



## Fight for equal pay worth the effort

U.S. Army ECBC

Lilly Ledbetter, a woman who tirelessly fought for nine years to earn a fair salary in the workplace, spent March 24 at Aberdeen Proving Ground, Md., sharing her story as part of the installation's celebration of Women's History Month.

Planned by the APG Federal Women's Program committee, the event was sponsored by Team APG, the U.S. Army Edgewood Chemical Biological Center and the U.S. Army Materiel Systems Analysis Activity.

"I'm not anyone special," Ledbetter said, com-

paring herself to great women in history. "Rosa [Parks] stood up for her seat, I stood up for my pay."

Her journey for equality began nearly two decades after taking a job at the Goodyear Tire and Rubber Company plant in Gadsden, Ala., when Ledbetter learned she was earning less pay than her

See **LEDBETTER**, page 15

Lilly Ledbetter talks with an attendee at APG's Myer Auditorium during the March 24 event.

Photo by Melissa Sheets



Photo by Terri Kaltenbacher

## Building our future

U.S. Army Garrison Aberdeen Proving Ground Commander Col. Orlando Ortiz and Command Sgt. Maj. Rodney Rhoades visit Harford Technical High School, where students built a replica of the Pooles Island Lighthouse March 11. Principal, Charles G. Hagan and students discussed the various parts of the lighthouse project, which will include a time capsule that will be buried during the installation's Arbor Day and Earth Day observances on April 29.

Simple items could be APG museum pieces

By **YVONNE JOHNSON**  
APG News

If you have old mementos of bygone days at Aberdeen Proving Ground gathering dust in your attic, you just might be holding onto artifacts that should be on display in a museum.



Fuller

Make that *could* be on display

in the new Aberdeen Proving Ground Museum when it opens in October 2012.

The former Ordnance Museum is transitioning its assets out to make way for the new museum which will house artifacts detailing the history of APG as well as the U.S. Army Communications-Electronics Command, recently relocated from Fort Monmouth, N.J.

Museum Director Gail Fuller

See **MUSEUM**, page 15

## CSF training, participation offering healthy minds, bodies

By **RACHEL PONDER**  
APG News

Soldiers, Family members and Department of the Army civilians are encouraged to take the Comprehensive Soldier Fitness Training.

This program, based on 30-plus years of scientific study and results, is designed to build resilience and enhance performance in five dimensions: physical, emotional, social, Family and spiritual.

Garrison Chaplain (Col.) Wayne Boyd, who helped create the program at the Pentagon before coming to APG, said that CSF was created and implemented in 2009 to make troops, Families and civilians more resilient in an era of high operational tempo and persistent conflict.

"Individuals are trained on how to prepare for traumatic events," he said, "and everyone goes through difficult times. Family members are encouraged to take it because they deal with difficult times too when their Soldier deploys."

Boyd said CSF is a psychometric tool that has been heavily researched by top experts from across the country. The program focuses on the whole health of a trainee, as opposed to just one area—physically or mentally or spiritually, for example.

CSF uses the World Health Organization's definition of health, which states that health is a state of complete physical,

See **CSF**, page 15

## Motorcycle safety season in full gear

By **YVONNE JOHNSON**  
APG News

With the approach of spring, the Aberdeen Proving Ground Garrison safety office has commenced motorcycle safety training for installation drivers. The first Basic Riders course and an Experienced Rider course kicked off today at the Darlington Street motorcycle range.

The three-day Basic Rider course teaches safety skill to novice riders. Participants receive classroom instruction on Day 1, followed by hands-on lessons at the motorcycle range on Days 2 and 3.

The one-day Experienced Rider course is designed to sharpen safety skills of licensed motorcyclists and is also held on the motorcycle range.

Mandatory for all motorcycle drivers is the Local Hazard course, a 30-minute briefing delivered by David Backert, safety instructor with the Army Traffic Safety Training Program. Backert also conducts motorcycle range training.



Allen



Backert

### WEATHER

Thurs.



49° | 39°

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Social Media now at your fingertips

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### CUSTOMERS, MEET THE MANAGERS

AAFES managerial staff available April 6 at PX to gather feedback on products and services. SEE PAGE 6

# OPINION

## Are you a Dorothy, or not?

Sometimes I think I ought to be wearing a blue gingham dress and sparkly red shoes. Between Michelle Obama's appearance on Oprah and the president's new initiative on military families, I feel like the Wizard has been dragged from behind the curtain and forced to pull the good stuff out of his bag. There are initiatives for military mental health, homeless veterans, suicide prevention, predatory lending, day care centers, education initiatives....



So why do I suddenly feel like Dorothy clutching her dog at the end of The Wizard of Oz?

I've got this wistful little look on my face. I am so happy for Families of those who have served in serious combat who have a better chance now of getting what they need—they are so deserving.

And yet...I know there is nothing in that black bag for me. I am one of those hundreds of thousands of military spouses who click along the yellow brick road just passing for normal. My problems aren't dramatic enough to deserve government attention.

Granted, I am carrying the 50lb. pack of loneliness around during deployment. I am patting and soothing my children while they profoundly miss their father. But still I know that nothing in the Wizards \$8.8 billion sack of family programs for housing and medical care and mental health care and daycare centers that is going to soothe that kind of personal, low-grade, habitual ache.

**I think of that young wife I met in San Antonio who submitted 80 applications before she got a job interview. Not a job. Just an interview. Most of all I try to focus on the idea that Oz never did give nothin' to the Tin Man, that the Tin Man didn't already have.**

Nothing in that package is aimed at reducing the number of deployments our service members must take on. Nothing in that package reduces the number of moves families must undergo.

I try not to think about that.

I try to focus on the moms of those elementary school kids who need behavioral health care because their dads are in a combat zone. Things are hard at that house. I think of that young wife I met in San Antonio who submitted 80 applications before she got a job interview. Not a job. Just an interview. Most of all I try to focus on the idea that Oz never did give nothin' to the Tin Man, that the Tin Man didn't already have. Why? Because I am a Dorothy, dammit. Eventually, if I am in military Oz long enough, I am going to learn that I do have the power to get what I want most. Do you?

### Do you have a heart?

One of the things that powers military families is the love they have for one person in uniform. Granted, Tom Brokaw is worried that only one percent

of the people in this country carry 100 percent of the burden of war. But my husband doesn't ever think of his service as a burden. To him, it is his calling. He loves being out on a ship with all those chiefs and sailors and Marines hoping to get a chance to sweep in and rescue somebody. Having a heart is all about loving the best things in your partner even if lots of those things are in military clothing.

### Do you have a brain?

Military life takes brains. Sure, there are a bunch of programs out there. And they are difficult to find if you don't know who to ask or what name you should Google online. So do yourself a favor right now while all these people are so focused on "harnessing" these programs. Print out a copy of Strengthening Our Military Families: Meeting America's Commitment. Pour a glass of wine. Jump in the tub. Underline everything in the 24 pages that might someday possibly apply to you. Trust me, the square root of an isosceles triangle is never mentioned.

### Do you have the nerve?

The trend in deployments is that they will be coming quicker and completed by fewer people. That ain't no joke. It takes more than love to get through this.

You and your service member have to develop some courage—the kind that is bought with trust and faith and commitment on both sides. If you don't have that, reach out for it. If the marriage programs offered by your service are a joke, say so. This is too important to brush aside.

### Finally, are you the home?

Military spouses are asked to be home base for an entire family. Without benefit of geography or extended family or longtime friends, spouses are expected to hold a firm center for their service member, their children (if they have any), for themselves. We are asked to be a Support Group of One. There is no program to make you that person. There is no aid to get you through another long Sunday afternoon. Instead, we Dorothys are standing on our own two feet, in our sparkly red shoes, making ourselves believe and believe and believe.

Jacey Eckhart is a military life consultant in Washington, DC. She is the author of "The Homefront Club" and the voice behind the award-winning CD "These Boots." Facebook Jacey or contact her at jacey@jaceyeckhart.com.

**Jacey Eckhart**  
CinCHouse.com

## Our choices impact others, too

Accidents don't just happen. The old cliché that they do is a crutch no one can afford to lean on. Things that just happen aren't your fault. If they just happen no one bears responsibility, no one has a role in prevention.

We all should know that isn't the case. It's all about cause and effect.

### Bad choices

Accidents take place when individuals make bad choices. When a driver edges over the speed limit and cuts in and out of traffic in an effort to get home a few minutes faster, that's a bad choice. When a swimmer bets he can make it across a lake, no matter how cold the water is, that's a bad choice. When people relax with a few drinks, then head out to operate any sort of powered equipment - a car, a boat, a motorcycle - those are bad choices, too.

When we see the tragic results of those bad decisions, we call them accidents. But, mishaps resulting from choices any thinking person would condemn as unwise represent inevitable percentages, not random chance.

### Near miss

I remember seeing a near miss at an event in Tumwater. An annual fes-

**Soldiers who make poor decisions that place them at unnecessary risk are being disloyal to their units and to the other Soldiers with whom they serve. Taking a foolish risk, for a brief thrill or out of a momentary fit of temper is not the act of a disciplined team member. It is selfishly placing other Soldiers at risk in future combat.**

tival brought hundreds of spectators to the shores of the Deschutes River. They gathered to watch a Duck Derby. Thousands of rubber ducks were dumped from a bridge. The festive throng eagerly crowded the banks of the river to watch the yellow wave make its way through the rapids and down the falls.

It happened just below where I stood on the riverside trail. Two young boys - probably 9 or 10 years old - slipped on the rocky bank and slid into the river. They thrashed frantically for a second or two before an adult grabbed their hands and dragged them back onto the shore.

