

# APG NEWS



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## Independence day celebration

Maj. Gen. Robert S. Ferrell, commander of APG and the U.S. Army Communications-Electronics Command, and his wife Monique, wave to the crowd as they walk behind the Aberdeen Proving Ground color guard during the Annual Parade and Fireworks celebration in Havre de Grace, Sunday, July 1. APG personnel and equipment participated in the Edgewood/Joppatowne parade July 1 and in the Kingsville and Bel Air parades Wednesday. See more photos at [flickr.com/photos/usagapg](http://flickr.com/photos/usagapg)

Photo by Yvonne Johnson



## Summer Fest heats up APG with live music, comedy

FMWR

The Aberdeen Proving Ground Family and Family and Morale Welfare and Recreation will bring some summer fun to the installation July 12 during the APG Community Summer Fest beginning at 4 p.m. in the APG North (Aberdeen) recreation center.

This event is free to the community and will feature live entertainment from Nashville's rising country music star Natalie Stovall, and a comedian voted "Best Stand-Up Comic in Dallas" by the Dallas Observer, Paul Varghese. Pennsylvania-born blues singer, Duffy Kane will perform with the Freedom Riders.

Earlene Allen, MWR special events coordinator, said the event will be family-friendly and will feature other unique acts.

"We're inviting the community to come out and enjoy the live entertainment," Allen said. "For the country fans in the area, they're in for a treat with Natalie's music, which is an upbeat mix of rock, pop and, of course, country music. "In addition to the live entertainment and comedy, there will be barbecue vendors, carnival games for the kids, a beer garden and even an Elvis impersonator."

As part of the festivities, admission to the Olympic Pool, located next to the APG North recreation center, will be free between the hours of 4 p.m. and 10 p.m.

For more information, call 410-278-4011.

### Timeline of Events

- Event begins – 4 p.m.
- Free Admission to Olympic Pool – 4 to 10 p.m.
- Duffy Kane and the Freedom Riders – 4:30 to 6:30 p.m. – Patio Stage
- Elvis impersonator – 6:35 to 6:55 p.m. – Patio Stage
- Paul Varghese – 7 p.m. – Ballroom
- Natalie Stovall – 7:45 p.m. – Ballroom



Stovall



Varghese

## Chapel creates Harbor of Grace for APG employees, Families

Story and photo by YVONNE JOHNSON  
APG News

What started as a tribute to Maryland Gold Star Families has blossomed into a permanent sanctuary for APG Soldiers, employees, retirees and Family members.

APG's Harbor of Grace and Grace Landing is more than just a concept started by Chaplain (Maj.) Fred Townsend. It became a labor of love for many participants, who, as Townsend says, "caught the vision." Nautical decorations and fixtures from the chapel entrance walkway, throughout its center garden – APG's Harbor of Grace - to the gazebo behind the garden wall – Grace Landing - suggest entry into a calming, healing environment, according to Townsend.

"We want people to come in from their storms to a harbor that is safe," he said. "This is a place for you to contemplate, or fellowship; to sit without judgment, without preaching. In an environment like that, you know there has to be healing."

Townsend expressed appreciation to the chapel staff and all



Wooden pylons, soft solar lighting and blue granite rocks are just some of the fixtures surrounding the gazebo and garden at the main post chapel.

other parties who had a hand in the structure's completion. He said he wants APG Garrison directorates and tenant organizations to be aware that APG's Harbor of Grace

is here for everyone. Read more about the elements and entities that came together to make the community sanctuary a reality in the July 12 issue of the *APG News*.

## CECOM hosts world-wide joint communications exercise at APG

By ANDRICKA THOMAS  
CECOM

Senior communications leaders toured the 19th Annual Joint Users Interoperability Communications Exercise, or JUICE 2012, June 28, at the command, control, communications, computers, intelligence, surveillance and reconnaissance, C4SIR, Center of Excellence.

JUICE is an annual worldwide Department of Defense national and global communications exercise connecting more than 40 organizations under one common operating environment supporting combatant commands, as well as intergovernmental, interagency and multi-nation-

al partners in a joint task force environment.

Hosted by the U.S. Army Communications-Electronics Command's Software Engineering Center, the exercise joined Portugal, Poland, Norway, Spain and Sweden with the Armed Forces Joint community.

CECOM is currently the only joint unified capabilities tactical pilot lab in Department of Defense, joining participants and systems worldwide to interconnect directly to a DISA provided Unified Capabilities back-bone through Scott

See JUICE, page 8

## Team APG Olympic Sports Day – events added

Special to the APG News

Participants are encouraged to sign up for one or more of several events slated for Aberdeen Proving Ground's July 26 Olympic Sports Day.

Bowling has been added to the list of competitive events and Family members may participate on unit competitive teams.

Multiple police working dog demonstrations have been scheduled as well as appearances by McGruff the Crime Dog.

The daylong installation-wide organization day will still include the following competitive scored events: softball, kickball, volleyball, flag football, 3-on-3 basketball, a two mile relay race

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### WEATHER

Thurs.



95° | 74°

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<http://ice.disa.mil/>  
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**Healthy Living**

[www.apg.army.mil/apghome/sites/local/](http://www.apg.army.mil/apghome/sites/local/) click on Well Being

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## STREET TALK

### What do you enjoy most about living in Maryland?

“Maryland is close to Virginia, so I get to see my (extended) Family more often. I also like that Maryland has different seasons. I like going to the beach in the summer and skiing and snowboarding during the winter.



**Javon Scott**  
Military Family member

“I like the change of seasons and being close to the beach. I try to go as much as I can.



**Spc. Kelly Clester**  
Maryland National Guard

“Maryland is not as fast paced and hectic as New Jersey, where I used to live. I like that it is more laid back here. There is also less traffic congestion in Maryland than in New Jersey.



**Bart Namocatcat**  
CECOM employee

“I like being so close to big cities like Washington D.C. and Baltimore. I also enjoy living so close to the Chesapeake Bay, because there are many places to fish. My Family frequently fishes on post and at Swan Harbor in Havre de Grace.



**Crystal James**  
DoD contractor

## OPINION

# Independence Day

Each year when Independence Day arrives Americans prepare in different ways to celebrate the holiday. Some gather for picnics. Others plan to go to parades and watch fireworks. But no matter how it is observed, this truly American holiday is one where we all come together to celebrate the birth of a nation whose people are free, whose laws protect an individual's inalienable rights, and whose Army is the strength of the nation.



