison directorates and staff, as well as garrison-supported organizations, can expect "a listener and a man of action" in the new commander.

"I'm definitely a listener. I want to hear things and sometimes I'll say things you don't want to hear," he said. "But I give my bosses as well as my subordinates my undivided attention and I'm very interested in feedback."

For example, a recent survey concerning weekend gate operations is still being evaluated, Davis said.

"We're very interested in the feedback from that survey so we can move forward with a decision," he said. "As in every decision, you're not going to please all people – you have to do what's best for the post. In the end, you have to do what's right."

Another point of interest about APG, he said, is the evening rush out the gates. He's noticed that the workforce "streams out" from 3 to 5 p.m. and that it's "pretty quiet on post after that."

"I'd love to see some of our facilities attract the workforce and keep them more involved on post. I'd also like to see more things happening on post for on- and off-post families," he said.

A family man

A military 'brat' whose father and



Photo by Molly Blossie

APG Garrison Commander Col. James E. Davis shares a laugh with the installation's special guests at the Military Appreciation Night at Ripkin Stadium earlier this summer. A military brat whose father and grandfather served in the military, Davis said he has "always been focused on the military" and "can't imagine doing something else."

grandfather enjoyed military careers, Davis said if he could live his life over again he wouldn't change a thing.

"I've always been focused on the military," he said. "I can't imagine doing something else."

The proud father of three daughters in college, Davis said that above all else, he's a "family man."

A sports enthusiast, who favors NCAA college football, Davis said he usually lets the ladies of the household have their way when it comes to regular TV.

"I've watched a lot of the Lifetime channel, and everything from love stories to ghost stories," he said. "I've seen my fair share of 'The Bachelorette' and listened to my daughters talk about the contestants later."

"But I try to keep up with what they watch," he added, noting that he treasures sharing common interests, however trivial, with his family.

"Each one of them has a little piece of their mother," he said, "and she in turn is

dedicated to our family."

"I love my daughters with all my heart and I was fortunate to marry my childhood sweetheart," he said of his wife, Michelle. "She's been with me every step of the way. She's embraced this community and she's smarter, runs faster and thinks quicker than me. She's my soul mate and I count on her a lot."

Davis is a graduate of Artillery Officer Basic and Advanced Courses, Command and General Staff College, and the Naval War College. He holds bachelor's degrees with The Citadel and master's degrees with Embry-Riddle Aeronautical University and the Naval War College.

His past assignments include Fort Campbell, Kentucky; Fort Bragg, North Carolina; and Fort Riley, Kansas as well as deployments to Saudi Arabia, Afghanistan, Kosovo, Bosnia, and Iraq.

A holder of Jungle Expert, Air Assault and Master Parachute badges, Davis is a third-generation paratrooper and a native of North Carolina.

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

APG hosts second PrepareAthon

Next event
at Bayside
Community
Center, Sept. 30

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

In honor of National Preparedness Month, the APG Garrison hosted the second of three PrepareAthon events at APG North (Aberdeen) post theater parking lot Sept. 17.

Approximately 150 people attended the four-hour interactive event, which included information and displays from the Directorate of Plans Training Mobilization and Security Emergency Operations Center (EOC); Directorate of Emergency Services; Installation Safety Office; Kirk U.S. Army Health Clinic; Army Community Service, Maryland National Guard; and the Harford County Department of Emergency Services.

“My intent with this [event] was to let the workforce know what APG’s capability is to handle any type of emergency, whether it’s a natural emergency, an active shooter event, [or] a search and rescue event,” said Pedro Rodriguez, garrison emergency manager.

Rodriguez said he hopes attendees at all three PrepareAthons will not only learn about APG preparedness plans and ways they can ready themselves for emergencies, “but actually apply what they learn; build their kits, [and] get their families prepared in case something happens. That’s my goal,” he said.

Members of the DES Special Reaction Team used equipment displays to demonstrate how the installation is prepared to respond to fire, biological and chemical, and rescue emergencies.

The Fire and Emergency Services display featured a rescue vehicle. Fire inspector John Frank said the fire department was able to procure funds for a dedicated rescue truck.

“At Edgewood, there’s going to be a dedicated HazMat truck which is similar in style and body,” Frank said.

APG Garrison Emergency Manager Bill Fowler said a major misconception



(Left) Maryland Army National Guard Soldier Lt. Stephen Suave explains the features of a UH-72A Lakota helicopter to APG personnel during the second of three PrepareAthon events on APG North (Aberdeen), Sept. 17.

about preparedness is that people think, “The government is going to come in and rescue them right away.” Rodriguez cited Hurricane Katrina as the event that changed perceptions about preparedness.

Harford County DES frequently partners with APG to provide the community with emergency response assistance, and the agency was on hand to share information about building disaster kits, developing support networks, and joining Harford County’s emergency notification system.

Rodriguez and Fowler stressed that although APG and other government agencies prepare for the unexpected, it’s up to individuals to undertake their own emergency and disaster preparations. This sentiment was echoed by Steven Welzant, Harford County DES emergency planner.

“It’s really kind of up to the individual to make sure that they’re prepared. It’s about having your supplies on hand before something happens,” Welzant said.

Fowler added that although individual preparation is essential to survival, people should not attempt to ‘go it alone.’

“In today’s society, a lot of people don’t even know who their neighbors are,” he said. “You’ve got to talk to your neighbors; you’ve got to communicate.”

PrepareAthon attendees also had the opportunity to tour a UH-72A Lakota helicopter operated by the Maryland Army National Guard, which has police and medical assistance capabilities.

RDECOM employee Sandy Davidson said she stopped by the event with a coworker to obtain preparedness infor-



(Below) Firefighter Anthony Legouri, left, and fire inspector John Frank, right, explain some of the fire, biological and chemical, and rescue equipment used by APG emergency responders during a PrepareAthon on APG North, Sept. 17.

mation she could share later with her husband. She said he has a passion for the subject.

“My husband is the most prepared person you’ve ever seen. We’ve got not only flares, but we’ve got the triangles to sit up on the road in case we have a flat tire,” she said.

Although Davidson said she feels ready for emergencies and disasters, she conceded that “there’s always something to learn.”

It’s a life lesson that Rodriguez hopes PrepareAthons attendees will heed so they can be ready for whatever the future holds.

“If something was to happen, and later on [attendees] came and told us, ‘hey, you guys were the reason I survived,’ that would make my day,” he said.

The final PrepareAthon event, open to Team APG resident and families, will take place at the APG North (Aberdeen) Corvias Bayside Community Center,

Wednesday, Sept. 30, from 6 to 8 p.m. It will coincide with the National PrepareAthon! Day, and will include various family and child-friendly activities and preparedness information, including how to register for the installation’s mass warning notification system AtHoc, and the Harford County Blackboard Connect 5 warning system.

APG emergency notifications, post closures and delays are announced on the APG weather line at 410-278-7669 and are posted on the APG website at www.teamapg.com, the APG Facebook page at www.facebook.com/APGMd, and the APG Twitter Page at www.twitter.com/USAGAPG.

For more information about National Preparedness Month and for preparedness resources, visit www.ready.gov; www.readyarmy.mil; or www.harfordpublic-safety.org.



Photo by Molly Blossie

Ceremony honors prisoners of war, missing in action

University of Delaware ROTC Air Force Detachment #128 Cadet Maj. Mark Kurtz salutes the Prisoner of War/Missing in Action place setting during a POW/MIA recognition ceremony on APG South (Edgewood), Sept. 17. Fellow cadets, from left, Capt. Katie Schlueter, Maj. Alexander Heger, Capt. Zacharie Mey each saluted a specific object in the place setting as Cadet Maj. Mitchell Fallinger, not shown, explained their symbolism. Since the Vietnam War, the tradition of setting a table in honor of prisoners of war and missing comrades has been common place at many military events. The ceremony was followed by a 5K remembrance run.

MARK YOUR CALENDAR

events&town halls

SATURDAY SEPTEMBER 26

COMMUNITY PARTNERSHIP FOR EDUCATION

Aberdeen Proving Ground welcomes K-12 parents and educators to partner together to create an education information sharing program during the first Community Partnership for Education initiative at Aberdeen High School, 8 a.m. to noon.

This free event is sponsored by APG, Cecil, Harford and Baltimore Public School districts and the Maryland State Dept. of Education, and will include a panel discussion, break-out sessions for parents and educators, and information booths featuring educational opportunities and programs.

This is a collaborative effort to extend educational outreach programs, such as Science, Technology, Engineering & Math (STEM), as well as discussing issues facing children and educators such as college/career readiness, cyber bullying and best practices to assist transitioning students.

If you are a parent and/or educator of kindergarten through twelfth grade students in Baltimore, Harford, and Cecil Counties we encourage you to attend. Join us as we invest in our futures!

Pre-register for the event by visiting www.apgeducationpartnership.eventbrite.com.

WEDNESDAY SEPTEMBER 30

TEAM APG FAMILIES NATIONAL PREPAREDNESS MONTH PREPAREATHON

Team APG will host a National Preparedness Month Community Event at the Corvias Community Center on APG North (Aberdeen), 6 to 8 p.m.

The event will include preparedness information and details about how to sign up for APG's mass warning notifications, static displays from the Directorate of Emergency Services and the Maryland National Guard, community health information from Kirk U.S. Army Health Clinic, and displays from Army Community Service, the Installation Safety Office, and Harford County Emergency Operations.

SUICIDE RISK & PREVENTION EDUCATIONAL SESSION

AMSAA will host a Suicide Risk and Prevention educational session as part of Suicide Prevention Month, at Bldg. 330 from 10 to 11 a.m. and 1 to 2 p.m.

Susan Litchfuss, the program coordinator for the Harford County Mobile Crisis Team, will serve as the presenter at each session.

Due to limited seating, the sessions are open to AMSAA and ARL employees only.

HISPANIC AMERICAN HERITAGE PROGRAM

Team APG will host the 2015 National Hispanic American Heritage Month program starting 10:30 a.m. at the Myer Auditorium, Bldg. 6000. The guest speaker is David Jimenez, a member of the Senior Executive Service and the executive technical director and deputy to the commander of the U.S. Army Test and Evaluation Command.

The program, themed, "Hispanic Americans: Energizing Our Nation's Diversity," includes a cultural food tasting, and educational performances and exhibits.

Organization points of contact include:

- Master Sgt. Cheryl Nevels, 20th CBRNE Command, 410-436-0321
- Master Sgt. Jay Shearer, Public Health Center, 410-436-0291
- Sgt. 1st Class Yvette James, RDECOM, 410-306-2425
- Sgt. 1st Class Twana Burrow, ATEC, 443-861-9251
- Sgt. 1st Class April Marinakes, 20th CBRNE Command, 410-436-0322
- Sgt. 1st Class Rickie Allen, CECOM, 443-861-6213

Rose Satz, CERDEC, CP&I, 443-395-0419

For more information, or to request disability accommodations, call 443-861-4366.

SUNDAY - SATURDAY OCTOBER 4 - 10

APG FIRE PREVENTION WEEK

The APG Fire Department is proud to announce its observance of Fire Prevention Week 2015. This year's theme, established by the National Fire Protection Association, is "Hear the Beep Where you Sleep - Every bedroom needs a working smoke alarm."

Major events at APG will include:

- Wednesday, Oct. 7 - C4ISR Campus Fire Prevention Displays and Demos
- Friday, Oct. 9 - Fire Station Open House: CPR/AED trainings; fire extinguisher and hazmat demonstrations; static displays; and safety information.