### Sunday headlines

They were lucky. The river, below flood stage, but still swollen with snow melt, was certainly far too dangerous for even a strong and ready swimmer. The Sunday headlines about a happy festival almost turned to tragedy. But that was no accident. The parents of those boys should never have let them climb down on the moss-covered rocks. Bad choices.

For Soldiers, now, the consequences of bad decisions are even more serious. We are an Army at war. Our units need all their members to prepare for the bat-

tlefield and succeed on their missions. A loss because of injury or death in a mishap at home station leaves just as big a hole in a unit's manning as does a battlefield casualty.

Far too many Soldiers make those bad decisions.

### Off-duty rates

While on-duty accident rates are dropping, off-duty rates continue to climb. That is simply unacceptable.

In a real sense, Soldiers who make poor decisions that place them at unnecessary risk are being disloyal to their units and to the other Soldiers with whom they serve. Taking a foolish risk, for a brief thrill or out of a momentary fit of temper is not the act of a disciplined team member. It is selfishly placing other Soldiers at risk in future combat.

Accidents don't just happen. But the consequences of bad individual decisions today can ripple through the lives of those we care about for years to come.

David W. Kuhns Sr. is editor of Joint Base Lewis-McChord's weekly newspaper, the Northwest Guardian.

**David W. Kuhns Sr.**

## APG SEVEN DAY FORECAST



## APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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

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# FEHB coverage update

*Affordable Care Act (ACA) and the Federal Employees Health Benefits (FEHB) Program*

Children under age 26, even if married, who are also Federal employees are covered under their parent's FEHB Self and Family enrollment unless they fall under one of the exceptions below:

- They have their own Family (spouse and/or children) whom they choose to cover under their own Self and Family enrollment; or
- They live outside coverage area of their parent's health maintenance organization (HMO)

If one of the above exceptions applies and you choose to keep your own enroll-

ment, you must notify the respective insurance carriers of the names of the persons to be covered under each enrollment. You may not file claims or receive benefits under both enrollments.

If you do not meet one of the exceptions above and your parent is a Federal employee or retiree with an FEHB Self and Family enrollment, you must cancel your enrollment using a Standard Form (SF) 2809. Turning age 26 will be a Qualifying Life Event allowing you to re-enroll in the FEHB Program.

For more information, please contact your Human Resources Office or Retirement Office.

# ATEC's Lilliewood named new chief of NCRO cell

*ATEC news release*

In the transfer of its headquarters to Aberdeen Proving Ground, Md., the Army Test and Evaluation Command has established the ATEC National Capital Region Operations Cell at the former ATEC headquarters in Alexandria, Va.

Maj. Gen. Genaro Dellarocco, ATEC's commanding general, designated Col. E.W. "Chip" Lilliewood Jr. as the chief of this new cell in ceremonies March 9.

The NCR-OC is supporting the ATEC headquarters relocation under the Base Realignment and Closure program. The cell is responsible for personnel management, security, logistics and information technology requirements that support ATEC's move to APG. This includes ATEC's leased office space and assets at Fort Belvoir, Va., as well as furniture, furnishings, and equipment; supplies; and IT infrastructure.

The cell will be responsible for trans-

porting assets to APG, disposing of them, or transferring them to other Army accounts. The scheduled date for completing all of ATEC's transfer to APG is Sept. 15, 2011.

At a ceremony marking the establishment of the NCR-OC, Dellarocco said the cell will be focused on all of the functions that enable the BRAC move. He said it will provide "centralized guidance that facilitates decentralized execution" within ATEC's directorates. Dellarocco also said the cell will "maintain the ATEC perspective" and keep leadership informed as it helps ATEC headquarters make a smooth transition from the national capital region to APG.

One of Lilliewood's chief responsibilities is keeping ATEC leadership informed of any issues that could impact ATEC's goals and objectives for completing the BRAC relocation, Dellarocco said.



## MORE ONLINE



To view more photos of events going on at and around the U.S. Army Garrison Aberdeen Proving Ground, visit the garrison Flickr site <http://www.flickr.com/photos/usagapg/> or scan the QR code.



Gourmet Oatmeal cookies in colorful flower petal muffin cups are part of the display by co-owners Tricia Devine and Judee Cooper for their wedding and party catering business, Edible Envy. More than 30 vendors set up displays in the APG North recreation center for the March 23 - 24 spring bazaar.

# Spring bazaar gives shoppers seasonal options

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

Aberdeen Proving Ground's two-day spring bazaar drew hundreds of shoppers who wanted to get a jump on season purchases.

The event was held at the APG North (Aberdeen) recreation center March 23-24 and followed the success of its 2010 fall and holiday bazaars, according to Rhonda Little, who helped coordinate the shopping extravaganza.

Little said feedback has been positive and attendees have already asked for more events like this. Arts and crafts, jewelry, sweet treats, photography and more were offered by more



Eye-catching and bold barely describes the necklaces, earrings and bracelets displayed by New Jersey vendor Rose's Rocks.

than 30 vendors.

Grand prizes, many donated by several of the vendors, included a Kindle wireless reading device and four tickets to the Lynyrd Skynyrd / Doobie Brothers concert to be held on Shine Sports Field Aug. 20. (Visit [www.apgmwr.com](http://www.apgmwr.com) for more information or to purchase tickets.) The event was hosted by the installation's The Directorate of Family and Morale, Welfare and Recreation.

Grammy-nominated flutist David Young provided music and sold CDs during the event.

To view or download more photos, visit [flickr.com/photos/usagapg](http://flickr.com/photos/usagapg); [facebook.com/APGmd](http://facebook.com/APGmd); and [apg.armylive.dodlive.mil](http://apg.armylive.dodlive.mil).



Addison Bechtold, 3, assists at her mom's display, Scents by Shawna, featuring homemade candles that capture nature's aromas with scents like 'Blueberry' and 'Fall Harvest.' The candles are sold in latch and mason jars. Shawna is the wife of APG's Staff Sgt. Michael Bechtold of the 22nd Chemical Battalion (Technical Escort).



AAFES concessionaire Millie Karoava, left, shows her collection of Rwanda baskets and other décor to Erika Jordan, an imaging specialist with the U.S. Army Aberdeen Test Center.

## HEALTH AND FITNESS

# Avoid common PT test training errors

By **MAJ. VANCIL MCNULTY**  
*U.S. Army Public Health Command (Provisional)*

As the spring season nears, Soldiers across the Army are gearing up for physical fitness tests. There are probably many Soldiers who are worried they may not pass.

There is good reason to worry. When a Soldier fails a PT test, it can jeopardize promotion, delay acceptance or completion of advanced military schooling, and virtually condemn an otherwise stellar Soldier to receive an average evaluation report.

Because there is so much at stake, it would be wise to understand some common training errors that may make the difference between a pass and fail score. This article will focus on safely and effectively passing the two-mile run.

### **Training Error #1: Overtraining**

Overtraining (also called overuse) occurs when the volume and intensity of an individual's exercise routine exceed his/her body's ability to recover. Overtraining leads to reduced performance and may ultimately lead to injury. Overtraining is so prevalent in the military that it's responsible for 40–50 percent of outpatient clinic visits, and most of these are due to excessive running. Running programs become excessive because of

**When a Soldier fails a PT test, it can jeopardize promotion, delay acceptance or completion of advanced military schooling, and virtually condemn an otherwise stellar Soldier.**

the belief that increased running results in more fitness.

This belief leads to programs that have Soldiers running five days a week for extended distances. However, research shows that Soldiers who run three days a week for no more than 30 minutes have two-mile run times that are just as good as those who run five days a week. Additionally, Soldiers who run three times a week have substantially less injury risk than those who run five days a week.

Medical professionals therefore recommend that Soldiers train for a two-mile event by running no more than three days a week.

### **Training Error #2: Specificity**

After overtraining, lack of training specificity is the next most common mistake. Specificity is an exercise principle that describes how the body will adapt precisely to the demands placed upon it.

Simply stated, if you want to improve the two-mile run time, focus on training distances around two miles.

Training at greater distances (three to five miles is typical) can be a problem because greater distances require different pacing with less speed. The last thing a person who fails a PT test needs is to run at a three-mile pace to pass a two-mile test, but this is exactly what would happen if three miles were the training distance.

### **Training Error #3: Pacing**

Pacing is the even spreading out of a runner's endurance so as not to burn out prior to finishing the event in the time necessary to pass. This principle is important because the two-mile run is an aerobic event that requires sustained speed over a relatively long duration. The biggest mistake in pacing for the two-mile run is beginning with a pace that is not sustainable aerobically (start-

ing way too fast). Anaerobic burn-out sets in quickly, and the runner then must slow considerably to attain a sustainable pace or risk not finishing the test at all. It is far better to start at a slow to moderate pace while increasing speed throughout the event. There should be enough energy left for a strong finish.

### **Training Error #4: Inefficient Running Style**

Distance running is all about putting one foot in front of the other with the least amount of energy necessary. Efficient runners look like they are gliding down the road without any effort.

A runner's head should be straight forward, chest and shoulders should be relaxed, elbows bent about 90 degrees allowing arms to swing naturally, not forcefully. Stride length should be short, hips should lift the knees just enough to progress the feet forward.

An inefficient running style is easy to spot. Arms swing dramatically, knees come up way too high, stride length is way too long, and there is a pronounced head bounce as if the runner is bounding down the road. All these excess movements increase the demand for oxygen and make passing the two-mile run a chore. A small change in one's running efficiency may improve overall run time.

# Replenishing nutrients lost during exercise

By **MAJ. VANCIL MCNULTY**  
*U.S. Army Public Health Command (Provisional)*

The old saying "you are what you eat" was popularized (but not originated) by an English nutritionist named Dr. Victor Lindlahr who published a book in the 1940s called "You Are What You Eat: How to Win and Keep Health with Diet."