“While Independence Day is but one day where we celebrate what it means to be an American living free in a nation built on principles, values, and the rights of all her citizens...

this year I want to challenge you to make it last throughout the year.

On July 4, 1776, the Continental Congress severed its ties to Great Britain. In doing so, they laid the foundation of America and the ideals we still hold dear to this day – united we stand for freedom and democracy.

What many Americans may not realize is that the odds were against the success of this great experiment called Independence. The only way it could succeed would be through bravery and unyielding patriotic spirit that has come to define us as Americans.

Today, there are more than a million uniformed American patriots in the Army, Army Reserve and Army National Guard who protect these principles and uphold our Constitution. However, they do not stand alone in their beliefs. They do not stand alone in their principles. And they do not stand alone in the value they hold so dear.

Each day, there are many other American patriots...the police officers, politicians, fire fighters, school

teachers, ministers, doctors, nurses, civil servants and the list goes on. These men and women serve our nation. They ensure the safety of our families fight for our rights in government, teach our children, heal our sick and wounded, provide comfort in our time of need. They too are patriots—they too place honor and country before self.

It is this love of country that unites us. Nowhere is this love more apparent than when we come together to celebrate our nation's birthday.

This week, Team APG participated in several local Independence Day parades. In each of them, we were all touched by our community's outpouring spirit and support. Their cheers, salutes and standing applause expressed not only their appreciation for the sacrifices of our men and women but also their commitment to defend liberty and freedom for all.

While Independence Day is but one day where we celebrate what it means to be an American living free in a nation built on principles, values, and the rights of all her citizens, this year I want to challenge you to make it last throughout the year. As this year's Fourth of July celebration comes to an end ask yourself one question: “How can I contribute each and every day to the greatest country in the world?”

Remember, a patriot is not just one who wears a uniform, but one whose actions define his or her patriotism.

So, in honor of our Independence, let it be our love of country that unites us to be the strength of our nation.

Army Strong!

**Maj. Gen. Robert S. Ferrell**

Commander, U.S. Army  
Communications-Electronics Command  
& Aberdeen Proving Ground

## Kudos to — all of us

“OK, I admit it. I was concerned about the traffic jam that would result from the closure of the ramp leading to the 715 gate. leading to the 715 gate. Why? Several reasons.



First, I am not a morning person. The thought of getting up early and tacking on an additional 20 minutes commute time, just to avoid the gridlock and get to work on time did not thrill me, at all! I'd rather be a few minutes late and work later at the end of the day to make up for it.

Second, I absolutely HATE traffic jams. That's one of the reasons I don't work in Baltimore or another area that is highly congested. I used to, many years ago when the traffic was tolerable. But I cannot imagine a worse nightmare than the Baltimore beltway during rush hour.

Third, like most people, I don't like change and I am definitely a creature of habit. I've been commuting to APG for more than 30 years and using that Route 715 gate for all that time. It'll be tough to NOT ride in the right lane and just zoom up that ramp in the mornings.

However, when I came to work on

“However, when I came to work on Monday, I was pleasantly surprised. Yes, there was a bit of a backup, but nothing like I was expecting. And I believe I have many people to thank for the smooth commute.

Monday, I was pleasantly surprised. I realize that there are probably a lot of people enjoying a holiday vacation this week, but there was no backup at all. And I believe I have many people to thank for the smooth commute.

To the architects and engineers who designed the temporary intersection – KUDOS. I had initially thought that routing traffic onto Rt. 715 from the LEFT lane of Rt. 40 would be a bad idea. After all, who ever heard of making a LEFT turn to go to the RIGHT? But it seems to be working quite well.

To the APG folks who worked so well with the state and local government people – KUDOS. I know it took a LOT of planning, coordination and cooperation to get to this point in the rework of the ramp. And I'm quite certain that cooperation will continue until the project is complete a year from now.

To the internal and external media - KUDOS. This change has been well-

publicized for some time now. Commuters didn't seem at all surprised with the changes.

To the state roads construction folks - KUDOS. They have been working relentlessly for months getting the area ready for this changeover. And they've done it with very little disruption to the normal traffic flow.

To us. Yes, to us, the commuters - KUDOS. Everyone seemed to be driving courteously, obeying street signs, traffic signals, speed limits and using common sense. That doesn't always happen when faced with potentially difficult traffic situations. And finally – THANK YOU to everyone who has made this a much more bearable situation than I EVER expected. KUDOS

**Pat Beauchamp**  
APG News

## APG SEVEN DAY FORECAST

Thurs



95° | 74°

Fri



93° | 75°

Sat



96° | 77°

Sun



92° | 73°

Mon



87° | 73°

Tue



89° | 73°

Wed



88° | 72°

## APG NEWS

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

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# Meet your Express Store Manager

Angelica Guerrero is the APG North (Aberdeen) Express Store Manager. The APG Express, a gas station and convenience store formerly known as the Shoppette, is part of the Army & Air Force Exchange Service.

Guerrero, who accepted this position in November 2011, is tasked with making sure the store runs smoothly, by opening the store, receiving shipments, keeping track of inventory, serving as a cashier when the store is busy, and more.



**Angelica Guerrero**  
APG North Express Store Manager

ers better," she said. "I like that I have the opportunity to help other military Families. I feel like I can relate to them because I am part of the military Family."

Guerrero said due to Army regulations, the purchase of alcohol, tobacco and gas is restricted to active duty, retirees and Family members. All other items, like snacks, sodas, coffee, canned goods and frozen foods can be purchased at the APG Exchange by anyone.

The APG Exchange is located at 2514 Harford Boulevard in Bldg. 2514. Customers can call Guerrero at 410-272-1681, or e-mail her at guerreroa@aafes.com. Store hours are 6 a.m. to 8 p.m. Monday-Friday; 8 a.m. to 8 p.m. on Saturday; 9 a.m. to 7 p.m. on Sunday. Authorized patrons can pay at the gas pump 24 hours a day.

Guerrero said she also made improvements to the Snack Avenue, updated the alcohol selection, and supervised other renovations to enhance the appearance of the store. Guerrero, a military spouse, has worked for AAFES for most of her career. Previously, she was the manager at the APG Military Clothing Sales Store.

"Working for AAFES is a great career opportunity for military spouses, because there are AAFES stores at every military base, all over the world. Also, military spouses are eligible for preferential consideration when they apply for an AAFES job," she said.

Guerrero said she enjoys working with customers and appreciates feedback.