During the week, APG firefighters and fire inspectors will also greet Team APG personnel with Sparky the fire dog during morning rush hour at the gate, hand out fire prevention materials in the housing areas, read to children at the child development centers and host static display events at the Exchange, Commissary and Recreation Center on APG North.

For more information about Fire Preven-

tion Week, visit www.nfpa.org.

THURSDAY OCTOBER 8

GARRISON ORG DAY

All APG Garrison employees and contractors are invited to the 2015 U.S. Army Garrison Aberdeen Proving Ground Organization Day, 7 a.m. to 2 p.m., at Ruggles Golf Course.

Events include a golf tournament, bowling, bingo, spades and domino tournaments, and lunch.

Food tickets cost \$15 and can be purchased in advance at Ruggles, the recreation center, or from the APG Garrison HHC 1st Sergeant.

Volunteers are needed. For more information, contact HHC Commander Cpt. Nicholas Milano at 410-278-3000 or email nicholas.c.milano@mail.mil.

WEDNESDAY OCTOBER 14

FALL TECHNOLOGY EXPO

The annual Fall Technology Expo will take place at the APG North (Aberdeen) recreation center from 9:30 a.m. to 1:30 p.m. and is open to all APG personnel.

Hosted by the Edgewood Chemical Biological Center's CIO, the event will highlight the latest in: global satellite communications; mobile workspaces; IT management; imaging; fiber optics; power management; wireless communications; data analysis and analytics; network security; data storage; printers; test equipment and more.

Events include technology briefings and hands-on demos of today's latest technologies from more than 75 vendors, and refreshments will be served.

To pre-register, visit www.fdaexpo.com/register.php?id=173.

WEDNESDAY- FRIDAY OCTOBER 14-16

FORGING STAKEHOLDER RELATIONSHIPS

The Defense Acquisition University (DAU) will host a three day ACQ 452 - Forging Stakeholder Relationships course 8 a.m. to 5 p.m. each day at the DAU facility located at 6175 Guardian Gateway, Aberdeen Proving Ground.

This action-based learning course introduces professionals to the methods and skills necessary to identify, assess, and promote the building of stakeholder relationships required for success in the acquisition environment.

Experiential activities will include a pre-course stakeholder assessment as well as simulation, communication, and critical-thinking activities that will facilitate the development of tailored stakeholder action plans. At the end of the course, professionals will be able to build ownership of acquisition outcomes across the enterprise.

Level III certification in at least one acquisition career field is a required prerequisite for the course. Completion of ACQ 450 - Leading in the Acquisition Environment and at least three years of Level III experience are recommended prerequisites. Upon completion, ACQ 452 students will earn 25 Continuous Learning Points.

Applicants must submit an application through their registration site prior to Friday, Oct. 9. The URL for each site is listed at <http://www.dau.mil/training/Pages/apply.aspx>.

For more information, contact Ben Metcalfe 410-272-9471 or email benjamin.metcalfe@dau.mil.

meetings&conferences

THURSDAY OCTOBER 1

MOAA PROFESSIONAL DEVELOPMENT DINNER

The Susquehanna Chapter of the Military Officer Association of America will host a Professional Development Dinner, 6:30 to 9:30 p.m. at 510 Johnny's in Bel Air, Maryland.

Retired U.S. Army Maj. Gen. James K. Gilman, MD, Executive Director, Johns Hopkins Military & Veterans Health Institute (JHMHVI), will serve as guest speaker at the event. Dr. Gilman will discuss JHMHVI's mission of applying the capabilities of both Johns Hopkins University and Johns Hopkins Medicine to solve the health and healthcare problems facing service members, veterans, and their families.

The dinner is \$30 a person. For more information, or to pre-register, contact TJ Staffieri at tjs3tjs3@gmail.com or Annie Brock at president.susquehanna.moaa@gmail.com.

TUESDAY OCTOBER 20

CREDIT SCORE INFO SESSION

The C4ISR Wellness Committee will host a Credit Score Informational Session at Bldg. 6002, third floor, room 114, 11:30 a.m. to 12:30 p.m.

Credit cards are a great tool—as long as they're used wisely. In today's tough economy, that's more important than ever. Evidence is mounting that credit card holders aren't using plastic to their advantage, and there are plenty of people living on the financial edge.

The session is open to all installation employ-

ees, however registration is required for all attendees. Registration is due by Oct. 13 and must include a C4ISR visitors form. All visitors must meet in the lobby of Bldg. 6002 at 11:15 a.m. to be escorted to the training room.

At the seminar, you'll find out how to use credit cards to your advantage. You'll learn the benefits—and costs—of credit cards, how to build a good credit history, the warning signs of having too much debt, how to avoid credit card fraud, and how to get and read your credit report and understand your credit score.

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

SEPTEMBER TO 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 OCTOBER 15

BREAST CANCER AWARENESS INFO SESSION

The C4ISR Wellness Committee will host a Breast Cancer Awareness Informational Session at the Myer Auditorium, Bldg. 6000, 11:30 a.m. to 12:30 p.m.

Dr. Atsuko Okabe, Medstar Franklin Square Breast Center at Bel Air, will provide the latest updates in breast health to include screening, treatment, and breast cancer prevention.

The session is open to all APG employees. For more information, contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

SEPTEMBER - OCTOBER

LIMITED OPTOMETRY SERVICES

During September and into October, Optometry services at Kirk U.S. Army Health Clinic will be restricted due to limited staff.

Full services will remain available to active duty Soldiers, however full eye exams will likely not be available to family members and retirees.

Active duty appointments will be opened up to family members and retirees only if they are not filled within a reasonable time period.

Patients are reminded during this time of limited availability that full eye exams are a covered benefit under TRICARE, and can be obtained at any network provider without the need for referral once every calendar year. Referral Services or Tricare can provide information as to which providers in the community are network providers and can provide this service.

Full services are anticipated to resume in mid-October.

ONGOING

KUSAHC CLOSED 1ST 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.

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:

- Oct. 10
- Nov. 14
- Dec. 12

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

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.

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

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

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

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

family&children

WEEKENDS OCTOBER 16-31

VALLEY OF THE HAUNTED

The Boys & Girls Club of Harford County will host a bone-chilling Valley of the Haunted Halloween attraction in the woods of northern Harford County each weekend, starting Oct. 16, through Halloween.

With the assistance of the Harford County Office of Economic Development, Valley of the Haunted will crawl with flesh-hungry zombies, maniacal clowns, and more, all led by the twisted mind of one little boy who lived on the property over 200 years ago.

Valley of the Haunted is open to adults and children 10-years-old and above. Children under 12 must be accompanied by an adult. Little Haunts activities are also planned for younger children, including trick or treating, pumpkin painting, costume contests and more.

Valley of the Haunted is a one-mile haunted walking trail at Camp Hidden Valley in White Hall, Maryland. It is open, Oct. 16-18, 23-25, 30 and 31, 6:30 to 10:30 p.m. Friday and Saturday, 6:30 to 9:30 p.m. Sunday. Little Haunt Sundays are planned for Oct. 18 and 25, 2 to 6 p.m.

For more information, visit <http://www.valleyofthehaunted.com/> or contact Teri O'Neal at 410-836-7180 or teri@abrightideonline.com.

miscellaneous

FRIDAY OCTOBER 9

DEADLINE FOR COMMENTS - ENVIRONMENTAL ASSESSMENT FOR INCIDENTAL TAKE OF BALD EAGLES

An environmental assessment for the incidental take of bald eagles has been posted to the Team APG website, and is open to public comment until Friday, Oct. 9.

The proposed action is for Aberdeen Proving Ground to apply for a programmatic permit for incidental take of bald eagles. The programmatic permit would incorporate a flexible and adaptive eagle management strategy in order to minimize impacts to the eagles, and more fully balance an expanding eagle population with an evolving military mission. The programmatic permit would require the implementation of advanced conservation measures to reduce eagle disturbances and mortalities to a level where remaining take is unavoidable. The programmatic permit would supersede the incidental take allowance, terms, and conditions of APG's 2006 Biological Opinion. The programmatic permit will be valid for five years, with an option to renew every five years.

To view the assessment, visit www.teamapg.com. Navigate to "Installation Policies" then scroll down to "Public Notices." Click "Environmental Assessment for Programmatic Permit for Incidental Take of Bald Eagles at Aberdeen Proving Ground, Maryland."

Comments will be accepted until Friday, Oct. 9 and can be addressed to:

USAGAPG, ATTN: Arnold O'Sullivan
4304 Susquehanna Avenue
3rd Floor Suite B

Aberdeen Proving Ground, Maryland
21005-5001

If you see it,
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MORE
ONLINE

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

APG employees visit CAPTEC in Pentagon

By **KRISTOPHER JOSEPH**
CECOM

A little known section within the Pentagon is providing a unique service to employees with disabilities. A small group of Aberdeen Proving Ground civilian leaders had the opportunity to discover that this small portion of the nation's defense headquarters is bringing big dividends to the DOD workforce.

According to its website, CAP (Computer/Electronic Accommodations Program) is a centrally funded program that provides assistive technology (AT) and reasonable accommodations to people with disabilities and wounded service members. CAP's mission is to ensure that people with disabilities and wounded service members have equal access to the information environment and opportunities in the DOD and throughout the federal government.

The "TEC" in CAPTEC stands for Technology Evaluation Center that is a facility dedicated to the evaluation and demonstration of a variety of assistive technology solutions, according to its website.

David Pickett, CECOM disability program manager, arranged the CAPTEC tour in the Pentagon to inform APG leaders of how this program can assist them in providing certain employees with accommodations more effectively.

"The tour educates the workforce," Pickett said. "Many people don't tend to think about disability accommodations and this tries to get everyone to do the right thing."

Pickett noted that many supervisors are simply unaware that there is funding for accommodations through CAP so they don't need to use their operational budget to pay for the accommodation.

The guests on the CAPTEC tour were shown some of the state-of-the-art equipment and devices that help employees



Photo by David Pickett

Aberdeen Proving Ground civilian employees representing CECOM (Communications-Electronics Command, ATEC (Army Test and Evaluation Command) and RDECOM (Army Research, Development & Engineering Command) attend a tour of the Computer/Electronic Accommodations Program Technology Evaluation Center at the Pentagon.

with disabilities work to their highest potential. CAPTEC has devices, technology and software packages that assist employees with cognitive, communication, hearing or physical disabilities.

"The CAPTEC tour was a great experience. It was very enlightening and exciting to see the many advancements in technology that will allow our workforce to continue to produce stellar work, despite any impairment that they may have and obstacles they may face," said Tiffany Grimes, a civilian human resource specialist and wellness program manager at CECOM.

"The CAPTEC tour was illuminating.

I had always known that they provided assistive technology equipment for those with disabilities, and that it is at no cost to agencies," said Maria Esparraguera, the deputy to the CECOM commanding general.

"They have amazing software for voice recognition, as well as portable scanning-to-read out loud equipment. There is so much equipment for dexterity issues that so many face as we age. In addition, they have quite a few devices for amplification of speech for those in large meetings and conferences. There are special pens for recording while note-taking for those with attention defi-

cit disorder," she said.

Civilian employees representing CECOM, ATEC (Army Test and Evaluation Command) and RDECOM (Army Research, Development & Engineering Command) attended the tour.