Lindlahr was a strong believer in the idea that food controls health. The last 70 years of nutrition research has provided ample evidence that Lindlahr was right—good nutrition has a profound positive influence on our health. We also now understand how important "recovery" nutrition is for athletes and how it plays a role in the prevention of injury.

Strenuous exercise such as endurance

running, sprinting, or resistance training deplete energy (muscle glycogen stores) and cause muscle damage. If depleted energy is not replaced and muscle damage not repaired adequately, injury and reduced physical performance will occur. Studies of women who exercise show a negative energy balance is a risk factor for stress fractures of the bone. While both civilian and military research have proven that consuming foods that restore energy balance overcomes fatigue, minimizes muscle damage, promotes recovery and protects against heat injury, the timing of the nutritional intervention is critical.

Research shows that consuming a combination of carbohydrates and protein within a 60-minute window immediately following very strenuous exercise initiates repair of muscles damaged dur-

ing the activity and begins the replenishment of muscle energy stores. In fact this is the only recommendation from the Joint Physical Training Injury Prevention Work Group related to nutrition and its effect in the prevention of musculoskeletal injury. During this time, the body is primed for rebuilding what was used or broken down during the exercise. If the nutrients are consumed more than 60 minutes after the end of the exercise bout, the body is less able to absorb the nutrients, thus diminishing the rate of recovery.

After an hour of exercise, the ideal balance of nutrients needed to allow for the most rapid replenishment of muscle glycogen to optimize and accelerate the recovery process is roughly 12 to 18 grams of protein and 50 to 75 grams of

carbohydrate (a ratio of 1 gram of protein for every 4 grams of carbohydrate).

Below is a table of common foods with protein and carbohydrate content:

PROTEIN (about 7 grams each)	CARBOHYDRATE (about 15 grams each)
1 egg white	½ cup of fruit juice
1 ounce cheese	Small piece of fruit
1 ounce meat (chicken, fish, beef)	1 ounce cereal
1 cup milk	1 piece of bread
¼ cup nuts	½ cup pasta
2 tablespoons peanut butter	½ cup rice

Tell them you read it in APG News



**Christopher Holifield**  
General Manager



**Debbie Armendariz**  
Main Store Manager



**Raul Camacho**  
Department Manager



**Angelica Guerro**  
Department Manager



**Deirdre Taylor**  
Shoppette Manager



**Sandra Johnson**  
Burger King Store Manager

## Discuss issues with AAFES managers April 6

The community is invited to meet the Army and Air Force Exchange Service managers that serve APG April 6 from 11:30 a.m. to 1 p.m. at the PX, Bldg. 2401, Chesapeake/Raritan Ave. "Meet the Manager" is an event that makes store and general managers available to the public to discuss Exchange operations with shoppers. Managers hope to gather feedback on products and services and troubleshoot customer issues. Authorized patrons can call 410-272-6828 for more information.

## Join the celebration at APG Exchange mobile center kiosk

*Army & Air Force Exchange Service Public Affairs*

Aberdeen Proving Ground- Sixty-six is the magic number to celebrate as the Army & Air Force Exchange Service opens the 66th Exchange Mobile Center Kiosk in April. The kiosks feature the hottest phones from AT&T, T-Mobile and Verizon, a variety of service plans and great accessories, all at competitive prices.

The Aberdeen Proving Ground Grand Opening Celebration includes special promotional pricing on some of the newest 4G phones as well as on tablets like the Dell Streak 7 and Motorola Zoom. The pricing will be effective from April 15 through the 28. Shoppers can also enter to win a 55" Samsung Flat-screen HDTV, \$1,000 Exchange gift card, Kinect unit for Xbox 360 or one of dozens of other prizes to be given away at each location. No purchase is necessary to win, but shoppers must enter in person to be eligible.

In addition, on Saturday April 16, the Aberdeen Proving Ground kiosk offers in-store 66-cent specials on items such as burgers and soft serve from Burger King, king-sized Hershey bars, Frito packs, Keebler cookies and more. Rep-

resentatives from AT&T, T-Mobile and Verizon will be available to demonstrate phones and answer questions, and other fun in-store activities are planned.

"There's no better time to shop and save for that new smart phone or tablet you've been wanting," said APG Store Manager Debbie Armendariz. "The kiosk at APG is the place to go to find the latest handset, coolest accessory or just to ask that wireless question no one else can answer."

With a selection of phones from three major cellular service providers - AT&T, T-Mobile and Verizon - shoppers can see and compare a variety of each brand's most popular cell phones, tablets and service plans, with knowledgeable associates who provide expert assistance.

Shoppers who want a cellular phone without a contract have Exchange options as well. Verizon, T-Mobile and AT&T offer special prepaid phones with no commitment or credit check.

The 66th Celebration pricing is valid from April 15th through the 28th; in-store drawings are from noon until 3 pm on Saturday, April 16th. Shoppers must visit the Aberdeen Proving Ground kiosk in person to enter.



## Holy Season worship schedule

### Lenten and Easter services

All are welcome to attend Easter Sunrise Service, 7 a.m., April 24 at the Aberdeen Area Shore Park. Breakfast will be served at the Main Post Chapel following the service. Lenten and Bible Study will be held noon, April 6, 13 and 20 in the Main Post Chapel Fellowship Hall.

#### Main Post Chapel (Aberdeen Area)

##### Catholic services

- April 3, 8:45 a.m., fourth Sunday of Lent
- April 8, 6 p.m., Stations of the Cross, soup and bread
- April 10, 8:45 a.m., fifth Sunday of Lent
- April 22, 3 p.m., Veneration of Cross
- April 23, 8 p.m., Easter Vigil Mass
- April 24, 8:45 a.m., Easter Sunday

##### Protestant

- April 3, 10:15 a.m., fourth Sunday of Lent
- April 10, 10:15 a.m., fifth Sunday of Lent
- April 17, 10:15 a.m., Easter Cantata
- April 24, 10:15 a.m., Easter Sunday

##### Gospel

- April 3, noon, fourth Sunday of Lent
- April 10, noon, fifth Sunday of Lent
- April 17, noon, Palm Sunday
- April 24, noon, Easter Sunday

#### Edgewood Area

##### Catholic services

- April 1, noon, first Friday Devotion and lunch
- April 1, 6 p.m., Stations of the Cross, soup and bread
- April 3, 10:45 a.m., fourth Sunday of Lent
- April 7, 6:30 p.m., Rosary Devotion
- April 10, fifth Sunday of Lent
- April 17, 10:45 a.m., Palm Sunday
- April 21, 7 p.m., Holy Thursday Mass
- April 22, 3 p.m., Veneration of the Cross
- April 24, 10:45 a.m., Easter Sunday

##### Protestant

- April 3, 10:15 a.m., fourth Sunday of Lent
- April 20, 10:15 a.m., fifth Sunday of Lent
- April 17, 10:15 a.m., Palm Sunday
- April 24, 10:15 a.m., Easter Sunday

# Improved training helps forensics team prepare for Afghanistan deployment

By **MAJ. CAROL MCCLELLAND**  
20th Support Command Public Affairs

When a forensics team from Aberdeen Proving Ground deployed to Bagram, Afghanistan two years ago, they left with four months notice, a crude validation exercise and had a steep learning curve. Today, the officer-in-charge of that team is busy training the new lead and his unit, who will have nine months of individual and group preparatory training with various agencies, as well as weekly contact with the current unit in place before they deploy this summer.

Maj. Anthony Kazor, 22nd Chemical Battalion (Technical Escort), admitted that when he deployed as the lab lead of the Combined Explosives Exploitation Cell in 2009, the first 60 days “was drinking by fire hose.” As the first officer in charge for an Army CEXC lab, he’s not only seen the gradual improvement in training, but has been part of it.

He recently helped train Capt. Matthew Mason, 22nd Chemical Battalion (TE), and his team of 11 Soldiers and two contractors during a realistic portrayal of what the group can expect during their 12-month deployment. The scenario training that took place at the Warrior Training Center, a cold, concrete building on APG South, mirrored some conditions expected downrange where they’ll be part of Task Force Paladin, a specialized unit charged with combating IEDs.

During the training, the team, which includes experts in biometrics, photography, intelligence, electronics, and explosive ordnance disposal, sectioned off areas of the building as they would in theater. As IEDs, post-blast bomb pieces, hoax devices that look like IED’s but have dummy main charges, or IED cache are brought in, they go through different labs. First stop, triage with EOD.

An IED might still have explosive



Photo by Christopher Bush

**Sgt. Chris Fatigan, an explosive ordnance disposal technician with the 22nd Chemical Battalion (Technical Escort), inspects various materials during a Combined Explosives Exploitation Cell exercise at Aberdeen Proving Ground's Warrior Training Center March 10.**

material, according to Mason, so three EOD technicians examine the evidence and often times use an X-ray machine to ascertain whether anything is still considered dangerous. They document and inventory all items received, enter infor-

mation into a data base and assign a bar code to track the item. Investigations are prioritized and can take from 24-hours to 28 days before completion.

“They can have multiple cases at the same time,” explained Kazor. “Pretty

much everyone in the lab is employed full time. Everyone is always busy.”

During this training, after one and a half days, the team had already begun processing more than 20 cases, all listed on a white board and logged into a book as a double backup system.

After the IED is rendered safe, it goes to the photography lab where the item is photographed from all angles. Photos are entered into the database and included with a report.