Want to make a difference in how services are rendered at APG? Tell us how we can improve, or provide kudos for great service, via the Interactive Customer Evaluation system at <http://ice.disa.mil/>. Click "Army"

then "Aberdeen Proving Ground." Or check us out on Facebook at <http://on.fb.me/HzQlow>. View the QR code to visit us immediately.



# ACS offers financial education workshops

By **RACHEL PONDER**  
*APG News*

Army Community Services' employment program has partnered with Freedom Federal Credit Union to offer free financial education workshops at APG.

Classes include discussions on basic budgeting, improving your credit score, how to start a small business and money management for teens.

During a June 26 workshop, Business Development Specialist Patrice Ricciardi from the Freedom Federal Credit Union presented "Understand and Improve Your Credit Score." Ricciardi discussed tips on how to manage debt and rebuild credit.

Ricciardi said credit cards are prevalent in the United States, with the average person owning seven to eight credit cards. She added that credit scores are based on how much you can borrow, not how much you owe. Consumers establish credit history through credit cards and other loans.

"Up to a point, the more credit cards you have, the higher your credit score is

going to be," she said.

Of course there are many pitfalls of credit cards if they are not used wisely. Credit card use encourages impulse buying and overspending. Perks provide incentives to overspend and credit cards became costly if they carry a balance.

Ricciardi warned that closing credit cards can negatively impact an individual's credit score because it decreases the amount of money that the individual can borrow.

She recommends using the power pay principle, which is paying off credit cards with the highest interest fees first. She also recommended that consumers have one main credit card and have other credit cards with small balances.

Ricciardi suggested keeping track of interest rates, due dates and other credit card information on a spread sheet that is stored in a secure area.

She said bad credit can be turned around in a short amount of time. For individuals who can't get a credit card due to bad credit, they can establish good credit by obtaining a secured charge card

which requires the balance to be paid in full each month.

"This is a nice way to build a positive relationship with a credit union," Ricciardi said.

She added that individuals who build a solid credit foundation with a credit union can get loans with lower interest fees.

Workshop attendee Spc. Ona Nobby from Kirk U.S. Army Health Clinic said he recommends financial workshops to others in the military.

"I am glad workshops like this exist," Nobby said. "I learned information that I will definitely use. The military takes care of you, but you also need to take individual responsibility for your finances. You need to plan ahead and learn how to manage your money, so you will be prepared when you retire or leave the military."

## **Upcoming financial workshops**

Basic budgeting workshops will be held at the Army Community Service Bldg. 2503 on Highpoint Road, on a monthly basis. The next workshop will

be July 24, 11:30 a.m. to 12:30 p.m.

"Having a budget really helps you to stay disciplined and to organize your finances," said Marilyn Howard, ACS employment manager. "Employed or unemployed, it keeps you focused to work with the funds you have."

Teens, ages 13 through 18 can attend the Budgeting and Money Management for Teens workshop to learn basic budgeting skills and how to achieve financial goals. This workshop will be held July 11 from 11:30 a.m. to 1:30 p.m. at the ACS.

Teens can also attend the Mad Money City event, where participants will learn how to prepare and plan for some of adulthood's biggest events and challenges. They will be tasked with creating a budget based on their hypothetical income and debt. This event will be held July 25 from 11:30 a.m. 2:30 p.m. at the APG North recreation center.

To register for these events, call Howard at 410-278-9669/7572. For more information about upcoming ACS Employment Readiness programs, visit [www.apgmwr.com/](http://www.apgmwr.com/).

# Army civilian engineers team with Soldiers in Afghanistan

By **DAN LAFONTAINE**  
RDECOM Public Affairs

U.S. Army civilian engineers are deploying to Afghanistan along with Soldiers to resolve issues that hinder mission success in theater.

The U.S. Army Research, Development and Engineering Command Field Assistance in Science and Technology-Center, or RFAST-C, Prototype Integration Facility brings the expertise of seven engineers and two technicians directly to the battlefield. Don Jones, the team's executive officer, said in an interview from Bagram Airfield, Afghanistan.

## Linking Soldiers, engineers to develop solutions

"It's the direct interface between the engineer, the machinist and the Soldier with the need that is the big difference here," Jones said. "That's the key to this operation -- the engineers here who can talk to the [Soldier] face-to-face, get a clear understanding of what the requirement is, and work with the machinists to make it.

"It's hours and days versus weeks and months. They talk with the person with the requirement and say, 'Is this it?' They say 'yes' or make a small change."

The facility is located within the 401st Army Field Support Brigade on Bagram Airfield. RFAST-C is part of the overall materiel enterprise, and the team works with joint and Army organizations, including Joint Task Force Paladin, which counters improvised explosive devices; Joint Program Office Mine-Resistant, Ambush Protected Vehicles; Army Rapid Equipping Force; and Army Asymmetric Warfare Group.

RFAST-C Director Mark Oetken said a minor engineering fix can make a significant improvement for the Soldier.

"When [Soldiers] get the equipment in their hands over here, they identify what to the casual observer might seem to be small issues,"

Oetken said. "Those issues actually have a huge impact on their ability to execute the missions.

"Sometimes just making a bracket a little taller or extending it away from the vehicle a little bit mitigates a big problem that they're having."

Jones said the RFAST-C breaks down barriers and allows the end-users to talk with the engineers who have the expertise to improve their equipment and vehicles.

"Most requests come from enlisted Soldiers or [non-commissioned officers] who are actually working with the equipment," Jones said. "They'll come up with ideas. They'll hear about us.

"We brief a lot of senior officers, members of Senior Executive Service, and sergeants major. They tell their folks to come see us."

One of RFAST-C's greatest benefits is the ability to overcome obstacles created by the nine time zones and 7,000 miles that separate stateside Army engineers and technicians from Soldiers in the Middle East, Oetken said.



U.S. Army photo

RDECOM Field Assistance in Science and Technology-Center, technician Glenn Wetherell (left) and engineer Matthew Collins discuss modifications to a project component.

"We understand it much better, and we can react to it much better. Most of the things would never make it back to [the United States]. It's a very effective way to identify and solve problems," Oetken said.

RFAST-C's engineers and technicians use press brakes, lathe machines, laser scanners, water jet machines, vertical milling machines, band saws and welding machines for engineering, designing and fabricating equipment upgrades.

The size and variety of the team's equipment provides another unique capability in theater, Oetken said.