"Everyone enjoyed the tour," said Pickett. "The information gained from CAPTEC is invaluable to leaders and will significantly enhance the effectiveness of our Program for Individuals with Disabilities. They can bring back and share this with their counterparts on how to use CAP to help their employees."

For more information on CAP visit: www.cap.mil.

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

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

Acosta, Jeannie M.
Adair, Jennifer
Alba, Audrey
Briggs, Gregory Lynn
Brutus, Mikale G.
Bukosky, Velorie F.
Ciborowski, Steven

Clark, Lyra
Dissek, Michael J.
Dunn, Alexander
Finegan-Bell, Antoinette
Gaddis, Lonnie
Hall, Asha
Hancock, Kimberly M.

Hazel, Wanda L.
Johnson, Douglas W.
Kent, Nathaniel
King, Sharon M.
Kladitis, Johnathan
Kuciej, Andrea D.
Lasley, Bonnie L.

Leonforte, John L.
Lloyd, Wayne F.
McAlpine, Maria
McCauley, Adrienne
Meadowcroft, Catherine
Morrow, Patricia D.
Urban, Brenda G.

BY THE NUMB#RS

National Childhood Obesity Awareness Month

September is National Childhood Obesity Awareness Month, an initiative designed to highlight the need for action in helping children across the nation lead healthier lives.

60
Minutes of physical activity children and teens need per day. Only one in three children are physically active every day.

17
Percentage of children in the United States who are obese.

7.5
Average hours per day that children and teens, ages 8 to 18, spend a day using entertainment media including TV, computers, video games, cell phones and movies.

6
Number of states (Illinois, Hawaii, Massachusetts, Mississippi, New York and Vermont) that require physical education in every grade, K-12.

5
Years since First Lady Michelle Obama launched the "Let's Move!" campaign, aimed to encourage healthier food in schools, better labeling and more physical activity for children.

By **RACHEL PONDER** APG News

Source(s): www.cdc.gov

<http://kff.org/other/state-indicator/overweightobese-children/>

<http://www.fitness.gov/>

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



Photo by Yvonne Johnson

APG brothers receive Folds of Honor scholarships

From left, APG HHC Garrison 1st Sgt. Jermaine Allen looks on as Ansu Green, Rite Aid pharmacy manager and Tim Wilkins, district manager, congratulate Carmelita Johnson and her sons, Phillip and Christopher, after presenting the boys with \$5,000 educational scholarships at the Rite Aid store in Havre de Grace Sept. 18. HHC Garrison Company Commander Capt. Nick Milano looks on at right. Also in attendance was Mike Farlow, acting APG Survivor Outreach Services program manager.

The two APG children received \$5,000 Folds of Honor educational scholarships from the Rite Aid Foundation's KidCents program. Folds of Honor assists children of fallen or disabled veterans.

Johnson and her sons are the Survivors of 1st Lt. Daniel C. Johnson of the 22nd Chemical Battalion (TE) who passed away Jan. 4, 2013. Johnson thanked Wilkins and added thanks to "our Aberdeen Proving Ground family."

"It's a big deal to me to know the foundation of their future education is in place," she said.



Kylie Slaughter, Garrison victim advocate

By **STACY SMITH**
APG News

As a Sexual Harassment/Assault Response and Prevention (SHARP) victim advocate, Kylie Slaughter assists victims of sexual harassment and assault. She serves the garrison's active duty

military personnel.

"I assist victims, potentially accompany them if they have to go to court. If they are assaulted, I will assist them and talk to them, refer them out to appropriate agencies [and] do everything I can to help the victim get on their feet," she

said.

Slaughter further described her position as being similar to the social work aspect of counseling.

"We try to empower them so they are no longer a victim. They're in charge of their own lives," she said, adding that many victims who report sexual assault just want someone to believe their story.

"They feel like they have to convince someone, and that's kind of hard," she said. "Did it really happen? Did it happen the way you said?" If you question that, that breaks the trust and rapport between the victim and the advocate."

Slaughter said she enjoys using her listening skills to help victims feel heard.

"If someone is telling me a story, I try not to butt in. Let them finish and once it's done, then you know more of the

facts. Then you can kind of paraphrase to see if you got it right. And a lot of times that clears things up," she said.

Slaughter has been working for the garrison for approximately three months. Prior to arriving at APG, she was a master sergeant in the U.S. Air Force for 20 years working in ground support. Seven of those years were spent teaching her skill, a job Slaughter said helped her learn how to communicate with people.

She earned a bachelor's degree in training and development while on active duty and a master's in counseling after retiring from the Air Force. Slaughter said she looks forward to training at Fort Leavenworth, Kansas in October for her level one certification.

For more information, contact Slaughter at kylie.s.slaughter.civ@mail.mil.



Have a great idea for a story?

Know about any interesting upcoming events?

Wish you saw more of your organization in the paper?

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

- Story ideas or content must be geared toward the greater APG community and cannot appear to endorse any private company.
- The deadline for content to appear in an upcoming issue of the APG News is the **Thursday PRIOR** to publication. The APG News cannot guarantee submissions received after the Thursday prior to publication will appear in the next issue of the paper.
- Send story ideas or pre-written content to amanda.r.rominiecki.civ@mail.mil or call 410-278-7274 for more information.
- Please note, the APG News editor reserves the right to (1) reject any content deemed inappropriate, irrelevant or against regulation, (2) delay the publication of submitted material if it is not timely and (3) edit or shorten content for space and style reasons without altering the meaning of the submission.

Do YOU Know Your CPAC Rep?



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ALL THINGS MARYLAND

Maryland Lighthouse Challenge

Biennial event shines light on historic structures

Story and photos by
YVONNE JOHNSON
APG News

Every other year, the Chesapeake Chapter of the U.S. Lighthouse Society hosts the Maryland Lighthouse Challenge and this year the challenge celebrated its 10th anniversary.

The event – which challenges participants to visit 10 selected lighthouses across the state in just two days – serves as an opportunity to raise awareness of these historic structures as well as to rouse volunteers to aid in their maintenance.

I've wanted to do the Maryland Lighthouse Challenge for years and this year I made up my mind to see it through. My first challenge turned out to be a handful, Sept. 19. Still, it was far from a disappointment.

I visited four out of the ten lights on the list: Concord Point in Havre de Grace; Seven Foot Knoll and the Chesapeake Lightship in Baltimore's Inner Harbor; and the Fort Washington light in Prince George's County. I was worn out after day one, however, and didn't attempt to visit the lights of the Eastern Shore on day two.

At each site, U.S. Lighthouse Society volunteers distributed commemorative stamps to participants. You could also purchase \$2 booklets in which to post your stamps. And those determined enough to visit all 10 lights listed in the challenge received a "I've Seen The Light" certificate.

In retrospect, I have to say that I don't see me ever completing this challenge in just two days. Oh, if I scurried around from light to light just to collect the stamps I'd have no problem. And though it's no excuse – the Terps were at play in College Park and Joint Base Andrews hosted a Thunderbirds air show – clearly I picked the wrong day to traverse I-95 South into PG County.

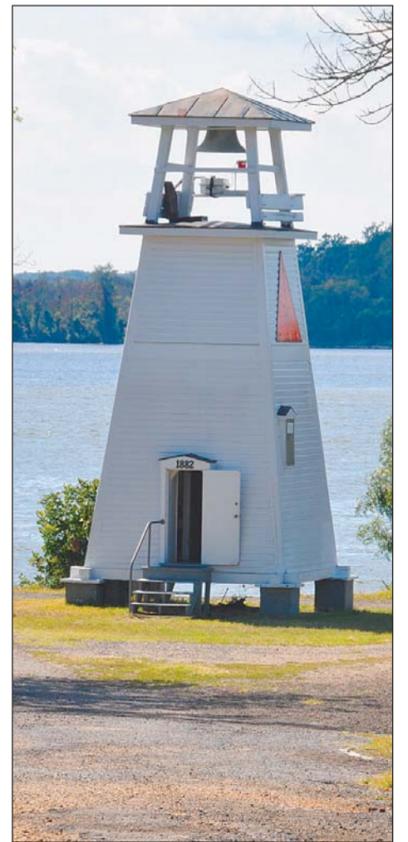
There was so much history and beauty at each site, I found it impossible to just collect my stamps, snap a photo and leave. I've always loved lighthouses; there's something about a guiding light in a storm that gives me a sense of peace.

The society volunteers who welcome visitors to the lights are friendly and welcoming and eager to share the history, trivia and little-known facts about each location. Many of the lights only open for visitors during this event, so even those not involved in the challenge show up to get a peek at history. The society website provides driving directions, maps and even hotel information at reduced rates for road-weary Lighthouse Challenge participants.

I'm far from disappointed in my first challenge. And while I'm looking forward to the next one, I don't plan to wait until 2017 to view the lights of the Eastern Shore. Hooper Strait light in St. Michaels and beautiful Calvert County's Drum and Cove Point lights are calling me, and I'm going to see them the first chance I get.

Until then, it will suffice to simply enjoy my beautiful photos, content in the knowledge that I made a major dent in my bucket list.

For more information about Maryland lighthouses and the lighthouse challenge, visit www.cheslights.org. Other states also host lighthouse challenges throughout the year; The upcoming New Jersey Lighthouse Challenge is set for Oct. 15-17.



(Clockwise from top) The bright red Seven Foot Knoll lighthouse welcomes visitors rounding Pier 5 at the Baltimore Inner Harbor. The light was built at the mouth of the Patapsco River in 1855; The Fort Washington Light dates back to 1882 and sits below the historic fort on the Potomac River; Made of Port Deposit Granite, the 1827 Concord Point light in Havre de Grace is a freestanding conical tower, typical of designer John Donahoo; The Chesapeake Lightship, at Pier 3 in Baltimore's Inner Harbor, was built in 1930 and served mariners in Maryland, Virginia and Delaware before it was decommissioned in 1971.

20th CBRNE hosts All Hazards Golf Tournament

Story and photo by
WALTER T. HAM IV
20th CBRNE Command

Nine holes and five hazards brought together golf teams from 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives) at APG South (Edgewood), Sept. 17.

The one-of-a-kind command hosted the inaugural All Hazards Golf Tournament at Aberdeen Proving Ground's Exton Golf Course.

Lt. Col. Charles A. Musante, the tournament coordinator, said nine teams and 35 golfers competed in the 9-hole tournament.

According to Musante, the 20th CBRNE Command assistant chief of staff for personnel (G-1), the All Hazards Golf Tournament served raised more than \$500 for the command's upcoming CBRNE Ball.

The 20th CBRNE Command, the U.S.

Defense Department's only multifunctional formation that combats CBRNE threats around the globe, added some unusual hazards to the tournament.

Instead of unplayable roughs and unreadable greens, the All Hazards warriors from 20th CBRNE Command had to overcome unique challenges from teeing off in body armor to putting around training aids.

Musante said the 20th CBRNE Command golf teams proved their mettle and overcame all of the hazards.

"We played golf," Musante said. "It was a perfect day."

Golfers from 20th CBRNE Command had to overcome unique challenges during the All Hazards Golf Tournament, Sept. 17, from teeing off in body armor to putting around training aids.





MORALE, WELFARE & RECREATION

Upcoming Activities



APG OKTOBERFEST OCT. 23-24

Team APG will host the third annual Oktoberfest open to the entire community Friday & Saturday Oct. 23-24.

The event is family-friendly and will include German food, music, live entertainment, kids activities and more!