While the CEXC lab does tactical level intelligence and analysis on the IEDs, agencies in the U.S. with access to the data base begin reviewing and conduct further analysis at the strategic level. The ultimate goal is to find and apprehend the bomb maker. To assist in this, the IED goes through the remaining CEXC labs – biometric, electronics, and intelligence.

In the biometrics lab experts use law enforcement techniques to draw out fingerprints then enter them in the database. During the electronic evaluation, technical experts can obtain information on an IED even after detonation. Information is again analyzed, evaluated and documented with multiple checks and balances. The OIC and NCOIC review reports to ensure they are filled out and can paint a picture for analysts in theater and abroad. Quick snapshot reports are pushed throughout the theater so war fighters have the latest information.

“Soldiers sometimes find it hard to see the whole picture,” said Sgt. 1st Class Jimmy Cruz, NCOIC of the CEXC team preparing to deploy. “Here, right next to each other, you can see the overall impact your job can have on the whole theater.”

“They see the evidence of their work when we get reports back saying ‘evidence from your discovery led to the processing and arrest of this insurgent and he got this many years of jail time,’” Mason added.

How are we doing? E-mail comments and suggestions for the *APG News* to the editor at [editor-APG@conus.army.mil](mailto:editor-APG@conus.army.mil)

# 'Social media behind the firewall' now available across the DoD with milSuite

By **CLAIRE HEININGER**  
Special to the APG News

The Department of Defense's secure collaborative platform has expanded beyond the Army to include more members of the Navy, Marine Corps, Air Force and Coast Guard.

MilSuite, a collection of secure knowledge management tools mirroring popular social media platforms, has a new location: <https://www.mil-suite.mil>. More Common Access Card (CAC) holders can access it as part of the milSuite Enterprise Edition release.

The milSuite community currently consists of more than 140,000 individuals from the active services and DoD civilian and contractor workforces dedicated to a more connected military.

The change is expected to broaden the user base and facilitate joint knowledge sharing.

"People across the Department of Defense are collaborating on programs and efforts in ways that were impossible prior to milSuite's secure, professional networking capabilities," said BG N. Lee S. Price, Program Executive Officer for the Army's Command, Control and Communications - Tactical (PEO C3T). "MilSuite provides a valuable opportunity to synchronize efforts across separate services, so we can work as one."

The secure capabilities include milWiki, a living military encyclopedia editable by subject matter experts; milBook, a professional networking tool providing communities of practice; milBlog, the place to share and comment on internal news and events; and milTube, a video-sharing capability for the military workforce. The technology is similar to what users are familiar with at home: wikis, blogs, social networking sites such as Facebook, and media-sharing sites such as YouTube and Flickr.

U.S. Army Training and Doctrine Command (TRADOC) has used milWiki to promote online collaboration of Army field manuals – allowing the



**“We can post an issue, people can comment, discuss, raise issues in a secure environment.”**

**Maj. Jerome Scott Loring**

knowledge and experiences of Soldiers conducting operations to be rapidly incorporated into doctrine.

The existing community of users has leveraged milBook to share lessons-learned and best practices on

enterprise-wide technologies; and to bring hundreds of individuals into communities of practice centered on chaplaincy, medicine, tactical communications and more.

Maj. Jerome Scott Loring, who leads a milBook group for individuals who provide educational services to the Army National Guard, said the forum has connected officers across the 54 U.S. states and territories supported by the National Guard Bureau on topics including the Post-9/11 GI Bill.

"We can post an issue, people can comment, discuss, raise issues in a secure environment," Loring said. "You can reach everyone in a way that doesn't clog up email in-boxes."

MilSuite builds on the popular Web 2.0 model of community content and participation to streamline business processes while tapping a broader knowledge base. The tools are integrated with one another and linked by a Google search appliance so users can locate the specific resources they need. With network firewall protection, users from all branches and organizations can share official unclassified internal information and engage in dialogue.

MilSuite is assigned to the MilTech Solutions Office, a government organization of the Army's PEO C3T.

"This is a significant development for the way we communicate across the Department of Defense," said Emerson Keslar, director of MilTech Solutions and one of the architects of the milSuite project. "At a time when we are all focused on efficiencies, milSuite is one way we can overcome the geographic and organizational divisions of the military community to share information instantly."

*Claire Heininger, Symbolic Systems, Inc., is a contractor supporting the Army's Program Executive Office Command, Control and Communications-Tactical (PEO C3T). Emily Gee, Symbolic Systems, Inc., an intern who supports MilTech Solutions also contributed to this article.*



**Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit <http://ice.disa.mil>. Click on "ARMY" then "Aberdeen Proving Ground."**

# Portable generator use

APG Installation Safety Office

Safety is an integral part of every human endeavor. Emergency preparedness is a critical element in ensuring our safety. Because downed utility lines and power blackouts can occur during violent weather events, people turn to a portable generator for emergency power. When using a generator consider the following:

First, and most important, read the equipment instruction manual. Second, maintain the equipment by servicing it. Regularly change the generator oil, air filters, and spark plugs according to the generator usage. Third, store fuel outside in a labeled container. Lastly, stage any generator in use outdoors and be sure it is located to prevent exhaust from back drafting inside the building.

Remember, an internal combustion engine when operating emits carbon monoxide (CO) which is colorless, odorless, tasteless and if inhaled in even relatively small amounts can lead to death. Generators should never be staged near doors, windows, and vent openings. NEVER use a generator in an attached garage even if the door is open.

Use a heavy duty, all-weather, outdoor rated extension cord when plugging into a generator. Sizing the generator cord is extremely simple! If the outlet on your generator is a 30-amp (4-prong), you'll need a 30-amp (4-prong) cord. If it's a 30-amp (3-prong) outlet, you'll need a 30-amp (3-prong) cord. The NFPA cautions that cords should be checked for cuts and tears and the plug has all three prongs attached, especially the grounding prong.

To connect the generator directly to the electrical system of a home or office, have a qualified electrician install a properly rated power transfer switch in accordance with the National Electrical Code (NEC). Attaching a generator directly to a building electrical system without a properly installed transfer switch can energize wiring systems for great distances creating

the risk of electrocution.

As for what kind of generator to get for your home, portable generators are sized by wattage. The wattage needed is determined by what appliances you will need when the power goes out. An average sized portable generator for a home is 4500 – 7000 watts. A wattage calculator estimator is available: <http://www.poweredgenerators.com/wattage-calculator.html>

In conclusion, if you are not sure talk to a licensed electrician or a manufacturer representative. Portable generators offer many options and can be a great way to ensure you have power in even in the roughest weather conditions. It is everyone's responsibility to use a product not only correctly, but safely, thus ensuring safety of our families.

## Additional Generator Safety Tips

- Always read and follow the operator's manual before using a generator.
- Use your generator outdoors only, away from open windows, garages, crawl spaces, vents or doors. Using a fan and opening doors or windows does NOT provide enough fresh air.
- Allow the engine to cool at least 2 minutes before refueling with fresh gas.
- Mix a fuel stabilizer in the fuel if you will store the gas for more than 30 days.
- Keep generator at least 5 feet away from any structures or combustible materials.
- Ensure extension cords are grounded and rated for the application.
- Extension cords should never be run under carpets due to the potential of overheating.
- Coiled cords can get hot, so always uncoil cords and lay them in flat, open locations.
- Only use a qualified electrician to install a power transfer switch in your home.
- Ensure power utilization of units plugged into the generator do not exceed unit capacity.

# Mind the early PR cutoff dates for 2011

AICD news release

The Aberdeen Installation Contracting Division, previously the APG DOC, has established its fiscal year 2011 cutoff dates for submission of purchase requests.

In order to meet customer needs, AICD officials urge customers to submit complete purchase request packages on time. Not doing so could result in the inability to support our major customers—the Soldiers, explained one of the contracting officers.

Cutoff dates are as follows:

- Noncommercial items over \$150,000 – July 1\*
- Noncommercial items between \$2,500 for services; \$3,000 for supplies; \$2,000 for construction and \$150,000 – Aug. 2
- Commercial items between \$150,000 and \$5 million – July 1
- Commercial items under \$150,000 – July 1
- Services over \$150,000 – July 1
- Delivery orders and task orders under existing contracts – Aug. 2
- GSA schedule procurements – Aug. 2
- Short-of-award over \$2,500 – June 15\*\*
- Maintenance for FY 2012 – July 1 (FY 12 contract modifications and options for existing maintenance contracts)

\*There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief or an appropriate team leader prior to this date.

\*\*Customers submitting “short-of-award” PRs, especially for services requirements, must consider whether funding will materialize. These PRs must be prioritized after PRs that are funded and PRs that are subject to the availability of funds. Short-of-award actions not funded in FY11 should be funded in FY12 as a bonifide need.

“These cutoff dates are not only for the PR, but includes supporting documentation and approvals,” said AICD Chief Martha Mitchem. “Customers should note that the simplified acquisition threshold has been raised from \$100,000 to \$150,000.”

• New requirement this year: If only one proposal is received, must

republicize the requirement for an additional 30 days. If out for 30 days and only receive one offer, negotiations must take place. These actions would require a minimum of 30 days extra time to award.

• When placing sole source orders over micro-purchase thresholds (FAR 2.101: \$3,000 for supplies; \$2,500 for services subject to Service Contract Act; \$2,000 for construction subject to David-Bacon Act), under Federal Supply Schedules, a Justification and Approval must be prepared by the customer and approved by a Contracting Officer.

• All service requirements must be approved for purchase prior to submittal to the AICD IAW established agency procedures as directed by the Secretary of the Army memo, Army Policy for Civilian Hiring and Initiation/Continuation of Contracts for Service Personnel, 23 Feb 06. Go to <http://www.asamra.army.mil/insourcing/> to obtain approval forms and view associated regulations.