## Improved tools for investigating possible IEDs

Jones said a common request is to modify equipment for the ongoing counter-improvised explosive device, or IED, mission. RFAST-C has developed three items with explosive ordnance disposal teams and JTF Paladin in support of this effort.

The team built a hootie hook, a 6-inch-long hook with a grip device on the end that allows the TALON Robot to dig in the dirt to uncover command wires or interrogate an area that might contain an IED. EOD teams in Regional Command-Southwest requested the modification.

Jones said the RFAST-C team designed the prototype, and an RDECOM PIF in the United States is building the hooks for JTF Paladin to issue to Soldiers across Afghanistan.

"It's relatively simple and easy to make, [but it] makes a significant impact," Jones said.

Oetken said RFAST-C also developed a hybrid hook for the U.S. Marine Corps to investigate possible IEDs. The team re-engineered three tools into a single item that performed the same functions.

The third request, a plastic training mine to help train EOD personnel, dem-

onstrated RFAST-C's reachback capability to RDECOM's research centers in the United States, Jones said. Because RFAST-C does not have a plastic-injection capability, RDECOM's Edgewood Chemical Biological Center at APG reverse-engineered a sample training mine and is building more for JTF Paladin.

"Linking to the PIFs in the rear gives us additional capability," Jones said. "Here on the ground we have the engineer-to-Soldier interface. Going back to the rear, we have engineer-to-engineer interface.

"We have the same modeling equipment here. We can draw on the entire RDECOM enterprise to assist as needed."

## Very simple modifications make a big difference

Oetken said another recurring request from Soldiers is for minor modifications to vehicles. The RFAST-C completed improvements to the mine-resistant, ambush-protected All-Terrain Vehicle, commonly known as the MATV.

Small changes to the MATV's headlights and go-lights mounted on the top of the vehicle significantly helped Soldiers, he said.

"If [the lights] shine on the [rocket-propelled grenade] nets when [Soldiers are] driving, there is a reflection back into the eyes of the Soldiers," he said. "The combination of the reflection into their eyes, as well as the nets shaking as they're driving, disorients them. In some cases it creates dizziness."

The team designed a headlight shroud that fits over the headlights. The fix does not require permanent modifications to the vehicle and screws on using existing hardware. It focuses the light in a much narrower beam while maintaining good visibility and minimizing reflection.

For the go-lights, Oetken said the engineers increased the height of the bracket so the lights do not shine down into the front of the RPG net; they shine over it.

"We came up with two very simple solutions that make all the difference in the world to them," he said.

## Breaking new ground

Oetken said RFAST-C's success stems from the RDECOM engineers and technicians who volunteer for deployment, as well as 401st AFSB Commander Col. Michel Russell, who has provided the facility and the opportunity to interact with visiting dignitaries.

The current RFAST-C roster includes: Oetken, Armament Research, Development and Engineering Center; Jones, ARDEC; engineer Rafael Hernandez, Army Research Laboratory; engineer Bryan Anderson, ARDEC; Nick Battaglia, RDECOM headquarters; engineer Greg Dogum, Army Materiel Systems Analysis Activity; engineer Matthew Collins, Tank Automotive Research, Development and Engineering Center; technician Glen Weatherell, Edgewood Chemical Biological Center; and technician Frank Suydam; ARDEC.

Oetken said the team has received positive feedback from high-ranking visitors and strong support in order to become a fully operational engineering and prototyping center.

"RDECOM has never forward deployed this kind of capability. We are breaking new ground," Oetken said. "We are a proof of principle to determine if this is a value-added, cost-effective way of supporting the Soldier.

"All indicators are that it's a success. We are providing a service that makes a difference to a lot of Soldiers in the field."

**It's the direct interface between the engineer, the machinist and the Soldier with the need that is the big difference here. That's the key to this operation.**

**Don Jones**

RDECOM Field Assistance in Science and Technology-Center, Prototype Integration Facility, Executive Officer

# MARK YOUR CALENDAR

## SATURDAY

### JULY 7

#### NO CHILD LEFT INSIDE HIKE

Join the national movement to spend more time outdoors. Hike the Discovery Trail looking for signs of summer and enjoy refreshing drinks after the hike. This program is 10:30 a.m. to noon for Families and costs \$5 per Family. Online registration is required at [www.otterpointcreek.org](http://www.otterpointcreek.org).

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

#### MARYLAND ZOO OFFERS FREE DOWNTOWN SHUTTLE

The Maryland Zoo in Baltimore will operate a free shuttle between Baltimore's Inner Harbor and the zoo beginning on July 7 and continuing each Saturday through Aug. 25. Shuttles will leave the Baltimore Visitor Center for the zoo beginning at 9:30 a.m. and ending at 2 p.m. The return shuttles will start at 11:30 a.m. and run every hour through 4:30 p.m. For a complete list of shuttle times and zoo admission prices visit <http://www.marylandzoo.org/2012/06/free-downtown-shuttle-safari-express-2/>.

#### LAZY DAYS OF SUMMER KAYAK TRIP

Embrace the summer heat with a leisurely paddle to the marsh and back, with a stop at Snake Island. This program is 1 to 3:30 p.m. for ages 8 to adult and costs \$10. Online registration is required at [www.otterpointcreek.org](http://www.otterpointcreek.org).

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

#### SATURDAY NATURE SERIES - MEET THE SNAKES AT EDEN MILL

Eden Mill Nature Center will be offering this course on July 7, from 1 to 2 p.m. for everyone. The fee for the course is \$8 for non-members and \$5 for members. Join our naturalist and meet our snakes in the Nature Center. Learn all about these fascinating creatures. Pre-Registration is required by calling 410-836-3050 or emailing [edenmillnaturecenter@gmail.com](mailto:edenmillnaturecenter@gmail.com). Visit [www.edenmill.org](http://www.edenmill.org) for more information.

#### INTRODUCTION TO KAYAKING WORKSHOP

The Piedmont Learning Center at Eden Mill Nature Center will be offering an Introduction to Kayak one Day Workshop for adults from 9 a.m. to 3 p.m. Course fee is \$65.00 for members or \$75 for non-members per workshop. Join our ACA Certified Instructor for a full day of classroom, on-water basic strokes, wet exits, rescues and even a game or two. This workshop explores the lower-in-the-water world of the recreational and touring kayak, perfect for paddlers who want to enjoy exploring the quiet waters of the Upper Bay region. Basic strokes, kayak gear, styles, pro's and con's of different kayak design, maneuvers and getting wet will fill out your day. No experience needed. Pre-registration is required by calling 410-836-3050 or emailing [edenmillnaturecenter@gmail.com](mailto:edenmillnaturecenter@gmail.com). For more information, visit [www.edenmill.org](http://www.edenmill.org)

## SUNDAY

### JULY 8

#### CHILDREN'S GARDENING - GARDEN GUARDIANS

Have fun growing food and flowers here and at home. Enjoy crafts, games, and science disguised as fun, while learning about plants, life cycles, and food preparation. This program is 2 to 3 p.m. for ages 5 to 10. The cost is \$5 and online registration is required at [www.otterpointcreek.org](http://www.otterpointcreek.org).