Activities include:

- Festhalle with live entertainment
 - Volksmarch
 - Car and bike show
 - Fireworks
 - Childrens activities & amusements
 - Main Street Marketplace
 - German food and beverages
- For more information, visit www.apgmwr.com/2015-oktoberfest.

CHILD & YOUTH SERVICES

CYSS/HOME-SCHOOL PARTNERSHIP

CYSS is currently trying to establish a partnership with authorized CYSS patrons who home-school their children in the Aberdeen and Edgewood areas.

The CYSS facilities are available to open during specific days and times during the week so that children who are home-schooled can have access to its classrooms, computer lab and gym on a scheduled basis. Sponsors of registered home-schooled children and youth are responsible to provide student instruction and supervision during the entire period of use.

The CYSS facilities will not be available on school holidays, evenings, weekends or federal holidays. All home-school users must be registered with the CYSS Parent Central Office.

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

BEFORE & AFTER SCHOOL IMMEDIATE OPENINGS

Participants must be registered with the Parent Central Office. Fees are based on the Total Family Income. Fees are waived for all middle school students' afternoon care.

For information contact the Parent Central Office at 410- 278-7571.

PRE-SCHOOL IMMEDIATE OPENINGS

Participants must be registered with the Parent Central Office. Fees are based

on the Total Family Income. For additional information contact Parent Central Office at (410) 278-7479 or (410) 278-7571.

LEISURE & TRAVEL

PA RENAISSANCE FAIRE THROUGH OCTOBER 25

Experience the fantasy of a marvelous trip back in time to the days of yore as the castle gates swing wide to usher in the 35th season of the Pennsylvania Renaissance Faire.

Featuring 35 acres of jousting knights and royal delights, the faire welcomes you with a cast of hundreds of costumed merrymakers, more than 90 shows daily, manicured gardens, scores of artisans demonstrating ancient crafts and 22 royal kitchens -- truly the faire remains a marvelous fantasy of bygone days and knights.

Tickets are \$23.25 for adults and \$10 for children ages 5-11. Registration deadline is July 9.

To purchase tickets, visit Leisure Travel Services at the recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

DISNEY ON ICE - 100 YEARS OF MAGIC TICKETS ON SALE THROUGH OCT. 23

Grab your Mickey ears and get ready for the ultimate Disney experience at Disney On Ice celebrates 100 Years of Magic Presented by Stonyfield YoKids Organic Yogurt!

Be charmed by a cast of over 50, with Mouse-ter of Ceremonies Mickey Mouse, sweetheart Minnie Mouse, Donald Duck, Goofy and Disney Princesses including Cinderella, Rapunzel, Ariel, Snow White and Tiana. Relive the magic of Disney's Frozen with Anna, Elsa and the hilarious Olaf as they discover that true love is the greatest magic of all.

Tickets cost \$20 and are available for the following shows:

- Oct. 30 @ 7:30 p.m.
- Oct. 31 @ 10:30 a.m.; 2:30 p.m.; and 6:30 p.m.
- Nov. 1 @ 12:30 p.m. and 4 p.m.

SPORTS & RECREATION DRIVE AWAY DOMESTIC VIOLENCE GOLF TOURNAMENT SEPT. 23

Ruggles Golf Course will host a "Drive Away Domestic Violence Golf Tournament" to raise awareness of domestic violence prevention. The tournament will be a four-person scramble, captain's choice. Registration begins at 11 a.m. Lunch will be from 11:30 a.m. to 1 p.m., followed by a shot-gun start. The tournament is open to men and women and costs \$45.

The purple ball challenge winners will be documented on a plaque displayed at Ruggles.

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

ULTIMATE FRISBEE WEDNESDAYS

Ultimate Frisbee matches will be held at Shore Park on APG North (Aberdeen), Every Wednesday from 5:15 to 7 p.m.

Ultimate Frisbee is a limited-contact team field sport played with a frisbee. Points are scored by passing the disc to a teammate in the opposing end zone. Other rules imply that players must not take steps while holding the disc (but may maintain a pivot) and interceptions and incomplete passes are turnovers.

All levels of players are invited -- beginners are welcome to come out and try a new activity!

ARMY COMMUNITY SERVICE

APPLYING FOR FEDERAL EMPLOYMENT NOV. 9

ACS will host an "Applying for Federal Employment" workshop, exploring the 10 steps to federal employment. Seating is limited to 30 individuals. Participants are encouraged to bring their lunch.

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

BUDGETING FOR BABY OCT. 8

Have some fun learning about common expenses related to babies and children and how you can plan for these expenses, during a "Budgeting for Baby" workshop at Bldg, 2503, 11:30 a.m. to 12:30 p.m. The workshop will include useful money saving tips are given to help parents save money, from pre-natal to college expenses. Registration is required; to reserve a seat call ACS at 410-278-7572.

CREDIT & DEBT MANAGEMENT OCT. 29

ACS will host a class on the advantages and disadvantages of using credit, 11:30 a.m. to 12:30 p.m., at Bldg. 2503. Topics include: how to choose and apply for credit cards and installment loans and how to responsibly manage these accounts will be discussed.

This class will address how to establish a credit record, protect your credit history and correct credit report mistakes. Options available to manage and reduce debt also will be discussed. The class is in partnership with the ACS Financial Readiness Program and Aberdeen Proving Ground Federal Credit Union.

Registration is required; to reserve a seat call ACS at 410-278-9669/7572.

CHECKBOOK MANAGEMENT NOV. 5

ACS will host a course illustrating the choices in banks and banking services, 11:30 a.m. to 12:30 p.m. at Bldg. 2503. The

course will provide guidance in choosing the right account and identifying the skills necessary to maintain a balanced account. Participants should gain a complete understanding of their responsibility in managing their money and the accounts, debit cards, checks and ATM machines that come with it.

Registration is required; to reserve a seat call ACS at 410-278-7572/9669.

IDENTITY THEFT DEC. 3

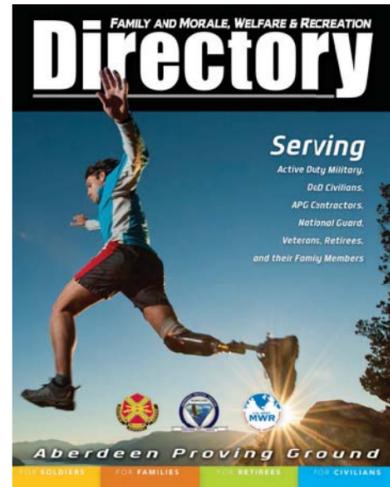
ACS will host a course discussing what ID theft is, how thieves steal your ID, and what you can do to deter, detect and defend against identity theft, 11:30 a.m. to 12:30 p.m., at Bldg. 2503. The class will also explain the different classifications of ID theft and how you can safeguard your information.

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 download the FMWR Directory.

Thursday Social

September 24 3:30pm
Top of the Bay, 30 Plumb Point Loop

Building camaraderie
FREE Light Hors D'oeuvres
Cash Bar

All Soldiers, Civilians and Contractors are invited to attend

For more information contact Teri Hall
Teri.S.Hall.naf@mail.mil
410-278-3062

Strike Out

AGAINST DOMESTIC VIOLENCE
FREE MONDAY NIGHT BOWLING

BOWLING TOURNAMENT TO RAISE DOMESTIC VIOLENCE AWARENESS

MONDAY NIGHTS
OCTOBER 5-26
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Teen Night October 26

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CERDEC opens new radio test facility

By **KEN GOSS**
CERDEC

The Army increased its ability to test radio frequencies used by Soldier technologies when it opened one of the largest anechoic chambers in the mid-Atlantic region at Aberdeen Proving Ground, Aug. 21.

The Radio-frequency Electro-Magnetic Compatibility and Antenna Test, or REM-CAT, laboratory provides additional testing space required for larger and mobile vehicle-mounted projects.

This space allows the Communications-Electronics Research, Development and Engineering Center, or CERDEC, to test vehicles in a wide variety of radio frequency spectrum tests, allowing maximum function while maintaining accurate performance measurement.

John Willison, CERDEC Space and Terrestrial Communications Directorate director, and Dr. Mahub Hoque, S&TCD Radio Frequency Communications Division chief, welcomed distinguished guests from across the APG community during the opening of the new facility.

“There is a critical need for such a chamber and the important capabilities it will provide for CERDEC and the APG community,” Hoque said.

“This facility allows us to focus on a system’s functionality in specific frequency ranges, then take test results and predict that it either can maintain signal capability or will lose ‘x-amount’ in the field,” said Frank Bohn, S&TCD Electronic Protection and Interference Mitigation branch chief. “From there, we can provide suggestions to our customers about how to mitigate signal loss, or find a better solution to maintain capability.”

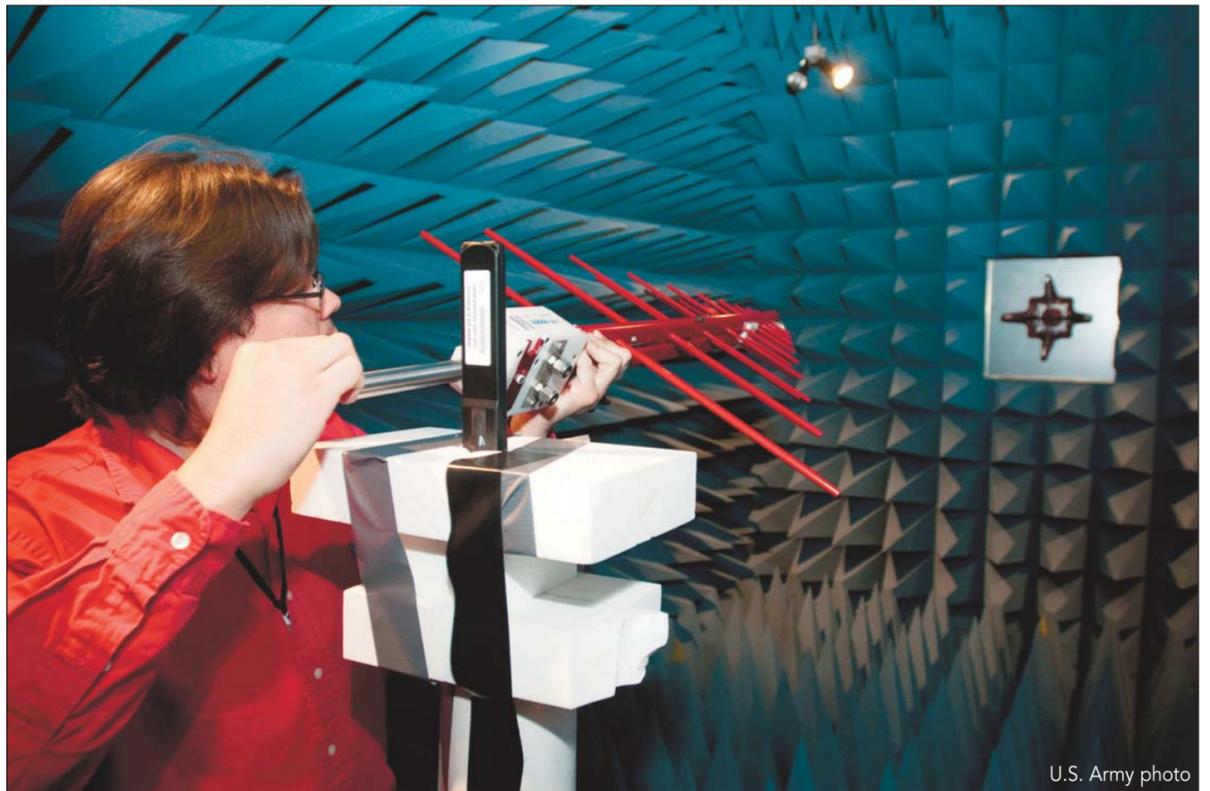
The chamber gives CERDEC directorates the space and flexibility to drive in the largest vehicle with test platforms aboard, then rotate it 360 degrees, all while remaining under testable conditions.