• Information Technology: Desktop and Notebook Computer Purchases. To maximize cost savings, all Army desktops and notebooks “shall” be ordered through the Consolidated Buy program utilizing the Army Desktop and Mobile Computing Agreements. For policy memo issued by the Army's Chief Information Officer on July 22, 2005, Buying Schedule, Specs and Pricing, Submittal Instructions, Request Preparation, Exceptions, and Frequently Asked Questions, visit the Consolidated Buy page at: [https://ascp.monmouth.army.mil/scp/cb/cb\\_index.jsp](https://ascp.monmouth.army.mil/scp/cb/cb_index.jsp). Requests for these items must be submitted to the Network Enterprise Center (formerly DOIM). For standard requests, NEC will approve the request and forward it to the AICD for processing. For non-standard requests, NEC will review and validate the request and then forward it to AICD.

Between Aug. 15 and Sept. 30, the AICD receives more than 2,500 purchase requests for FY-end award which could be an unmanageable task if cooperation is not obtained.

“PRs are not the only information needed for a successful year,” said Mitchem. “Knowing what the acquisition packages must include, how requests should be submitted, new requirements and other details are crucial information.”

“Early planning continues to remain the key to a successful year-end.”

## LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Joan Campbell, 410-278-5668, e-mail joan.campbell@us.army.mil.”

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

Tidy Baptiste	Holly Geppi	Ulrike Neyens	Diane Simmons
Sarah Blevins	Charles Giles	Marie D. Nowak	Philip Sibley
Debra Bonsall	Lynae Green	Stephanie Parrett	Danielle Smith
Diane Bratton	Walter Holland	Ella Patrick	Patricia Stitley
Georgia Braun	Debra Ingram	Richard Pecoraro	William Taylor
Jeanie Calles	Kari Jackson	Christi Peterson	Joya Tucker
Clark Capers	Maia Kaiser	Donna Pierce	Luis Villafane
Lori Clark	Dawn Kowalewski	Michele Reamey	Emily Whaley
Hennither Cole	Jessica Knight	Melissa Rickey	Fletcher “Chip”
Glenda Cosenza	Teresa Lawson	Russell	Williams
Vikas Dane	Shantiea Mack	Pedro Rodriguez	Taryn Wilson
Meg Downey	Sheila Martin	Maria Santiago	Tammy Woodard
Chris Edwards	Andrea Miller	Gloria Scott	Bruce Woodmansee
Sabrina Faulkner	Margaret Nahrgang	Paul Shelley	Victoria Yates-
Thomas Garrett	Randy Newton	Lena Shelton	Sparks

# COMMUNITY NOTES

## FRIDAYS

### Through JUNE 3 SMALL BUSINESS CLASS

Maintaining a profitable business can be just as challenging as starting a new one. The Cecil and Harford County Offices of Economic Development are sponsoring a series of small business group sessions that offer valuable business advice from three international coaching firms packaged into one free program.

Classes are offered through April 15 on Fridays from 9 a.m.-noon at the Cecil County Office of Economic Development or April 22-June 3 on Fridays from 9 a.m.-noon at the Harford Community College, Edgewood Hall.

Visit for brochure and registration.

## FRIDAY

### APRIL 1

#### APRIL FOOL'S COMEDY EXTRAVAGANZA

VFW Charlton-Miller Post 6054 located on 206 Spesutia Road, Aberdeen will hold an April Fool's Comedy Extravaganza 9 p.m. to 2 a.m. Doors open 8 p.m. The show will feature BET Def Comedy Jam "Funny Man" Timmy Hall with special guests Lonnie Davis, Comedy Queen Stiletto and Althea Beasley. Tickets cost \$15 per person or \$20 at the door. Cost includes food, an after party with DJ Carolinaz Finest and photos by Big Warner.

For more information or to purchase tickets, call 410-272-3444 or 443-226-2479.

## MONDAY

### APRIL 4

#### GUNPOWDER TOASTMASTERS

Going on a job interview? Giving a presentation? Toastmasters can assist. Toastmasters will help individuals develop better speaking and presentation skills. Learn to think quickly on your feet, build leadership abilities and hone listening skills in a supportive, self-paced atmosphere. The Gunpowder Toastmasters meet the first and third Mondays of each month (unless on a federal holiday), 11:40 a.m. to 12:40 p.m. in the Chemical Demilitarization Training Facility, Bldg. E-4516, Seminar Room. For directions, visit <http://gunpowder.freetoasthost.info>.

For more information, call Heather McDowell, 410-436-7816.

## SATURDAY

### APRIL 9

#### AFCEA 4TH ANNUAL RACE FOR EXCELLENCE

The Armed Forces Communications & Electronics Association (AFCEA) Central Maryland Chapter will hold its 4th Annual Race for Excellence 5K and 1-Mile Fun Run at 6841 Benjamin Franklin Drive, Columbia, Md.

The race will benefit AFCEA's Central Maryland Scholarship Fund, which provides merit-based scholarships to local high-school students. Special guests include the Oriole Bird, SAIC senior vice president Larry Cox and Howard County Executive Ken Ulman.

Registration/packet pick-up opens at 7:30 a.m.; the race starts 9 a.m.

For more information or to register, visit [http://www.afceacmd.org/index.php?option=com\\_content&view=article&id=79&Itemid=100](http://www.afceacmd.org/index.php?option=com_content&view=article&id=79&Itemid=100).

## FRIDAY

### APRIL 15

#### KARAOKE

It's back! VFW Charlton-Miller Post 6054 located on 206 Spesutia Road, Aberdeen will have karaoke with TC and company, 8 p.m. on the second Friday of each month.

For more information, call 410-272-3444.

## SATURDAY

### APRIL 16

#### TEXAS HOLD'EM

American Legion Susquehanna Post 135, 300 Cherry Street, Perryville, will hold Texas Hold'em. A cash game will be held 1 p.m. Registration at 3 p.m., game begins 4 p.m. There is a \$50 buy in. Side tables will be available. First come, first served. There will be sandwiches and a cash bar.

For more information, call 410-642-2771.

## SATURDAY

### APRIL 30

#### BASKET BINGO

Basket Bingo will be held at the

VFW Darlington-Dublin Memorial Post 10146 located on 3440 Conowingo Road, Street, Md. Doors open 6 p.m.; Bingo starts 7 p.m. Tickets cost \$10 each with \$5 for extra packs. There will be a drawing for a basket of cheer and a voucher for a free bushel of crabs. Food and drinks will be available.

For more information or to purchase tickets, call Sue Rigdon 410-838-1542 or Shirley Wagner, 410-939-2045 or email [shirley.wagner@comcast.net](mailto:shirley.wagner@comcast.net).

### LYRIC OPERA BALTIMORE TO PERFORM IN HARFORD

The Havre de Grace Arts Commission will sponsor the Lyric Opera Baltimore, 7 p.m. at Havre de Grace United Methodist Church, 101 South Union Avenue, Havre de Grace. Doors open 6:30 p.m. The Lyric Opera Baltimore will perform highlights from "La Traviata," "Le Nozze di Figaro" and "Faust" and favorites from other operas. Tickets cost \$10 for adults and \$5 for students, payable by cash or check to the HdG Arts Commission. Pre-event sales are available at Havre de Grace Visitor Center, 410-929-2100; Preston's Stationery, Bel Air, 410-838-5858; and at the door.

For more information, visit [www.ModelIPAC.com](http://www.ModelIPAC.com).

More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Community Notes.

# Post SHORTS

## View CAC meetings online

Miss the March Community Action Council Meeting? View the video online at <http://www.youtube.com/usagapgpao/>.

## Motown's Mary Wilson visits APG today

Don't miss a chance to hear from Mary Wilson a founding member of the "Supremes," Motown's premier act during the 1960's, when she comes to Aberdeen Proving Ground March 31, courtesy of the Army Test and Evaluation Command and APG.

This Women's History Month event takes place at 1 p.m. in the C4ISR-Myer Auditorium, 6002 Combat Drive. Wilson will lead a workshop on women's historical contributions. The workshop will be followed by a surprise singing group that you won't want to miss.

For more information, call Sgt. 1st Class Cynthia Pearson at 703-681-2743 or 443-315-8786.

## RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m. March 31 at the Aberdeen Senior Center, 7 Franklin Street in Aberdeen.

The topic includes the O-Field Study Area. Board meetings are open to the public. All APG employees and citizens are invited.

For more information, call the Information Line at 410-272-8842 or 800-APG-9998.

## Military career fair today

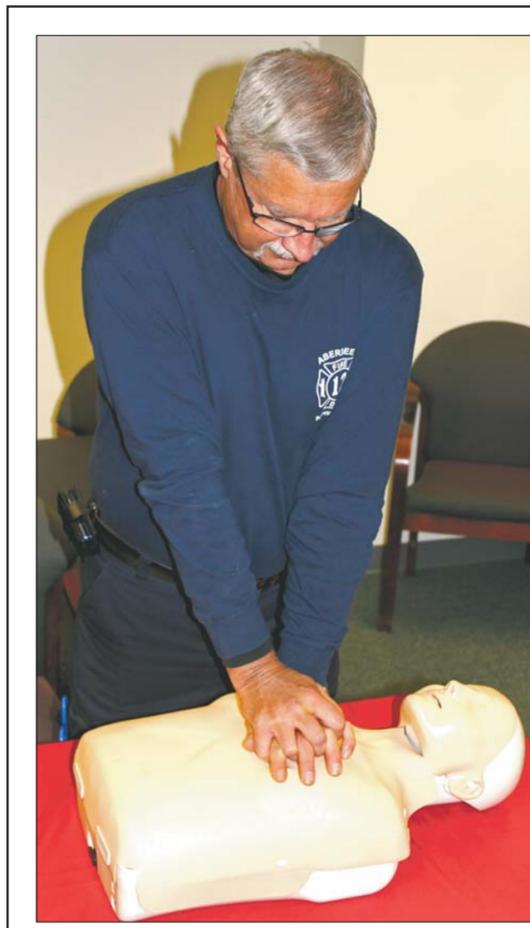
A hiring event for veterans who have civilian work experience, vets who are transitioning from active duty, National Guard and Reserve troops and military spouses are invited to attend a career fair March 31 from 11 a.m. to 3 p.m. at the Lincoln Financial Field in Philadelphia, One Novacare Way.