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

#### BIRDS, BOATS AND BRUNCH

Enjoy the expertise of birder Phil Powers, and local foods carefully prepared, all while floating around Otter Point Creek on the Water Strider. The program will be held at 12 to 1:30 p.m. for ages 10 to adult. The cost is \$10 per person and online registration is required at [www.otterpointcreek.org](http://www.otterpointcreek.org).

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

#### NATURE TALES - ANIMAL HABITS

Listen to stories, learn new songs and move like the animals. This program begins at 3:30 p.m. and is free for all ages. No registration required.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

## MONDAY THRU FRIDAY

### JULY 9 TO 13

#### OUTDOOR ADVENTURES WITH DR. SEUSS - SUMMER CAMP

Spend the week learning through the wonderful world of Dr. Seuss. Go to Yertles' Pond, visit Whoville, check in with the Lorax, and more. Visit the Discovery Room critters and also use the trails as a classroom. Participant can choose Session 1, 9 a.m. to noon for ages 5 to 6 or Session 2, 1 to 4 p.m. for ages 6 to 7. The cost is \$90 and online registration is required at [www.otterpointcreek.org](http://www.otterpointcreek.org).

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

## TUESDAY

### JULY 10

#### STORY TIME AT APG POST LIBRARY

The APG post library, building 3326, will host a story time for ages 2 to 5 years old every Tuesday at 2 p.m. Parents and caregivers are invited to bring their children, listen to stories and participate in a variety of activities. Story time will last approximately 30 minutes and no registration is required. The post library is open Monday through Friday from 11 a.m. to 6 p.m. and Saturday from 9 a.m. to 2 p.m. For more information, call 410-278-3417.

#### BLUE CROSS BLUE SHIELD VISIT

The Civilian Personnel Advisory Center has made arrangements for a claim representative of Care First Blue Cross Blue Shield to visit APG on Tuesday, July 10. The representative will be available from 9 to 11:30 a.m. in Building 314, Room 151E to discuss claim problems and plan coverage. The representative will be available from 12:30 to 1:30 p.m. in Bldg E4516 (CDTF). No appointment is necessary.

Point of contact for this information is Teri Wright, 410-278-4331, Civilian Personnel Advisory Center.

## THURSDAY

### JULY 12

#### APG COMMUNITY SUMMER FEST

Bring the whole Family out for some summer entertainment and fun Thursday, July 12 at the APG North (Aberdeen) recreation center from 4-10 p.m. featuring one of Nashville's rising country music stars Natalie Stovall and comedian Paul Varghese. Admission is free to the public. There will also be food vendors, carnival games, fun for the kids and an Elvis impersonator. For more information, visit [www.apgmwr.com/events.html](http://www.apgmwr.com/events.html).

## MONDAY

### JULY 16

#### BLOOD DRIVE

Aberdeen Proving Ground Armed Services Blood Drive is scheduled for Monday, July 16 from 10 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center. Time off is awarded to those who donate; eight hours for active military and four hours for civilians (with supervisor approval).

For appointments go online to [www.militarydonor.com](http://www.militarydonor.com) use sponsor code APGMD For more information contact the blood drive Coordinator, Capt. Maritzabel Mustafaa @ [maritzabel.mustafaa@mail.mil](mailto:maritzabel.mustafaa@mail.mil) or 410-278-3000.

## TUESDAY

### JULY 24

#### C4ISR HEALTH FAIR SET

The APF Community Health Promotion Council will host a Health Fair 11 a.m. to 1 p.m. at the Myer Auditorium in the C4ISR Center of Excellence Campus. Services and activities will include hearing, vision and blood pressure health screenings and nutrition, tobacco cessation and weight management activities. Representatives from Morale, Welfare and Recreation; local fitness and weight management facilities and various health

care providers will offer program information, door prizes and other promotional items. The event is sponsored by the C4ISR Wellness Committee.

For more information, contact Tiffany Grimes at 443-861-7910 or e-mail [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

## THURSDAY

### JULY 26

#### OLYMPIC SPORT DAY SET

Team APG is hosting a community-wide Organization Day, dubbed Olympic Sports Day, at various locations on post July 26.

The day is set aside for garrison and tenant organizations to strengthen partnerships and build camaraderie while participating in competitive sports.

Scored events include softball, kickball, volleyball, flag football, 3 on 3 basketball, two-mile race and golf skills. Events will take place at APG North's Shore Park, multiple softball fields, the recreation center and gym.

Food will be available, and awards will be presented for each event and the overall winner will receive the Commander's Cup.

The event is open to all APG employees. Although mission will dictate participation, the Olympic Sport Day will be considered the place of duty for Soldiers and Department of the Army civilians. The uniform will be civilian casual for observers and civilian sports for participants.

## FRIDAY

### JULY 27

#### WOMEN'S SCHOLARSHIP DEADLINE

The Maryland Tri-County Chapter Federally Employed Women (FEW) presents the 2011 Dottie Dorman Working Women's Scholarship. The women selected for this honor will receive a \$300 scholarship to pay for or offset college expenses incurred in pursuit of her continuing education. Applications must be received by July 27. For information, contact Melissa Smith at 410-642-2411, ext 5129, or Karen Jobes at 410-436-4429.

## SATURDAY

### AUG. 11

#### TICKETS ON SALE NOW

APG MWR and Army Entertainment present Boston with special guests Kansas and Grand Funk Railroad at the Aberdeen Proving Ground Shine Sports Field. Advance tickets are \$30. Tickets can be purchased at [www.apgmwr.com/events.html](http://www.apgmwr.com/events.html), the Leisure Travel Office in the APG North recreation center and the APG South (Edgewood) recreation center. For information, call 410-278-4011 or 410-436-2713.