“With the previous facilities, we’d have to remove various bits and pieces to be able to get the whole vehicle through the doors, or the ceiling was too low once the vehicle was inside,” Bohn said.

S&TCD will use the facility to support other Army and Defense Department organizations including those located at APG.

“With the improved performance and highly cost-effective nature of the directional networking antenna and its potential application to WIN-T, it will not only enhance the performance of the Army network, but will also reduce the antenna cost as much as 70 percent,” Hoque added.

“Once deployed, this will be a game changer for the WIN-T (Warfighter Information Network-Tactical) network,” said Gary Martin, Program Execu-



U.S. Army photo

utive Officer for Command, Control and Communications.

Coming up with a widely versatile facility was a challenge on a number of different fronts, according to Henry Muller, CERDEC director.

“From the beginning, we had planned the space for this specific purpose, so we had to act very precisely to preserve the space for what we ultimately knew we wanted,” Muller said.

“Many times in our day-to-day activities, we have to write papers to justify what we want to do with a program. In this case, we had to write papers to not do anything, because of our intent for the space and our ultimate goal of using tax dollars responsibly,” Muller said. “In the end, we were able to get the best possible test facility, with the least amount of wasted work and energy, using the least amount of money; and once we start sharing the capability with our corporate partners, the return on our investment will increase exponentially.”

Attendees witnessed the first official use of the chamber in the form of a successful demonstration of the directional networking antenna that S&TCD developed in-house.

“We are looking forward to many more successful uses of the facility for both CERDEC and the customers we support,” Willison said.

(Above) A technician preps an antenna for a test in a smaller anechoic chamber. Researchers will be able to drive the Army’s largest vehicle with an on-board test platform into the new REMCAT facility and then rotate it 360 degrees under test conditions.

(Below) Steve Goodall, chief of the CERDEC S&TCD Antenna Technology & Analysis Branch, answers questions about the new Radio frequency Electro-Magnetic Compatibility and Antenna Test, or REMCAT, laboratory’s capabilities during the lab’s ribbon-cutting ceremony, Aug. 21.



Photo by Ken Goss

Senior service fellows visit Capitol Hill

By **JAMES OMAN**
Defense Acquisition University

Fellows from the Senior Service College Fellowship at Aberdeen Proving Ground, Maryland; Warren, Michigan; and Huntsville, Alabama spent Sept. 14 and 15 on Capitol Hill, Washington, D.C.

Over the course of two days, the fellows heard from multiple speakers representing a variety of viewpoints and perspectives on different aspects of policy, security, and U.S. national interests.

Walter Oleszek, Senior Specialist in American Government, Congressional Research Service, Library of Congress served as the program moderator and provided an overview of the evolution of power in congress which touched upon divided power, partisanship, and the impact on policy making.

Fellows also heard from Jon Ether-ton, defense and intelligence consultant and former professional staff member, U.S. Senate Subcommittee on Acquisition and Technology, who discussed acquisition policy, reform, and human capital initiatives. Lucian Niemeyer, President, Niemeyer Group and former professional staff member, Senate Armed Services Committee, Readiness and Management Support Subcommittee described the function and responsibilities of the Senate Armed Services committee and his role in support of the committee.

After lunch, Sid Davis, former vice-president and Washington bureau chief, NBC News and former program director, Voice of America, provided his insights on the role of the media and its impact on U.S. national interests. The last speaker for the day, Martin Russo, CEO Russo Capitol Strategies and a former representative from Chicago, shared his thoughts on the role of lobbyists from his perspective as a current lobbyist and as a former member of Congress.

On day two, noted author Gordon Chang provided insights and assessments on China and North Korea and their impact on the national interests of the United States. Over the day and a half, each speaker’s presentation provided a greater understanding of the workings of Congress and its relationship to the Department of Defense.

Fellows were also given free time to visit their congressmen and women, explore the Capitol buildings, sit in on Senate hearings and observe votes. Many fellows received Capitol gallery passes from their senators and representatives and were able to observe legislation in action.

The two days spent on Capitol Hill provided each fellow with a better understanding for the “bigger picture” and the role each of them has played and will play in providing support to the warfighter.



Courtesy photo

Fellows from the Senior Service College Fellowship at Aberdeen Proving Ground, Maryland; Warren, Michigan; and Huntsville, Alabama spent Sept. 14 and 15 on Capitol Hill, Washington, D.C.

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.

Provided by the INTEL DIV/DPTMS

Say Something

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- Suspicious activity or suspected surveillance.
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- 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.
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Report suspicious activity immediately to APG Police!



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Card created by APG Intel



ATEC promotes proper nutrition

By **COURTNEY WHITE GILBERT**
ATEC

In support of the Army's Performance Triad initiative focused on sleep, nutrition and physical activity, members of the U.S. Army Test and Evaluation Command (ATEC) have taken steps to lead healthier lives at work and at home. The command continuously highlights the importance of healthy eating as part of maintaining a nutritious and well-balanced diet.

The focus of the Army's Performance Triad is critical to improving readiness, increasing resilience and enhancing the performance of its workforce, as evidenced by the focus the Army has put on its Ready and Resilient program.

ATEC health and wellness coordinator, Gale Sauer, facilitated a variety of healthy lifestyle events for personnel as a way to educate the workforce on how to develop healthier habits.

"People have different learning styles," Sauer said. "It's helpful if there are a variety of methods for getting health related information out to them."

ATEC leadership supports health and wellness initiatives like lunchtime yoga classes, healthy eating breakfasts, fitness and weight loss challenges and competitions, health fairs and healthy cooking demonstrations. These innovative initiatives are meant to motivate and demonstrate how one may lead a healthy lifestyle with ease by making more nutritious food choices.

The nutrition element of the triad calls for Army professionals to eat nutritious foods, maintain healthy hydration levels, focus on consuming whole foods, and stay informed about dietary supplements.

Anne Healy, an account manager at the CareFirst Federal Health Benefits Program and a cooking demonstration facilitator, recently conducted a live cooking demonstration at ATEC to demonstrate how to turn fresh foods into nutritious meals. Healy prepared a simple stir fry recipe using fresh herbs and spices and gave taste samples to participants.

"The goal of the cooking demonstration is to show federal employees how to incorporate vegetable servings into a quick and easy stir fry," said Healy.

Leading an active and healthy lifestyle can increase work performance and improve one's quality of life by simply making healthier and more nutritious food choices, according to Sauer.

Healthy recipes made during the demonstrations, as well as other recipes posted by the workforce, are available on ATEC's Worksite Wellness page on SharePoint. Employees can browse through a



(Above) ATEC health and wellness coordinator Gale Sauer teaches employees the importance of consuming a healthy and nutritious breakfast every day and how to make healthier food choices during a healthy breakfast challenge at ATEC headquarters on APG North (Aberdeen), May 20.

(Left) Anne Healy, an account manager with CareFirst Federal Employee Health Benefits Program, demonstrates how to turn fresh foods into nutritious meals using fresh herbs and spices at the during a cooking demonstration at ATEC headquarters on APG North (Aberdeen), July 7.

Photos by Lindsey Monger

variety of healthy recipes shared by colleagues. The site offers information about "The 'YOU' Project" and other nutrition-related information such as understanding fiber aides, how to prevent strokes, how to stop smoking and teaching children how to eat right.

According to the U.S. Army Medical Department, some benefits of maintaining a nutritious and well-balanced diet include managing a healthier weight, pre-

venting health disorders, and increasing one's chances of living longer.

Earlier this year, ATEC directorates hosted a series of healthy breakfast challenges between offices as a way to encourage employees to bring healthy breakfast food alternatives to work. According to Sauer, the goal of the breakfast challenges was to teach employees the importance of consuming a healthy and nutritious breakfast every day and how to make healthier

food choices.

"The breakfast challenge was a great benefit to me," said Dana Fritts, ATEC protocol officer. "It opened my eyes to what is actually in the food and drinks that I intake on a daily bases."

For more information about the ATEC healthy eating initiative and other health and wellness initiatives, contact the ATEC health and wellness coordinator at 443-861-9260.

Take action during Nation's PrepareAthon Sept. 30

By **AMANDA ROMINIECKI**
APG News

No one can predict when and where the next disaster will strike – whether it's a natural disaster or an act of terrorism – but individuals can take the necessary steps to plan their response in advance.

National Preparedness Month culminates in the Nation's PrepareAthon Sept. 30. The Nation's PrepareAthon is a call to action for Americans to plan ahead for the disasters that are more likely to occur in their local area.

How to prepare

Start with the most common household disaster – a home fire. Sit down with your family and create a fire escape plan – each family member should know at least two ways to get out of the house from their bedroom. Check the batteries in the smoke alarms in your home – and set an alarm in your smartphone to check them again in six months.

Next, do some research about which natural disasters are common to the Mid-Atlantic Region, like hurricanes, tornadoes, flooding, and hazardous winter weather. Have evacuation plans established in the event of a hurricane or flooding. Know where to seek shelter in your home should a tornado siren sound. Add windshield scrapers, salt, and blankets to the trunk of your car before the first freeze arrives.

**DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.**

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!

September 30

Make a kit

Every family should build a basic disaster supply kit, to include:

- Water (One gallon of water per person per day for at least three days)
- Food (At least a three-day supply of non-perishable food)

- Battery-powered or hand crank radio
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities

- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Consider adding items unique to your family's needs like prescription medications, infant formula and diapers or pet food.

Other items that help round-out a disaster supply kit are:

- Copies of important family documents (Insurance policies, identification, bank account records, etc.)
- Sleeping bags, blankets, etc.
- A complete change of clothes (One for each person)
- Matches and a fire extinguisher
- Pad of paper and pencil

If you have young children, add books, games, puzzles and other activities to the disaster supply kit to help pass the time and keep children distracted in the event of an emergency.

Team APG PrepareAthon

Team APG is encouraged to take part in the Nation's PrepareAthon by attending the final of three PrepareAthon events Wednesday, Sept. 30 at the Bayside Community Center from 6 to 8 p.m. The event will have children-friendly activities to ensure the entire family knows what to do should disaster strike.

For printable emergency planning resources for the entire family, visit www.ready.gov.

Vanpoolers needed on APG North



There are several existing vanpools looking for riders as well as individuals looking to start vanpools for the following listed to the right.

Commuters only need to be willing to travel to the designated areas to ride the vanpool. For more information, contact the APG Commuter Center POC, Syreeta Gross, at 410-278-5491 or syreeta.a.gross.ctr@mail.mil.

APG North (Aberdeen) to:

- ♦ Newark, Delaware
- ♦ Philadelphia, Pennsylvania
- ♦ White Marsh, Maryland
- ♦ Columbia, Maryland
- ♦ Aberdeen train station shuttle

THIS WEEK IN APG HISTORY



Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1978.