Thirty-five veteran-friendly organizations will be on site with employment, business ownership and educational opportunities. The event is produced in cooperation with The American Legion and sponsored by Amtrak.

Visit <https://recruitmilitary.com/expos/354-Philadelphia/candidates/> for information for details.

## Blood Drive

The U.S. Army Edgewood Chemical Biological Center, the Medical Research Institute of Chemical Defense and the Public Health Command are jointly hosting an Armed Services Blood Program blood drive at the APG South (Edgewood) Chemical Demilitarization Training Facility, Bldg. E4516 April 7 from 9 a.m. to 1 p.m.



## Life saver

Mike Davis, a paramedic with APG's Fire and Emergency Services, demonstrates the use of an automated external defibrillator, or AED, at the installation fire department March 11. Davis is the lead instructor and point of contact for CPR and AED training and certification at APG. Free classes are offered throughout the year at APG North (Aberdeen) and APG South (Edgewood). The next class takes place at APG South April 13 in the EA Conference Center, Bldg. E-4810 from 9 a.m. to 1 p.m. To register, contact Michael Davis at 410-306-0572 or Michael.Ray.Davis@us.army.mil.

Photo by Adrienne Foss

In an effort to open the spring season benefiting warfighters and their families, the Aberdeen Proving Ground community is invited to join this ASBP Blood Drive and to give the gift of life.

To participate as a donor, please sign at <http://www.militaryblood.dod.mil/>.

## Fire hydrant flushing event

Aberdeen Proving Ground's DPW Waterworks Branch will be conducting its semiannual fire hydrant flushing event to maintain water quality in the system. Activities started this month and will continue through the month of April. Brown water issues are possible during this time. If residents or personnel have any questions or concerns including extended periods of brown water, call Ron Gentry at 436-2196.

## DFACS serving up customer appreciation meal April 19

The Customer Appreciation Specialty Meal will be held in the Aberdeen Area dining facility, building 4503 and the Edgewood Area dining facility, building E4225, 5:30 to 7 p.m. April 19.

During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$4.25

applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.65 applies to spouses and other Family members of enlisted personnel in the ranks private through specialist/corporal.

The Menu includes seafood bisque, grilled steak with mushrooms and onions, fried shrimp, lemon baked fish, fried chicken, old bay freedom fries, baked macaroni and cheese, steamed broccoli, lightly buttered corn on the cob, brown gravy, mustard potato salad, zesty rotini salad, "you're on your own" salad bar, homemade biscuits, southern style corn bread, assorted breads, big chocolate chip cookies, assorted cakes, soft serve ice cream and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-278-3142/3892.

## Armed Forces Day Race

Sign up now for the APG Armed Forces Day Race, a 10K (6.2 mile) race commemorating Armed Forces Day. The race will take place 8 a.m., Saturday, May 21 at the APG North (Aberdeen) Athletic Center, Bldg. 3300.

Race day registration is 6 a.m. Entry fees cost \$25 through April 1; \$30 through May 15; and \$35 after May 15 and on race

day. Military will receive a \$5 discount; all E-1 through E-3 run free (contact your first sergeant). This event is open to the public and T-shirts will be provided to all runners. Entry forms are available at [www.charmcityrun.com](http://www.charmcityrun.com). For directions to APG, visit [www.apgmwr.com](http://www.apgmwr.com)

For more information, call Donna Coyne at 410-278-7934.

## Transition assistance available

To assist Soldiers in the transition from active duty to civilian life, APG offers Transition Assistance Program classes, which are facilitated by state employment services personnel. Guest speakers offer information about on finance, transportation, VA benefits, education and more.

Learn about job searches, career decision-making, resume writing and interviewing. Classes are held on APG North (Aberdeen) in Bldg. 4305 (Janet M. Barr Soldier Support Center) on Susquehanna Avenue monthly except in December. Participants must be within one year of separation date and two years from retirement date. Spouses are welcome. Register to attend at [www.apg.army.mil](http://www.apg.army.mil). Or contact Debbie Edmonds at 410-306-2354 or [dedmonds@dllr.state.md.us](mailto:dedmonds@dllr.state.md.us), or Jack Charles at 410-836-4635 or [jcharles@dllr.state.md.us](mailto:jcharles@dllr.state.md.us).

## Change, cash awards could be just a suggestion away

The Army Suggestion Program encourages Soldiers and civilians to submit ideas that increase the efficiency and productivity of the Army. The ASP seeks suggestions that improve work methods, materials, processes, equipment, logistics, utilities or tools that will benefit the Army. Suggestions that save money can be eligible for a cash award up to \$25,000. The more money saved, the larger the potential award. Visit <https://armysuggestions.army.mil> for info, or contact Marjorie Sexton, Installation ASP coordinator, at 410-278-0944 or [marjorie.sexton1@us.army.mil](mailto:marjorie.sexton1@us.army.mil).

## Wholesale discounts

The Civilian Welfare Fund will sponsor BJ's discount membership registration, 11 a.m. to 1:30 p.m., April 6 at the APG North (Aberdeen) Bowling Center in Bldg. 2342; and from 11 a.m. to 1:30 p.m. on April 13 at the APG South (Edgewood) Stark Recreation Center in Bldg. E4140; and from 11:30 a.m. to 3 p.m. April 20 at the Newcomer's Orientation, APG North (Aberdeen) Recreation Center in Bldg. 3326.

BJ's Wholesale Club offers 14-month membership for \$40 for civilian and military personnel, retirees and contractors. Renewal membership holders should bring their current card with them. Call 410-436-4467 or e-mail [patti.harkins@bj.com](mailto:patti.harkins@bj.com)

Visit [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts to view more shorts.

# FAMILY AND MWR

## Activities/Events

### Open Mic tonight

Open Mic Thursday will take place at the APG North Side Grill/AA Recreation Center, Bldg. 3326, March 31.

Doors open 4:30 p.m. Event begins at 5:30 p.m. and lasts through 8:30 p.m. Admission is free.

Performance categories are spoken word, vocals, instrumentals and comedy. Complimentary bar foods will be offered. Limited snack bar operation and cash bar for beer and wine will be available. Sign up online by March 30 at [www.APGMWR.com](http://www.APGMWR.com) to participate. Latecomers are welcome. Must be 18 years or older to participate.

### Spring Celebrations

MWR is hosting Spring Celebration activities for the whole Family as follows:

- At the APG South (Edgewood) recreation center, Bldg. E4140 April 5 from 4:30-6:30 p.m.
- At the APG North (Aberdeen) recreation center, Bldg. 3326 April 12 from 4:30-6:30 p.m.

Activities include an egg hunt with secret prizes at 5:30 p.m. in four age groups-- 0-3, 4-7, 8-12 and 13 and up.

A spring hat contest will also take place. Prizes will be awarded for the silliest, most creative, most team spirit and most patriotic in three age groups—9 and under, 10-17 and 18 and up. Judg-

ing is at 6 p.m.

Get your photo with the Easter Bunny. Children's fun includes live entertainment, face painting, balloon animals, refreshments and more.

Call 410-278-4011 for information.

### Experience the Cherry Blossom Festival April 9

MWR Leisure Travel Office will offer a trip to Washington, D.C. for the annual Cherry Blossom Festival April 9. Cost of the trip is \$30 per person and includes roundtrip transportation. The bus will depart the Aberdeen Area 7:30 a.m. Reserve seats now, space is limited.

For more information or to register, call 410-278-4011/4907, email [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil) or visit MWR Leisure Travel Office, Aberdeen Area Recreation Center, Bldg. 3316.

### Coed Volleyball

APG Coed Volleyball League will open at APG. Signup deadline is April 5. Rules meeting is April 7 at 5 p.m. at the APG North (Aberdeen) Recreation Center.

The regular season will begin the week of April 11 and is open to all eligible MWR patrons. If there are enough teams, there will be separate divisions for the Aberdeen and Edgewood areas.

If we do not have enough teams, there

will be one league and all teams will be required to travel. There is a fee of \$150 per team due before the season starts.

### Scrapbooking crop April 16

The Civilian Welfare Fund will sponsor a Scrapbooking crop for seasonal scrapbookers or anyone who has always wanted to try it. "Crop Till You Drop" 9 a.m. to 5 p.m. at the APG North (Aberdeen) Recreation Center, Bldg. 3326. The cost to attend is \$25 per person and includes lunch, door prizes and giveaways. Vendors will have items for sale and optional classes will be offered. Call now to reserve a spot or table of friends.

Contact Patti Harkins at 410-436-4467 or [patti.harkins@us.army.mil](mailto:patti.harkins@us.army.mil).

### Army Community Service Family Advocacy Program

The Army Community Service Family Advocacy Program is committed to offering support to the APG Family through a series of dynamic classes. What makes FAP classes so dynamic is a mix of the community members who participate, the exciting and innovative materials, and the facilitators. Classes are free and are open to all members of the APG community, so don't delay. Families can get the tools that they need to get on the right track by joining a FAP class today.