## WEDNESDAY

### AUGUST 15

#### FWP HOSTS WOMEN'S EQUALITY DAY PROGRAM

The Aberdeen Proving Ground Federal Women's Program (FWP) is hosting their annual Women's Equality Day Program, Wednesday, Aug. 15, 2102, 10:30-11:30 a.m., Ball Conference Center, Building 3074. The program will recognize the Woman of the Year, Supervisor/Manager of the Year, and the Most Supportive Organization of the Year. For additional information, contact Teresa Rudd, [teresa.d.rudd.civ@mail.mil](mailto:teresa.d.rudd.civ@mail.mil), 410-436-5501 or Carmela R. Wilson-Styles, [Carmela.r.wilson-styles.civ@mail.mil](mailto:Carmela.r.wilson-styles.civ@mail.mil), 443-395-4771.

## SATURDAY

### AUG. 18

#### YOLANDA ADAMS CONCERT

APG, in partnership with Ames United Methodist Church will host a gospel concert featuring Grammy and Dove Award-winning artist Yolanda Adams at 3 p.m. at the Post Theater. The concert pays tribute to Wounded Warriors in Maryland. Tickets are \$30 and can be purchased at the APG North and South recreation centers. Tickets for active duty Soldiers are \$25 and must be purchased over the counter. To purchase tickets online, visit <https://webtrac.mwr.army.mil/webtrac/apgrectrac.html>. For more information, call the APG Leisure Travel Office at 410-278-4011.

## TUESDAY

### SEPT. 25

#### HCC OFFERS ROME TRIP

Experience an arts-centered trip to Rome with Harford Community College Jan. 3-12, 2013. The registration deadline is Sept. 25; instructor permission is necessary prior to registration.

This winter, Creative Photography,

History of Furniture and Decorative Arts, Drawing I, II, III, & IV, Sculpture I, II, III, & IV, and Creative Writing are being offered as part of the travel/study experience. The price (including gratuities & tour guides) is \$3,750 per person plus tuition. The first 20 students to register will receive a \$250 discount. Contact Dr. Ellen Avitts at [drellenav@yahoo.com](mailto:drellenav@yahoo.com) or any of the instructors for enrollment application.

#### ONGOING FOOD AND BEVERAGE SURVEY

APG's Family and MWR needs your help. Please complete the survey to help us understand your food and beverage preferences on the installation. Your feedback is important and will assist us in planning future initiatives.

Visit <https://www.research.net/s/APG-Food-Services> to take the survey.

#### BABES IN WOODS SUMMER CAMP

Eden Mill Nature Center is taking registration for "Babes in the Woods" summer camp for ages 4 and 5. Dates and topics are as follows: July 2- Be A Tree, July 3- Busy Beavers, July 5- Animals Everywhere, July 16- Insect Investigators, July 18- Wonderful Wetlands, Aug. 6- Turtle Time, Aug. 8- Tracks and Trails, Aug. 10- Habitat Hunters from 10 a.m.-1 p.m. Preschoolers will enjoy a day exploring nature through hands-on activities such as hikes, games, stories and crafts. The fee is \$25/member/date or \$30/non-member/date. Pre-registration is required by calling 410-836-3050 or email [edenmillnaturecenter@gmail.com](mailto:edenmillnaturecenter@gmail.com). Visit [www.edenmill.org](http://www.edenmill.org) for information.

#### BLUE STAR MUSEUMS PROGRAM RETURNS

Active duty military personnel and their Families can get free admission to several Virginia museums this summer. The Virginia Museum of Natural History in Martinsville, the Virginia Museum of Fine Arts in Richmond and several others are among 1,600 museums nationwide that are offering free admission to military Families through Labor Day. The Blue Star Museums program is a partnership with the National Endowment for the Arts and Blue Star Families.

#### SEEKING 2ID VETS

The Second (Indianhead) Division Association is searching for anyone who served in the 2nd Infantry Division at any time. For information about the national association and our annual reunion in Reno, Nev., Aug. 23-26, visit [www.2ida.org](http://www.2ida.org) or contact the association's secretary-treasurer, Bob Haynes, at [2idahq@comcast.net](mailto:2idahq@comcast.net) or (224) 225-1202.

#### CHAPEL POSITION

The APG main post chapel is seeking someone who can serve as choir director, organist and soloist. It is a paid position, part-time, required for two services on Sunday, special services and rehearsal. If interested, contact Chaplain (Maj.) Jonathan Morse at 410-278-4333.

#### MANDATORY MOTORCYCLE TRAINING

Motorcycle safety courses for active duty, Guard and Reserve Soldiers begin this month at APG. To find out the schedule for the basic rider course, experienced rider course and motorcycle refresher training, call Mike Allen at 410-306-1081. Attendees must register online at <https://apps.imcom.army.mil/airs/>.

## NOW

### CYSS TEEN SURVEY

APG's Child Youth and School Services wants to know what activities and programs interest your teens. CYSS offers many classes and sports activities but few teen recreation and leisure programs. We need your help to understand what we can do to meet their needs while providing fun activities. Our ultimate goal is to have enough teen participation to warrant opening a teen center. Visit <https://www.research.net/s/CYSSTeenSurvey> to take the survey. Your responses are very important.



**MORE ONLINE**  
More events can be seen at [www.apgnews.apg.army.mil/calendar](http://www.apgnews.apg.army.mil/calendar).

# APG storm damage clean up continues

By **YVONNE JOHNSON**  
APG News

Damage cleanup from the fast-moving band of severe thunderstorms that rocked the Mid-Atlantic overnight Friday, June 29, continues on Aberdeen Proving Ground.

Crews from the Directorate of Public Works Operations and Maintenance Division were on the ground by 3:30 a.m. Saturday and worked through the weekend, according to Aberdeen Area Site Manager Ed Myers.

APG North (Aberdeen) was hit hardest, and Myers said most of the visible damage is downrange in areas very few people ever see. The storm offered up a rare occurrence, one not even experienced during last year's Hurricane Irene—a 100 percent power outage for a short time at APG North and South.

"Our main focus was the main areas on post, and the objective Saturday morning was to make the roadways passable," he said.

Fallen trees blocking roads was a major obstacle that required assigning personnel from road and ground crews to work with line repair crews.

Clean-up efforts continue on the



Photo by Richard Bond

This downed tree on the Exton Golf Course is one of several that were brought down by the hurricane-like winds from the fast-moving band of severe thunderstorms that moved across APG Friday night.

main post and when those are completed, efforts will focus on the installation's secured areas. Myers said he anticipates completion by July 10.