By **YVONNE JOHNSON**, APG News

2015

10 Years Ago: Sept. 22, 2005



(Left) Newly-promoted Maryland National Guard Brig. Gen. Alberto J. Jimenez receives his stars from his wife, Maria Teresa, left, and his mother, Liliana D. Jimenez, right, during a ceremony at the Fifth Regiment Armory in Baltimore.

2010



(Right) Staff Sgt. Javelle Spann of the U.S. Army Center for Health Promotion and Preventive Medicine, right, looks on as her sister Denise Green, a Hurricane Katrina survivor from New Orleans, left, selects clothing for herself and other family members who have relocated to the area as Thrift Shop manager Barbara Layton, center, looks on.

2000

25 Years Ago: Sept. 19, 1990

1990



(Above) Capt. Charles Glassman, foreground, and firefighter Dave Smith maneuver a boat into the Chesapeake Bay during Boating Safety Training hosted by the U.S. Coast Guard Auxiliary.

(Left) Military spouses Edna Hunter and Linda Sondgeroth tie a yellow ribbon to a tree near the 16th Ordnance Battalion for APG Soldiers deployed to Operation Desert Shield.

1980

1970

50 Years Ago: Sept. 23, 1965



(Left) 1st. Sgt. Charles R. Thornton of the 523rd Military Police Company, right, explains the mechanisms of the flintlock pistol used in the branch insignia of the Army Military Police Corps to Master Sgt. Michael G. Alexander, left, in preparation for the 24th anniversary of the corps.

1960



(Right) Henry M. Reed of the Ordnance Museum, left and Master Sgt. Frank A. Moyer from the John F. Kennedy Center for Special Warfare, right, inspect a French MAT-49 submachine gun recently captured from enemy forces in Vietnam, as JFK Center photographer Pfc. Kenneth R. Franz, looks on.

1950

Sleep deprivation bedeviling Soldiers' health

Story and photo by
DAVID VERGUN
Army News Service

"I didn't realize that all this time I've been in a formation of drunks," the NCO told Lt. Col. Kate E. Van Arman.

The NCO was referring to a quote Van Arman repeated to him from her top boss, Surgeon General of the Army Lt. Gen. Patricia Horoho:

"If you have less than six hours of sleep for six days in a row ... you are cognitively impaired as if you had a .08-percent alcohol level. ... We never will allow a Soldier in our formation with a .08-percent alcohol level, but we allow it [sleep deprivation] every day [in Soldiers who have] to make those complex decisions."

Adding to what Horoho said, Van Arman pointed out that after being awake 17 hours, response time has been shown to be the equivalent to a person with a blood alcohol content of .05 percent and 24-hours awake translates to a blood alcohol concentration, or BAC, of .10 percent.

Van Arman, medical director, Traumatic Brain Injury, or TBI, Clinic on Fort Drum, New York, spoke at the 2015 Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, held at the Defense Health Headquarters in Falls Church, Virginia, Sept. 9.

Although her topic was "Sleep Disorders Among Military Mild TBI Patients," much of what she said applies to all Soldiers, whether or not they have TBI.

Sleepless in the Army

It's not just the Soldiers who are partying all night who lack sleep, Van Arman said. Demands of Army life are responsible for a lot of it.

For instance, Soldiers who misbehave can be ordered to do extra duties as punishment, up until midnight, she said. Assuming that Reveille is at 6 a.m., that's six or less hours of sleep.

Staff duty often requires the Soldier to be awake for 24 hours, she said. When the pre- and post-briefs are added, it's closer to 30.

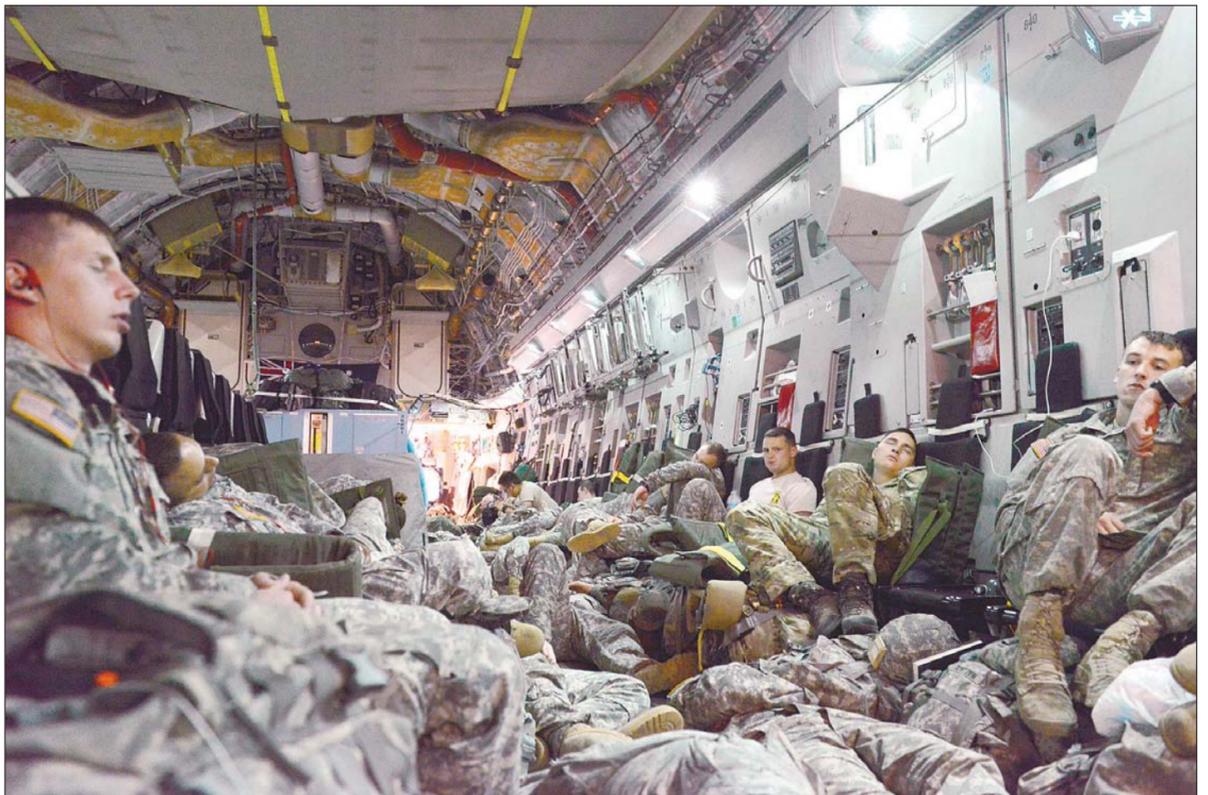
Overall, one-third of military members sleep less than five hours per night and two-thirds less than six, she said.

Deployed Soldiers get an astonishing average of just three hours of sleep per night, she said, particularly those serving in the combat arms branches.

It's not for lack of them trying to sleep though, she said. Those deployed or on extended exercises attempt to catch winks whenever or wherever they can, on the ground or when being transported in vehicles or airplanes.

A lot of it, though, is fitful sleep which throws off their circadian rhythms, she said. The battlefield, even the peacetime "battlefield," can be a noisy place with others snoring, lights, helicopters flying and so on, not to mention weather conditions.

While being sleepless in the Army seems to be the norm, there are other



Soldiers, from the 509th Parachute Infantry Regiment, are shown during a 19-hour flight from Alaska to Australia trying to get some sleep on the floor and seats of a Royal Australian Air Force C-17 Globemaster, July 8, 2015, during Exercise Talisman Sabre 15. Deployed Soldiers average just three hours of sleep a night, said Lt. Col. Kate E. Van Arman, medical director, Traumatic Brain Injury Clinic on Fort Drum, New York.

professions that have sleepy people, particularly in jobs where that sort of thing would be concerning. For instance, 72 percent of U.S. commercial airline pilots reported being drowsy to the point of nearly falling asleep and 45 percent of all pilots admitted to actually dozing off on occasion, she said.

'Culture of caffeine'

All this sleeplessness has resulted, not surprisingly, in a "culture of caffeine," Van Arman said.

During a recent visit to the Fort Drum shoppette, Van Arman noticed "a big refrigerator of monster sodas and energy drinks popular with young Soldiers."

Last year, energy drinks in the United States netted \$27.5 billion, and energy drink consumption went up 5,000 percent since 1999, she noted.

A meta-analysis of caffeine on cognitive performance showed that 100 to 300 milligrams of caffeine results in mood improvement, she said. That's about one or two cups of coffee.

Anything greater than 400 mg, though, results in mood deterioration, she said, adding that while the extra caffeine may result in a person staying awake, it may not improve decision making.

Another thing to be careful about with caffeine, she said, is not to take it within six hours of bedtime, as it will result in fitful sleep. Also, alcohol in excess will result in disruptive sleep.

'Quick reaction force brain'

Soldiers in the field are expected to be able to pack up and move out on a

moment's notice, even if it's in the middle of the night, Van Arman said. Often, Soldiers won't know what time that will be so the training will be more realistic.

She referred to this situation as the "quick reaction force brain" that's needed for this mindset.

Dr. Robert Sapolsky, a biologist at Stanford University, conducted research along these lines, she said.

Sapolsky divided test subjects into three groups, she said. The first group went to a sleep lab where they were told they'd get a good night's sleep, but be awakened at 6 a.m.

The second group was told they'd be awakened once every three hours and the third group was told they'd be given no warning at all when they'd be woken up - similar to the quick reaction force.

All of the subjects from all the groups were hooked to an IV while they were sleeping so blood could be drawn periodically to determine cortisol levels, meaning the amount of stress hormones present in the bloodstream.

For the first group, cortisol levels spiked 30 to 60 minutes before 6 a.m. That meant, she said, that the sleepers were subconsciously anticipating being awakened and became stressed close to that time.

For the second group, the cortisol levels spiked 30 to 60 minutes before each and every one of the three-hour periods they were told they'd be awakened.

For the third group, the cortisol levels remained elevated the entire night, meaning that instead of having restful sleep, they had stressful sleep the entire night, she said.

High cortisol levels, she noted, have been associated with higher-than-average rates of cardiovascular disease.

Other studies

A separate study done in the United Kingdom in 2012 showed more than 700 genes being adversely affected by sleep deprivation, she said.

Anecdotal, Van Arman said Soldiers on Fort Drum told her that when they go to the rifle range and they're sleep deprived, it takes them three times longer to qualify. This provides a dilemma to commanders, she said. Is it better to train Soldiers as they fight or save on time and ammunition by allowing Soldiers adequate sleep time before live-

fire training?

Other studies have shown that people who are sleep deprived have memory challenges. This could affect sleep-deprived Soldiers studying for a promotion exam or learning new tactics, techniques or procedures, she said.

Another study shows that sleep deprivation intensifies pain. She said a lot of Soldiers at Fort Drum are infantry and have sore backs from carrying heavy loads. Sleep deprivation intensifies that pain.

TBI Soldiers

Sleep problems are "the absolute No. 1 military disorder when people come back from deployments. Among TBI Soldiers, it is the No. 2 problem, after headaches," Van Arman said. Sleep disorders include insomnia, sleep apnea, nightmares, fragmented sleep, restless leg syndrome and bruxism (grinding of teeth).

Some 300,000 military members have some form of TBI, so that's a pretty significant number, she said, providing a number of other facts and statistics of service members with TBI:

- 97 percent complain about some sort of sleep problem, primarily insomnia
- 34 percent have sleep apnea
- 90 percent report napping during the day
- 50 percent have fragmented sleep

Regarding fragmented sleep, the average person awakens three to five times per night, Van Arman said. An Army specialist who was treated for mild TBI was put in a sleep lab and monitoring results indicated that he awoke 529 times in a single night.