All programs will be held at ACS, Bldg. 2503 High Point Road.

- Effective Parenting for ages birth through age 5: 11:30 a.m. to 1:30 p.m., March 22, 29 and April 5, 12, 19 and 26
  - Couples Communication Class: 5:30 to 7:30 p.m., April 6, 13, 20 and 27
  - Blended Families (Stepfamilies): 5:30 to 7:30 p.m., May 5, 12 and 26
  - Staying Connected With Your Teen: 5:30 to 7:30 p.m., June 2, 9, 16, 23 and 30
- For more information or to register, call 410-278-7478.

### APG Softball

APG Softball Leagues signup deadline is April 21. Rules meeting is April 28 at 5 p.m. at the APG North (Aberdeen) recreation center. The regular season will begin the week of May 3 and is open to all eligible MWR patrons. This is a coed program. There are leagues in both the Aberdeen and Edgewood areas and play is by modified ASA rules. There is a fee of \$250 per team due before the season starts.

Call the Sports Office at 410-278-3929.

### Indoor walking during lunch

Rain or snow, walkers on APG can still get their exercise every day. Walk at lunch time, 12:15 to 12:45 p.m. at the Aberdeen Area Recreation Center, Bldg. 3326. Indoor walking with DVD. For more information, call 410-278-4011/4907 or e-mail [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil)

## SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, Bldg. 2752, 410-278-7571/7479. Open to all DoD ID cardholders. For an appointment, e-mail [stacie.umbarger@conus.army.mil](mailto:stacie.umbarger@conus.army.mil).

### Ice skating lessons at Ice World

SKIES Unlimited offers ice skating lessons for ages 4 to 18 at Ice World, located at 1300 Governor Court in

Abingdon. Lessons cost \$74 per person after using the \$25 coupon. Participants must register with CYSS to receive the \$25 coupon.

Lessons will be held 5:30 to 6:30 p.m. on Tuesdays, April 5 to May 17; and from 9 to 10 a.m. on Saturdays, April 9 to May 21.

Lessons are open to all DoD ID cardholding Family members.

LEARN TO SKATE is based on the fundamentals of the United States Figure Skating Association (USFSA), and

is necessary for those wishing to proceed on to ice hockey or freestyle.

The six weekly sessions offer professional instruction with a half-hour of instruction time and half-hour of practice each week. Limited free skate rentals.

Classes will be grouped by age and ability. Three free passes to public sessions will be provided.

There will be no make-up classes or refunds. For more information or to register, call Central Registration at 410-278-7571/7479, Bldg. 2503.

### Martial Arts present Tiny Tigers

Children ages 4 to 6 can join the Tiny Tigers Unity TaeKwonDo School of Martial Arts at APG.

Parent participation is required. Cost to register is \$40 per person and classes are open to all DoD ID cardholders and Family members.

Instructor Sabunim Sean A. Williams will teach the program. Classes will be held 5:30 to 6 p.m., Mondays and Wednesdays to April 18.

The Tiny Tiger program is an age-appropriate version of taekwondo that will help direct energy into confidence and character building skills. Students learn traditional taekwondo techniques

such as blocking, punching and kicking including "Stranger Danger" and "Fire Safety" skills.

Students will test every three to six classes. Class size is limited to 12 parent and child parings, so register early.

The Tiny Tigers program will be held at the Aberdeen North Youth Center, Bldg. 2522.

### Private piano lessons

Private guitar lessons for ages 4 to 18 will be held 3 to 9:30 p.m. Fridays through April 8; 9 a.m. to 1 p.m. Saturdays through April 9; and 3 to 9:30 p.m. Tuesdays through April 12 at the APG North Youth Center, Bldg. 2522. Cost of the lessons is \$102 per student and includes one 30-minute session per week for six weeks. Parents choose which time frame session they want when registering. Students are responsible for buying instructor-recommended books for the course. Open to all DoD ID cardholders.

### Private guitar lessons

Private guitar lessons for ages 7 to 18 will be held 3 to 9:30 p.m. Fridays through to April 8; 9 a.m. to 1 p.m. Saturdays from through to April 9; and 3 to 9:30 p.m. Tuesdays through to April 12 at the Aberdeen Area Youth Center, Bldg. 2522. Cost of the lessons is \$102 per student and includes one 30-minute session per week for six weeks. Parents choose which time frame session they want when registering. Students are responsible for buying instructor-recommended books for the course. Books are a one-time purchase. Students must also provide their own guitar.

## Upcoming golf events

### April

- 7 to 9, Three Days to Better Golf Clinics
- 16, Spring Golf Outing

### May

- 22, Adult/child 9 Hole Outing

### June

- 19, Father's Day Golf Scramble

### July

- 14, Adult/child 9 hole outing
- 16, Summer Scramble
- 23 to 24, Senior Club Championship Tourney

### August

- 13, PGA Days: Long drive contest, Putting Contest, Demo Day, golf clinics

### September

- 24 and 25, Club Championship

### Aberdeen South (Edgewood) Exton Golf Course (Course Reopens for Season)

### May

- 7, Scramble for the Roses Spring Scramble

### June

- 25, Under the Stars Golf Outing

### July

- 21, Adult/child 9 Hole Outing

### September

- 17, Greens Keeper Revenge Scramble

## Free career and financial sessions for teens

The Army Community Service Employment Readiness and Financial Readiness in partnership with the APG Federal Credit Union will provide free career and financial sessions for teens ages 13 to 18. All fun filled sessions will be held at ACS Bldg. 2503, High Point Road, second floor conference room. Space is limited. For information or to register, call 410-278-9669.

### Job vs. Career

To be or not to be – that is the question. The Job vs. Career class will be held 11:30 a.m. to 2 p.m., April 21. Teens will learn the benefit of a career over a job. The class will help guide teens through the job and career preparation process so they can achieve their own employment success. Learn the basics of a job interview, writing an application letter, resume and setting smart goals.

### Budget

This class will be held 11:30 a.m. to 2 p.m., June 23. My Money, My Choice: A computer notebook, a new gaming system, a car, or college tuition ... How do you spend (or want to spend) your money? In this exciting, hands-on session, teens will learn the skills to spend their money and make wise choices, all while on a budget ... and have fun doing it.

### Avoid the Credit Card Trap

The class will be held 11:30 a.m. to 2 p.m., July 14. Looking for a credit card? In the land of plastic, there are so many credit cards to choose. What is the best match for teens? This session is packed with valuable information delivered in humor and fun. Topics include how to avoid fees and penalties that can destroy a budget, how to avoid any related costs and traps that come with owning a credit card. Teens will know what important questions to ask when shopping for the right credit card. Participants will be coming home with valuable lessons that they can use for life, especially in these tough financial times.

### Car Loans and Credit

A car loans and credit class will be held 11:30 a.m. to 2 p.m., Aug. 11. Need a car? In this fun and interactive game teens will be able to;

- Acquire what it takes to apply for a car loan
  - Recognize the benefits of establishing a good credit history
  - Practice managing expenses within a budget
  - Realize the importance of savings
- A dream car can become a reality if teens know how to handle their credit responsibly.

### Looking for a job?

Visit FMWR Jobs Available at [www.apgmwr.com](http://www.apgmwr.com).

All jobs for Aberdeen Proving Ground are listed at <http://www.armycivilianservice.com> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

## March bowling specials

- Early Bird Special: From 7 to 9 a.m., receive one hour of bowling for \$12. Shoe rental costs \$2.
- Each Friday, 9:30 to 11 p.m., bowl one game for \$1.00 and pay \$1 for shoe rental.
- Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza (toppings extra)

and one pitcher of soda for \$32. Shoe rental costs \$2.

### New bowling rates

Bowling costs \$3 per game, Monday to Friday from 7 a.m. to 5 p.m.; games cost \$3.50 each on Fridays, 9:30 to 11 p.m.; Cosmic Saturdays cost \$3.75 per game; and \$3 per game on Sundays.

## APG Bowling Center Snack Bar specials

Building 2342

The Bowling Center hours are 7 a.m. to 8 p.m., Monday and Tuesday; 7 a.m. to 10 p.m., Wednesday and Thursday; 7 a.m. to 11 p.m., Friday; 1 to 11 p.m., Saturday; and 1 to 6 p.m., Sunday. Lunch delivery is available for orders of \$25 or more. Call for delivery before 11 a.m.

### Week of March 28

Special #1: Crab cake sub with French fries, cookie and regular soda for \$9.95.

Special #2: Two hot dogs with French fries, cookie and regular soda for \$5.55.

### Week of April 4

Special #1: Chicken parmesan sandwich on bowler burger roll with French fries, cookie and regular soda for \$5.25.

Special #2: Egg salad sandwich with potato chips, cookie and regular soda for \$4.50.

The Bowling Center also serves breakfast. For more information or to place an order, call 410-278-4041.



# Initial review of survey data indicates high satisfaction with Army life

By  
**ALISON LEGALL**  
FMWRC Marketing  
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FMWRC PAO

Data from the 2010 Survey of Army Families indicates an increased satisfaction with military life, despite of the current operational tempo, according to Family and Morale, Welfare and Recreation officials. The survey was based on a random selection of civilian spouses of active-duty Army Soldiers, chosen to represent the Army as a whole.

Since the last survey, completed in 2005, there has been an increase in the number of spouses who indicate their Soldier plans to stay in the Army beyond their present obligation. Additionally, there has been an increase in the number of spouses who are satisfied with the kind of life they can have in the Army and the respect the Army shows Soldiers and spouses.

"We're very happy to see, through hard data, that we're making progress in improving the quality of life for Soldiers and their Families," said Lt. Gen. Rick Lynch, commanding general of the Installation Management Command.