Myers said APG crews are typically on call every day of the year.

"We have an on-call roster on a 24-hour basis," he said. "Even if it's a beautiful spring day, anything could happen. This is a normal procedure for DPW; we've just never had 100 percent total power

failure. This was a major event that affected both areas and beyond because some of our power comes from off post."

Coordination with Baltimore Gas & Electric was essential to assess and repair the post-wide damages from heavy rains and winds.

Unlike with a hurricane, which tends to leave damage in concentrated areas, the storm's path of destruction was far more widespread, reaching across both

areas, said Myers.

He noted that crews worked through high temperatures Saturday and Sunday with heat indexes well over 100 degrees.

"We cautioned them to use common sense and take breaks as needed," he said. "People often don't realize the folks out there working to get their power [and air conditioning] back on are hotter than they are."

"It was a major undertaking," he said.

# Whyne decorated with Secretary of the Army's top award for exceptional service

By **KATHERINE DEWESE**  
U.S. Army Elements, Assembled Chemical Weapons Alternatives

The Department of the Army's highest civilian award, the Decoration for Exceptional Civilian Service, was presented to Conrad F. Whyne on June 19 by Deputy Assistant Secretary of the Army (Elimination of Chemical Weapons) Carmen J. Spencer. Secretary



Whyne

of the Army John M. McHugh commended Whyne for "exceptional performance of duty" while serving as director of the U.S. Army Chemical Materials Agency from January 2008 through February 2012, citing his "proactive involvement and outstanding leadership" that "resulted in \$2 billion in cost savings and many operational efficien-

cies, all of which had a direct effect on improving national security through the safe destruction of the nation's munitions stockpile."

"Conrad epitomizes the highest qualities of the workforce he leads – modest, selfless and wholly dedicated to the successful accomplishment of the chemical demilitarization mission. I would say without qualification that he is a unique national resource, one whose exceptional service will long be remembered,"

said Spencer.

Whyne currently serves as program executive officer, the civilian equivalent to a major general, leading the Department of Defense's Assembled Chemical Weapons Alternatives program, where he oversees all aspects of the safe elimination of the remaining 10 percent of the original U.S. chemical weapons stockpile stored at Army installations in Colorado and Kentucky.

# JUICE 2012 connects C4ISR community

Continued from Page 1

Air Force Base in Illinois.

"JUICE is an exercise that connects the C4ISR community together, worldwide, to test, evaluate and certify new systems, at the joint level, and work through challenges before those systems are fielded," said Maj. Gen. Robert S. Ferrell, APG installation and CECOM commander.

This year, U.S. Strategic Command, a key cyber-oriented combatant command, sponsored the event and issued commanders intent, mission and gained support of other Combatant Commands. The U.S. Air Force Reserve Air National Guard 281st Combat Communications Squadron staffed the Joint Network Operations Control Center and the Marine Corps Network Operations Security Center provides secure cellular capabilities and other cutting-edge voice technologies to the Warfighter.

Successful execution of robust exercises such as JUICE is crucial as we face the future with a joint force that is smaller, more agile, flexible, ready, and technologically advanced, as outlined in the President's approach to national security, Priorities for the 21st Century Defense, said Elizabeth M. Durham-Ruiz, senior technical advisor, USSTRATCOM/J6, who attended the event. STRATCOM will



CECOM photo

(From left) Brig. Gen. Don Lagor and Maj. Gen. Kevin McBride, both from the Rhode Island Air National Guard 281st Combat Communications Group, with APG and CECOM Commander Maj. Gen. Robert S. Ferrell, at the 19th Joint Users Interoperability Communications Exercise at the C4ISR June 28.

play a major role in this strategy with global capabilities that underpin strategic deterrence, provide unique options to our national leaders, and enhance the joint force's combat effectiveness, Durham-Ruiz explained.

Team C4ISR partner organizations, Program Executive Office for Command, Control, Communications-Tactical and the Army Communications-

Electronics Research, Development and Engineering Center also participated and demonstrated key technologies for the future more agile, responsive and adaptive Warfighter.

JUICE's key objective is to validate interoperability among key Joint tactical and strategic communications systems in preparation for the Global Information Grid transition to

Unified Capabilities and ensure NATO and Coalition interoperability, according to John Kahler, Joint On-demand Interoperability Network chief.

This venue provides Joint and Reserve military participants the chance to leverage training on the latest fielded equipment prior to deployment, in a real-world tactical environment without disturbing the

operations tempo. The lessons learned from JUICE will directly impact field operations and contribute to communications mission success on a global scale for both military, Defense Civil Authorities and Homeland emergency response operations, said Kahler.

This year's theme is 'Unified Capabilities for the Battlefield of the Future' focusing on the information sharing from multiple sources to give our Warfighters a competitive edge. JUICE 2012 featured setting up command and control posts, crypto modernization efforts, and ground and air radio communications in remote environments.

Managed from APG, the event participants work in concert with approximately 800-1000 Department of Defense personnel and Coalition partners to evaluate new and emerging technologies in an environment mirroring real-time battle field environments, said Kahler.

"Industry participants can leverage this opportunity to prepare and assess their systems before participating in the next iteration of Network Integration Evaluation, 13.1," said Kahler.

"As the Army continues to evolve to be the Army of 2020, we're hoping this event becomes even better as each year goes on year," said Ferrell.

# Olympic Sports Day schedules new events

Continued from Page 1

and golf skills. Recreational events will include Texas Hold-Em, spades, Wii bowling, dominoes, ping pong, billiards and horseshoes.

Events will take place at APG North's Shore Park, Ruggles Golf Course, Fanshaw Field, Shine Field and the recreation center and gym. Food will be available for purchase.

First, second and third-place awards will be presented for each event, and the overall winner will receive the Commander's Cup.

The bracket concept is a single elimination setup, with as many as 15 teams competing per event.

The event is open to all government

and active duty military personnel.

The duty uniform for civilian participants is civilian sports attire and PT attire for military personnel.

The day is set aside for garrison and tenant organizations to strengthen partnerships, build camaraderie and boost morale while participating in competitive sporting events and other fun activities.