Exciting developments

Van Arman said medical researchers are working on a host of problems relating to sleep disorders and there will most likely be effective treatments ahead.

For example, researchers are close to being able to provide imaging that shows changes to the brain resulting from TBI. Currently, TBI is largely based on self-reporting and incident reports.

For sleep apnea, a new device may soon be in the offing that will sense when sleep apnea is about to occur and prevent blockage of breathing.

Other areas in which advances are being made, she said, include therapies and pharmacological interventions.

Misleading auto ads claim Exchange affiliation

AAFES

An individual or individuals using the "Exchange Inc." name to handle vehicle purchases has been placing advertisements in auto magazines and commercial newspapers, leading Army & Air Force Exchange Service shoppers to believe they're purchasing a vehicle through the Department of Defense retailer.

"This has been an issue in the past, and now it's beginning to surface again where someone is using the Exchange's trademarked logo and name without permission to purportedly handle vehicles transactions in the United States on behalf of private sellers," said Rick Koloski,

Exchange loss prevention vice president. "Unfortunately, some have sent money only to receive nothing in return."

Despite the fact that military exchanges do not have the authority to sell vehicles or represent private sellers in completing transactions in the continental United States, the individuals responsible for these advertisements have left consumers with the impression they are doing business with the exchange service.

Exchange facilities are located solely on military installations. While the Exchange does have mail order and Internet offerings, it does not advertise in civilian outlets such as metropolitan

newspapers or automobile sales magazines. All advertisements for legitimate Exchange offerings are published in outlets in which audiences are mostly composed of military members.

"This type of fraud has proliferated with the use of the Internet and continues to be a challenge because oftentimes the perpetrator cannot be identified as the methods they utilize are not traceable back to any individual," Koloski said. "In fact, in one case, money wired by an individual was picked up in Bangladesh, indicating this crime goes well beyond U.S. borders."

He added that shoppers who believe

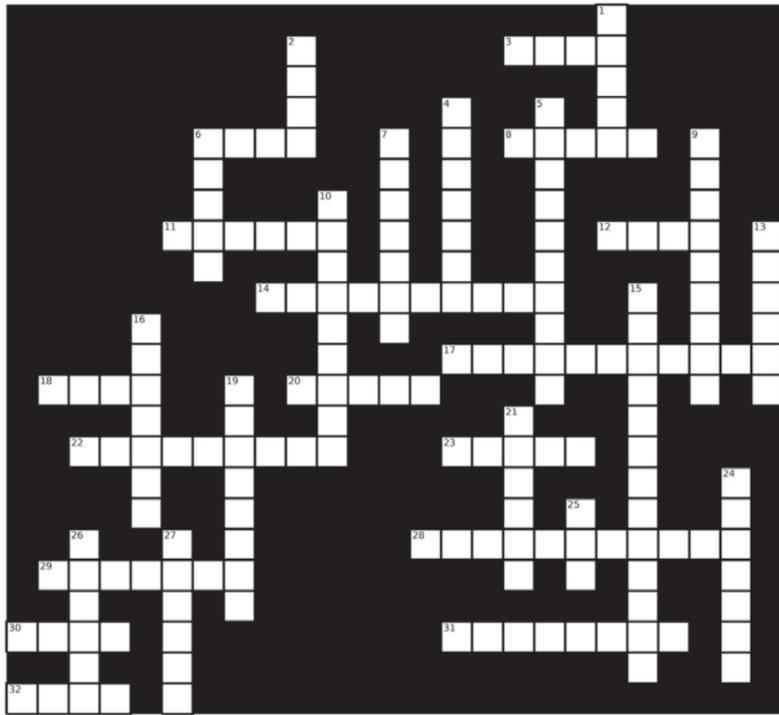


EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

that they may have been taken advantage of can file a complaint through the Internet Crime Complaint Center at www.ic3.gov.



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



The APG Crossword

Celebrate Fall

By **RACHEL PONDER**, APG News

Kick-off the start of autumn by testing your knowledge of all things fall related.

Across

- 3. On Aug. 3, 1990, this U.S. President declared the month of November as National American Indian Heritage Month.
- 6. In China the Mid-Autumn Festival, also known as the _____ Festival, is celebrated around the time of the September equinox.
- 8. According to Greek legend, autumn beings when the goddess Persephone returns to her husband _____ in the

- underworld.
- 11. Candy apples are known as _____ apples outside of North America.
- 12. The "meat" of the pumpkin.
- 14. A popular pre-football social activity.
- 17. This event hosted by APG MWR on Oct. 23-24, will feature German inspired food, beverages and entertainment.
- 18. The "handle" of a pumpkin.

- 20. Singer of "Harvest Moon."
- 22. This company sells pumpkin spice lattes every fall.
- 23. Pumpkins are a member of the _____ family, which includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini.
- 28. The loss of this causes leaves to change color.
- 29. _____ Orchards, located in Elkton, Maryland, hosts several fall festival weekends.
- 30. On Oct. 31, Mexicans will celebrate the Day of the _____.
- 31. This state grows the most pumpkins in the U.S.
- 32. In 2010, the world's largest pumpkin pie was made in this U.S. state.

- 16. A Gaelic festival marking the end of the harvest season and the beginning of winter or the "darker half" of the year.
- 19. Pumpkin _____ is a competitive activity in which teams build various mechanical devices designed to throw a pumpkin as far as possible.
- 21. Jewish festival of giving thanks for a bountiful fall harvest and commemorates the 40 years of Jewish wandering in the desert after the giving of the Torah atop Mt. Sinai.
- 24. Singer of "Autumn in New York."
- 25. A popular Harford County Halloween attraction, Legends of the _____.
- 26. An ancient Hindu festival celebrated in autumn (northern hemisphere) every year.
- 27. An Indian _____ is a period of unseasonably warm, dry weather that sometimes occurs in autumn in the Northern Hemisphere.

Down

- 1. In Asian mysticism, autumn is associated with this color.
- 2. Guns N' Roses song, "November _____."
- 4. This annual early-fall festival held in Ocean City, Maryland, features four days of food, crafts and free entertainment.
- 5. This Harford County town hosts an annual apple festival in October.
- 6. This pagan holiday celebrates the second harvest and the start of winter preparations.
- 7. Term for the leaves of a plant.
- 9. Director of the 1978 scary movie, "Halloween."
- 10. Type of tree that sheds its leaves annually.
- 13. This poet wrote, "Every leaf speaks bliss to me, fluttering from an autumn tree."
- 15. The fear of scarecrows.

Think you solved last week's puzzle?
Check out the solution below
Solution to the September 17 puzzle



WORD OF THE WEEK

Gargantuan

Pronounced: gahr-GAN-choo-uh n
Part of Speech: Adjective

Definition:
1. Tremendous in size, volume or degree; gigantic; colossal

Synonyms:
Huge, Mammoth, Immense, Vast, Elephantine

Use

- Either you were making a ridiculously small amount to start with, you are making a gargantuan amount now, or there's a mistake in your calculations.
- Unlike during the 1970s gas crunch, people seem to be buying increasingly gargantuan SUVs these days.
- I was saddled with the gargantuan task of teaching table manners to a wild and uncouth teen before the evening banquet.

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

ACRONYM OF THE WEEK

COPS

Community Oriented Policing Services

The Office of Community Oriented Policing Services is the component within the U.S. Department of Justice. The COPS Office was established through a provision in the 1994 Violent Crime Control and Law Enforcement Act.

The primary activity of the COPS Office is the awarding of competitive, discretionary grants directly to law enforcement agencies across the United States and its territories. Since 1994, the COPS Office has provided \$14 billion in assistance to state and local law enforcement agencies to help hire community policing officers. The COPS Office also funds the research and development of guides, tools and training, and provides technical assistance to police departments implementing community policing principles.

With more than \$9 billion in funding to 13,000 of the nation's 18,000 law enforcement agencies, the COPS Office has helped create a community policing infrastructure across the nation. Approximately 86 percent of the nation is served by law enforcement agencies practicing community policing.

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

MRICD facility to support chem-bio mission

Continued from Page 1

Lein, commanding general of the U.S. Army Medical Research and Materiel Command and Fort Detrick.

"While we hope that chemical weapons will never be used again, recent history has demonstrated that hope is not a method. We must be prepared," Lein said. "This lab is designed to be a critical part of our nation's chemical and biological defense program for decades to come."

During the event, Col. Roman O. Bilynsky, MRICD commander, discussed the history of MRICD, the origins of which began nearly 100 years ago when the first gas masks against chemical agents were issued in 1917. He said Edgewood Arsenal later became the Department of Defense center for chemical defense research, development, and testing operations.

Although the building is new, the MRICD's mission is not. The organization was established in 1979 as the nation's leading science and technology laboratory in the area of medical chemical countermeasures research and development.

Today, its mission is to discover and develop medical products and knowledge solutions against chemical threats through research, education and training, and consultation. The goal is to strengthen the nation and the world by rendering chemical threats medically harmless.

"There's a sacred trust between the Soldiers out in the field and what their Army is providing for them. And that sacred trust starts here," said Brig. Gen. William H. Graham, commander of the U.S. Army Corps of Engineers, North Atlantic Division, of the newly completed facility.

Work on the \$305 million replacement facility began in 2009. The new



While we hope that chemical weapons will never be used again, recent history has demonstrated that hope is not a method. We must be prepared.

Maj. Gen. Brian C. Lein
Commanding General, U.S. Army Medical Research and Materiel Command

Maj. Gen. Brian C. Lein, commanding general of the U.S. Army Medical Research and Materiel Command, speaks during the grand opening of the new U.S. Army Medical Research Institute of Chemical Defense facility on APG South (Edgewood), Sept. 15.

Photo by Sean Kief

building is 526,000 square feet with work areas and research laboratories for more than 400 employees.

The facility is designed to house the nation's lead chemical defense instruction forces, and to facilitate collabora-

tions among the top chemical defense scientists in the world. It contains an auditorium that can seat more than 400 personnel, and state-of-the-art multimedia centers and conference rooms.

"This facility, just like the scientists

and staff who occupy it, is world-class," Havens said.

For more information about the U.S. Army Medical Research Institute of Chemical Defense, visit <http://chem-def.apgea.army.mil/>.

Dueling piano performers bring laughs to APG

Continued from Page 1

During one segment, men from the audience serenaded military spouse Brianne Williams, with the Hall & Oates version of "You've Lost That Loving Feeling."

Several audience members said that they enjoyed the show.

"It's amazing," said James Roads with U.S. Army Communications-Electronics Command. "This is the first MWR event I have attended, and I will definitely attend more in the future."

Niko Crump, a military spouse, said she invited family members who were visiting from out of town. Crump added that as a recent breast cancer survivor, it is beneficial for her to laugh and have fun.

"This is good stress reliever," she said.

Trish Iacovelli, from CECOM called the duo "talented."

"I love it, I come every time it is advertised," she said. "They are hilarious."

Piano duelers Dan Louisell and Noel Leaman, who perform at least four shows per week, said that they learn their music by ear. If they don't know a lyric, they improvise.

"Usually if we heard the song once or twice we can do a pretty good job faking it," Louisell said. "It is always a rush to see if we can pull it off or at least make it funny. We aren't afraid to make fun of ourselves."