## After deployment

The data suggests that Soldiers, their spouses and Families are very resilient in the face of the demands that the Army places on their lives, especially with the increasing number of deployments and time away from Family. Sixty percent of spouses report that they are adjusting easily to the reunion with their Soldier following deployment or time away from the Family.

Additional data shows that despite ongoing conflicts, budgetary restraints and multiple deployments, 60 percent of civilian spouses of active-duty Soldiers are satisfied with the Army as a way of life and



Photo by Emily Brainard

**Programs like Family Readiness Groups are one of many examples of where the Army has used the Survey of Army Families as a tool to identify, develop and deploy new programs to increase quality of life.**

believe their Family has adjusted well to the demands of being an Army Family.

"In the past four years, we've put a lot of effort into programs and services that support Soldiers and their Families," said J.C. Abney, deputy to the commander of the Family and MWR Command. "The Army made a promise to our entire Army Family that we'd provide them a quality of life commensurate with their service through the Army Family Covenant, and these survey results prove we're making a difference."

More than three-fifths (61.5 percent) of spouses reported that the demands the Army makes of Family members is either not a problem or only a slight problem, and less than one-fifth (13.5 percent) reported it is a serious or very serious problem.

In general, spouses were able to handle tasks related to their paid job and volunteer work well or very well; three-fourths (77 percent) managed

working at their paid job well or very well and about one-half (56 percent) handled doing their regular work and additional volunteer work (48 percent) well or very well.

## Even better

"Through spouse employment programs, family support groups, resilience classes and dozens of other programs and services, we've put in place the right support," said Maj. Gen. Reuben D. Jones, Family and MWR commander. "Now it's a matter of refining those programs and making sure we continue to meet the needs of the Army Family."

"The survey results show we're moving in the right direction, but this is no time to rest on our laurels," he continued. "We've made a commitment, through the Army Family Covenant, and we'll continue to live up to that commitment by being responsive and supportive to the Soldiers and Families who sacrifice so much for our Nation."

## Healthy kids

A majority of officer spouses (88.4 percent) and enlisted spouses (79.8 percent) reported that they managed well or very well the taking care of their children's health while the Soldier spouse was deployed.

Though the data justifies what Army leadership suspected about the resiliency of Army Families, it also reveals that Army life is not without its challenges.

One spouse wrote, "I love the Army, but it is a hard life for both Soldier and spouse. I am an Army brat and sometimes have trouble understanding that my Family and I may not always come first... so, I do not know how [spouses] who were not brought up in the military do it."

Not all the data was positive. It also indicated that spouses are unhappy with the current deployment cycle, and want longer dwell times between their spouses' deployments.

## Two-year dwell time

Army Chief of Staff Gen. George Casey has already promised longer dwell times, stating in a recent Installation Management Command town hall meeting that he plans to increase dwell times to two years in the near future.

While such a move is welcome news for Soldiers and Families, it's just one step in creating a more resilient, capable total Army Family. A multi-agency workgroup is deep into the process of addressing resiliency and coping capabilities through the Comprehensive Soldier and Family Fitness programs which identify—either through awareness campaigns or self-assessment—Soldiers and Family members who are having difficulty coping, and offering programs, support and counseling services to help improve their resiliency.

Compared to the previ-

ous survey of Army Families, spouses indicated they are currently more likely to have experienced emotional or nervous problems (15 percent in 2005; 19 percent in 2010) and marital problems (11 percent in 2005; 14 percent in 2010).

"Resiliency—for Soldiers and Family members—is high on my list of priorities," Lynch said. "The Comprehensive Fitness programs are meant to be all-inclusive, addressing the Spiritual, Emotional, Family and Physical fitness levels of our Army."

"By working closely with other agencies and commands, like the Chaplains and the Medical Command, we'll meet this challenge as well and take another leap forward in supporting our great Army," Lynch said.

Data received through the Survey of Army Families provides information to Army leadership to plan, formulate and improve policies and programs which benefit Army Families. For example, results from previous surveys have helped the Army design Family Readiness Groups and create or improve Family and Morale, Welfare and Recreation programs such as Warrior Adventure Quest and the Exceptional Family Member Program.

## Right direction

"We'll be taking a hard look at this data," Jones said, "to determine where to focus our efforts in the future. We're not done; the survey results don't mean we've 'completed the mission.'"

"They indicate we're moving in the right direction," he said. "There's still a lot of work to be done, and leadership is still committed to living up to the covenant."

To read more results from this year and previous versions of the survey please visit <http://mwrbrandcentral.com/HOMEPAGE/research.html>.

## Ledbetter in 'history books'

Continued from Page 1

male counterparts. Citing the Title VII of the Civil Rights Act of 1964 and the Equal Pay Act of 1963, Ledbetter sued the company claiming pay discrimination.

Though the courts originally awarded her \$360,000, the decision was overturned by the U.S. Supreme Court in 2007. Ultimately, Ledbetter received no compensation but she vowed to make a difference and fight for women, their families and future generations so others would not have to experience the hardships she had endured.

Following the Supreme Court's ruling, a reporter asked Ledbetter if she understood defeat, to which she replied, "I understand defeat but I just couldn't live with myself if I didn't do something about it. I stood up for myself, my daughter, my granddaughter and all the other women in this

country that have had to make tough choices and sometimes do without to support their families."

In 2009, President Obama signed into law the Lilly Ledbetter Fair Pay Act, which expands women's rights to fair compensation in the workplace.

Ledbetter is one of 35 people in history with a law named after her and the only person from Alabama. She believes that three things enabled her to persevere through her nearly nine-year journey — being a strong person, trusting in a higher power and having a family that supported her through it all.

"Ms. Ledbetter's bravery, tenacity and perseverance through her ordeal should be commended," said Eric Grove, acting chief of staff at AMSAA. "Her fight truly made a difference to our nation and has had a tremendous impact on our history."

As a take away from her experience, Ledbetter encouraged women to be sure that they are compensated fairly, promoted when it's deserved and offered all of the same training and advantages given to men. Additionally, she encouraged those present to take an interest in the nation's politics and get to know their representatives to keep them accountable.

"I thank Washington for putting me in the history books," Ledbetter said. "I didn't get any money, but I got to make a difference in history."

Later this year, Ledbetter will be inducted into the Women's Hall of Fame in recognition of her fight for other women to receive fair pay.

"I'm awe struck with the energy, tenacity and sheer grit it took to do what Lilly has done for future generations," ECBC Technical Director Joseph Wienand said.

## Museum seeking local pieces

Continued from Page 1

said she is looking for items having to do with the installations' World War II, chemical, testing, development or munitions history involving civilians as well as Soldiers.

"This will be the only Army museum with a large focus on civilian contributions," she said. "We are looking for everything that has to do with Aberdeen or Edgewood. Anyone who thinks they might have something of interest should contact me and describe what it is. If it sounds interesting I will either come out and evaluate it or ask them to bring it in, depending on the item."

Most items will be put on display indoors while some fragile items may be stored and displayed later, she added.

"We do need uniforms from those

who served here," said Fuller. "Even after we open we will continue to build our collections on the history of Aberdeen and Edgewood."

Curator Ed Heasley has remained on staff at the museum and Fuller said he and newly-hired museum specialist Nathan Grogan are using their extensive knowledge and skills to help design the new museum.

"Their experience and skill is priceless," Fuller said.

In addition, exhibit specialists from the Directorate of Plans, Training and Mobilizations' Visual Information Services Division will design and fabricate the museum's display cases, including the display for the CECOM's SCR-270 Radar Antenna, recently received from New Jersey.

The U.S. Army Research Laboratory has donated a Humvee cab once used in testing. Visitors will be able to climb into the cab and view a video of desert scenes, Fuller said.

"The Humvee cabin was slated to be disposed of but a worker remembered about us, so now we will have a desert camera," said Fuller. "Displays like this provide something hands-on that kids and visitors can actually touch."

But she said the museum needs more memorabilia from people who have lived the APG history.

"If you think you have something," said Fuller, "give us a call and tell us about it."

Call 410-306-4707 or email [susan.gail.fuller@us.army.mil](mailto:susan.gail.fuller@us.army.mil).

## CSF testing confidential, 'successful'

Continued from Page 1

mental and social well-being and not merely the absence of disease.

"This is the biggest change in training the Army has ever faced," Boyd said, referring to traditional teachings which focused primarily on the physical fitness of an individual.

## How to take CSF training

Individuals who want to take CSF training must first take the Global Assessment Tool—a web-based survey comprised of 105 questions and which takes about 15 minutes. The GAT assesses an individual's emotional, social, spiritual, and family fitness.

"You see the results, no one else does," said Boyd. "This training is totally confidential; it won't affect your job. General George Casey Jr., the Chief of Staff of the Army, was adamant that this would be a confidential program."

Boyd said that spiritual dimension questions, which are optional, were constructed to include all beliefs.

"You do not have to be religious or believe in a higher power to take this assessment," he said.

After individuals take the GAT they are instructed to take comprehensive resilience modules. CRMS are online, evidence-based training modules in each dimension of health. Trainees take the CRMS based on individual need.

There is also an instructional component for Soldiers and leaders in the principles and skills that enhance Soldier resilience and reduce barriers to seeking behavioral health care and Master Resilience Training, which noncommissioned officers take to instill resilience in lower enlisted Soldiers.

"I would say the biggest success is the MRT, I can honestly say that I have never seen a training program with NCOs where they were so positive about taking it," Boyd said. "They would come back from the program and make comments like, 'This will make me a better Soldier, a better father, and a better spouse.'"

To learn more about CSF, and to take the GAT, visit <http://csf.army.mil/index.html>.