In 2012 the duo toured Army bases in Italy, Greece, Spain and Bahrain.



Audience members cheer and sing along during the Dueling Pianos Comedy Show at the APG North (Aberdeen) recreation center, Sept. 17.

They said they appreciate the chance to give something back to the military community.

"Military audiences tend to be super grateful for the opportunity to take their mind off of reality for a minute," Lea-

man said. "They have the toughest job in America, they keep everyone safe."

Gwyn Dolzine, a special event coordinator with MWR, said the event was a chance for co-workers and families to have an entertaining night out.

"It's a great, a fun way for the community to enjoy an evening together," she said.

For more information on FMWR sponsored activities, visit www.apgmwr.com.

5 ways to reuse your copy of the APG News

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



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Local parents share son's struggle with substance abuse

Continued from Page 1

ard, someone attempts suicide every 43 seconds. She said suicide is the 10th leading cause of death and, after cancer and heart disease, it accounts for more years of life lost than any other cause.

She said that in 2013, suicide attempts by women were twice as high as for men, and that contrary to popular perceptions, the highest suicide rates are among men ages 45 to 64 (19 percent); and adolescents ages 15 to 24 (10.9 percent). Firearms account for 65 percent of suicide methods.

Woodard asked listeners to learn the warning signs that include talking about self-harm; unpredictable or compulsive behavior; and changes in mood; and risk factors such as hopelessness; previous attempts; alcohol and substance abuse; or impulsive tendencies

She said those suspecting friend or family member is contemplating suicide, should follow the prevention tips ACE: Ask, Care, Escort.

"Establish a connection with the person. Be conscious of stigma about showing weakness or asking for help. Just ask, 'RUOK?'" she said. "A lot of times just the question removes the hesitancy to share feelings. Sometimes, just a smile works."

Retelling brings healing

John Landbeck said his family continues to mourn the loss of their son and they've chosen to share their experience to help others.

"We're here to tell our story and give you some perspective," he said. "Maybe something that happened to us will have some relevance in your lives."

He told how due to his Mormon roots, he wanted a large family and that Maxwell was the second of six siblings. Landbeck described his son as "a normal kid," who attended church with his family often and didn't stand out until his singing voice was discovered in middle school.

He said the music teacher told him that Max wasn't more than one of the best singers in the school, he was one of the best singers she'd ever heard. Max was invited to try out for the Maryland State Boychoir, which he did.

"He loved it," his father said. "He was better at singing than I will ever be at anything."

In retrospect, the family determined that friends introduced Max to "pot" when he was a senior in high school.

"It was contrary to everything he ever was but he was immediately hooked," Landbeck said.

He said because Max smoked constantly they soon caught him at it. He apologized but eventually started up again, and gravitated to stronger drugs, Landbeck said.

Once, while home from college, he intentionally overdosed.

"That was our first experience," he said. "He was never the same after that."

Home for good now, he became more unpredictable and his father had to put him out and change the locks.

It wasn't all bad, though.

Max moved in with grandparents and was in a halfway house for a time.

"He had long stretches of sobriety," Landbeck said, adding that Max performed with a Barber Shop quartet in the Harford Community College production



Amy Snyder, right, an attorney with the APG Legal Services Office, and the sister of John Landbeck III, and her father, John Landbeck Jr., left, display a quilt made from t-shirts belonging to Snyder's late nephew, and Landbeck Jr.'s grandson, Maxwell Defiance Landbeck during the RUOK? Suicide Prevention Month program, Sept. 18.

of "The Music Man" before "the voices" came back.

"He had a lot to look forward to," he said.

He said he couldn't recall "anything significant" that might have set Max off when the family held an early birthday celebration for him last year.

A few days later, he said, Max became delusional and it was over soon after, just 12 days before his 21st birthday.

"One of the great concerns I have is the urge to talk only about the good things," Landbeck said. "But we want to be honest about how awful it is. And it is awful."

Survivor fitness

"I still struggle," said Jennilyn Landbeck, adding that for the rest of her life she will be a sobriety activist.

She said her greatest struggle is forgiving the friends who led her son astray.

"I trusted them, I let them in my home, I fed these young men," she said. "And they knew Max was struggling."

To cope, she and family members constructed a quilt of Max's t-shirts and they display it at every group presentation.

The family gave each listener a Defiance t-shirt and asked that they wear them. Jennilyn noted that the Aberdeen High School principal endorsed the shirts after a presentation at the school. She added that the importance of smiling to someone who may be contemplating suicide cannot be overstated.

"Just love them," she said. "Give them a hug and a smile."

John said he wanted to leave listeners with two thoughts.

"First, unless you've experienced clinical depression, you cannot understand utter hopelessness," he said. "You can't imagine what it's like. It's a total

lack of hope that no one can withstand by themselves."

"My second point is that we can all make a difference. We all can be that voice that calls out for a loved one as well as a stranger. And remember, it's not suicide prevention's job to solve their problems. So don't lie to them and say it's gonna be alright because it might not be alright. But let them know that whatever it is they can survive it and that they are loved. Speak to them on behalf of their loved ones.

"Our challenge to you," he added, "is to connect to people around you. You can make a difference."

Chaplain Lt. Col. David Bowerman, command chaplain of the Public Health Center, closed the program with a prayer asking for strength for all to answer the call of others in need of love.

Donna Gordon, a contractor with the U.S. Army Edgewood Chemical Biological Center, said she found the presentation "very moving."

"And it's very much appreciated," she said, noting that her coworker is a friend of the Landbeck family.

"I liked that it encourages people to actually say something," she said. "Normally you don't want to butt into other peoples' business, but this lets you know it's okay."

Kimberly Cottrell, a management analyst with JPEO-CBD, gave Jennilyn Landbeck a bouquet of red roses. The two are lifelong friends, Cottrell said, adding that she admires "how they're able to turn their tragedy around."

"I can really see myself applying some of the principles they said and asking someone 'RUOK?'" she said. "It could be life-changing."

"Amy Snyder, an attorney with the APG Legal Services Office, and the

sister of John Landbeck said, said she offered her brother's services to ASAP because he promotes survivor fitness and realizes that experience is not the only teacher.

"One thing that's really important is for us to be open about and get something positive out of what happened," she said. "My brother wants others to learn what we had to learn through experience."

Suicide prevention resources and services

APG Suicide Prevention Manager Lamont Coger is located in the ASAP Bldg. 2477 at APG North (Aberdeen), across from the chapel parking lot. Anyone can walk in or call 410-278-7779 during duty hours. Email Coger at lamont.a.coger.civ@mail.mil.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Veterans Crisis Line

An additional option for active duty service members, Reserve, National Guard, veterans and family members is the 24-hour Military Crisis Line. Visit <http://www.veteranscrisisline.net/>; call 1-800-273-TALK (8255); or text 838255 for a confidential chat with a crisis counselor. The site supports the deaf and hard of hearing and offers learning tools and numerous other resources.

Harford County

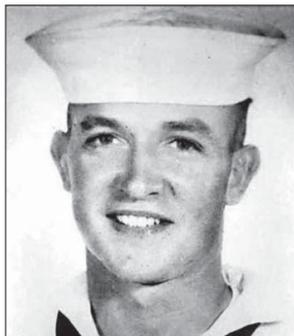
Harford County Mobile Crisis Team – available 8 a.m. until midnight, Monday thru Friday; 8 a.m. to 4 p.m., Saturday and Sunday; 410-638-5248; email mobilecrisisteam@sheppardpratt.org

Upper Chesapeake Medical Center – 500 Upper Chesapeake Drive, Bel Air MD, 21014

Harford Memorial Hospital – 501 South Union Avenue, Havre de Grace, MD 21078

Did You Know?

Marvin Glenn Shields was the first and only Seabee to receive the Medal of Honor and the first Navy Sailor to receive the Medal of Honor for action in Vietnam.



Marvin G. Shields was born Dec. 30, 1939, in Port Townsend, Washington.

He enlisted in the Navy in 1962. After construction training, he served with Mobile Construction Battalion 11, and was assigned to Seabee Team 1104 at Dong Xoai, South Vietnam.

On June 10, 1965, when a Vietcong regiment attacked, a wounded Shields carried ammunition to the firing line, and despite a second wound, helped a more severely wounded Soldier to safety. He repeatedly exposed himself to enemy fire and helped knock out a machine gun which had the entire camp pinned down. Shields died from wounds he received during the battle.

His Medal of Honor citation reads:

"For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty. Although wounded when the compound of Detachment A342, 5th Special Forces Group (Airborne), 1st Special Forces, came under intense fire from an

estimated reinforced Viet Cong regiment employing machineguns, heavy weapons and small arms, Shields continued to resupply his fellow Americans who needed ammunition and to return the enemy fire for a period of approximately 3 hours, at which time the Viet Cong launched a massive attack at close range with flamethrowers, hand grenades and small-arms fire.

Wounded a second time during this attack, Shields nevertheless assisted in carrying a more critically wounded man to safety, and then resumed firing at the enemy for 4 more hours. When the commander asked for a volunteer to accompany him in an attempt to knock out an enemy machinegun emplacement which was endangering the lives of all personnel in the compound because of the accuracy of its fire, Shields unhesitatingly volunteered for this extremely hazardous mission.

Proceeding toward their objective with a 3.5-inch rocket launcher, they succeeded in destroying the enemy machinegun emplacement, thus undoubtedly saving the lives of many of their fellow servicemen in the compound. Shields was mortally wounded by hostile fire while returning to his defensive position. His heroic initiative and great personal valor in the face of intense enemy fire sustain and enhance the finest traditions of the U.S. Naval Service."

Shields posthumously received the Medal of Honor Sept. 13, 1966. He is buried at Gardiner Cemetery, Gardiner, Washington and his name is listed on the Vietnam Veterans Memorial on Panel 02E, Row 007.

Yvonne Johnson, APG News
Source(s): www.history.army.mil/

APG SNAPSHOT

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



CEREMONY, 5K OBSERVE POW/MIA RECOGNITION DAY

(Above) Team APG runners take off at the start of the Prisoner of War/Missing In Action Recognition 5K run on APG South (Edgewood), Sept. 17.

(Right) The POW/MIA place setting is set in honor of all prisoners of war and those service members still missing as the sun rises over APG, Sept. 17. In the background, Col. Al Abramson, with the Joint Program Executive Officer for Chemical and Biological Defense, speaks to runners before the start of the race.

Photos by Molly Blossie



SCRUBBING DOWN ON HAZMAT RESPONSE

Kirk. U.S. Army Health Clinic personnel, from left, Spc. Portia Kyeremaa, Sgt. 1st Class Lakeisha Hessell and Pvt. David Nazzaro decontaminate a practice "dummy" with the assistance of APG firefighter Michael Sinitsky during a training event on APG South (Edgewood), Sept. 16.

KUSAHC and Directorate of Emergency Services personnel practiced the steps necessary to decontaminate an individual who had come into contact with a hazardous chemical.

Photo by Molly Blossie



A SWEET SERENADE

Dueling Pianos player Noel Leaman and men from the audience serenade military spouse Brianne Williams with the Hall & Oate's version of "You've Lost That Loving Feeling," during the Dueling Pianos Comedy Show, Sept. 17.

Held at the APG North (Aberdeen) recreation center, the MWR-sponsored event featured improvised songs and audience participation. During the three-hour event, the duelers performed Top 40, rap, country, rock-and-roll classics and TV and movie theme songs and took audience requests.

Photo by Rachel Ponder