Community members can sign up by contacting their organizational lead as follows:

- ATEC: Master Sgt. Sheila Sango, sheila.n.sango@mail.mil
- KUSAHC: Sgt. David Holohan, david.holohan@amedd.army.mil

- PHC: Master Sgt. Jeffery Arbenz-Smith, 'jeffery.arbenzsmith@us.army.mil'

- 20th Spt. Cmd. Sgt. 1st Class Stephanie Brown, stephanie.n.brown@mail.mil

- RDECOM Clif Prat, clifton.prat.civ@mail.mil

- CMA Timothy Snidow, timothy.a.snidow.civ@mail.mil

- CECOM Sgt. Maj. Jurgen Williams, jurgen.h.williams@mail.mil; Sgt. 1st Class Carroll Chambers, carroll.t.chambers@mail.mil; MSG James Young, james.z.young@mail.mil

- PEO C3T Julie Koehler, julie.a.koehler3.civ@mail.mil; Kathryn Kel-

ly, kathryn.c.kelly.ctr@mail.mil

- Garrison Rodney Shelby, rodney.d.shelby.civ@mail.mil

- MRICD Staff Sgt. Gary Hall, gary.a.hall4.mil@mail.mil

- AMSAA Mandi Elliott-Bird, prudence.elliottbird.civ@mail.mil

- PEO IEW&S Christopher Voinier, christopher.l.voinier.civ@mail.mil

- 22nd Chem Bn Sgt. 1st Class Dione Alston, dione.t.alston@mail.mil

- 203rd MI Bn Maj. Eric Morrison, eric.j.morrison3.mil@mail.mil

- 1st AML 1st Lt. Robert Brooks, robert.e.brooks124.mil@mail.mil

Check the installation website for more information.

# COMSEC's Lauren McNew named top CyberGuide of year

Story and photo  
**NANCY JONES-BONBREST**  
 PEO C3T

Built to enable collaboration by converging its workforce, the U.S. Army C4ISR Center of Excellence at Aberdeen Proving Ground is a logical place to find eCybermission's 2012 CyberGuide of the Year, Lauren McNew.

After all, the Army's new technology campus is focused on promoting collaboration and synergy, much like McNew herself.

"When I was growing up I was fortunate to be in a program where we were given lots of enrichment activities," said McNew, the project lead for In-Line Network Encryption with the Army's Project Director Communications Security (PD COMSEC). "We were able to talk to people about what we wanted to do when we grew up. I want to let kids know that if science is what they want to do, participating in something like eCybermission is a great way to get into that world."

Most of all, McNew says she volunteers as a CyberGuide for eCybermission, an Army-sponsored, free, web-based Science, Technology, Engineering and Mathematics (STEM) competition, because she enjoys sparking a children's interest in science.

"They think it's really cool when they get to the end of an experiment and see what they worked so hard for," she said. "I love seeing kids excited about science."

Celebrating its 10th year, eCybermission allows students in 6th through 9th grades to compete for state, regional and national awards by working in teams to identify a problem in their community and use scientific inquiry to propose a solution. Students on winning teams can receive up to \$8,000 in U.S. Savings Bonds.

Since the competition's inception in 2002, the Army has awarded more than



Lauren McNew demonstrates how to extract DNA from strawberries at last year's eCybermission awards event. The Army-sponsored eCybermission is a free, web-based science, mathematics and technology (STEM) competition for students in grades six through nine.

\$8 million in savings bonds and more than 102,000 students have participated.

As a CyberGuide, McNew volunteered to assist students in the eCybermission as they participated in the program. McNew estimates she hosted four or five webinars throughout the competition, which began in February, and spent about one hour a day blogging with students about their projects.

"As a CyberGuide, you're basically a resource for students while they're completing their projects," said McNew, who has a master's degree in molecular biology.

As project lead for In-Line Network Encryption at COMSEC, McNew oversees the procurement and lifecycle management for Army encryptors, which allow for secure information from the battlefield to be passed back and forth.

Volunteers with eCybermission registered a record 15,406 students this year, said Louie Lopez, program manager of eCybermission. The program is administered by the Army's Research, Development and Engineering Command (RDECOM).

Volunteers also serve as team advisors, ambassadors and virtual judges.

"Volunteers play an important role in the eCybermission program," said Lopez. "We want to make sure the efforts of those that go above and beyond for our students are highlighted."

In selecting McNew as the top of 73 registered CyberGuides, it was her enthusiasm that stood out, he said.

"Feedback from students and teachers that have interacted with Lauren has always been very positive and thus, more teams have reached out to her,"

said Lopez. "Lauren always ensured that students are provided the necessary resources to conduct their research and complete their projects."

The program is not only designed to challenge students to think about real-world applications of STEM, but to also gain unique access to STEM professionals for a vital career development experience. The program helps prepare students for future roles in science and technology by showing hands-on demonstrations and through interaction with its volunteers like McNew.

"We at C4ISR and COMSEC understand the importance of growing and nurturing the workforce," said Chris Manning, project director for COMSEC, which is assigned to the Program Executive Office for Command, Control and Communications-Tactical (PEO C3T). "Lauren enjoys being an ambassador for the Army. We know we need to ensure there are programs we can pull young people into, support them and eventually bring them on as career employees. STEM programs like eCybermission are a precursor to that."

Dennis Teefy, product director, Cryptographic Systems for COMSEC, agrees.

"As a scientist, molecular biologist and program manager Lauren is a great role model that people can look up to. Yet she's still approachable and down to earth," Teefy said. "She's very disarming. I think that's why she does so well with the STEM students. She has that knowledge but a personality that they can relate to. As she always says, she likes to make science fun."

McNew and the 16 first-place Regional Winning Teams attended eCybermission's National Judging and Education Event in Washington, D.C. on June 21-22. She had a chance to watch the National Student Finalists presentation and was honored for her volunteer work.

## Remember the sunscreen!!

By **WENDY LAROCHE**

U.S. Army Public Health Command

Now that summer is officially here, it's time to enjoy the weather, maybe a leisurely lunchtime walk through Plum Point Loop or circle around Fanshaw Field.

Either way, as you prepare to pack your loose fitting clothing and sneakers, remember to throw in the sunscreen. It's time to protect your skin from the Ultraviolet (UV) rays from the sun.

Sunlight is the main source of the UV rays (UVA, UVB, UVC) which can have a damaging effect on your skin, causing sunburn, possible wrinkles and some skin cancers. Protect your skin by using sunscreens. Sunscreens help protect your skin by absorbing, reflecting or scattering the damaging UV rays. Using a sunscreen with at least a SPF 15 rating is highly recommended.

It's best to protect your skin at all times, however, using sunscreen when the sunlight is the greatest, especially during the midday, is critical.

Apply sunscreen to all areas of your body that have the potential for exposure to the sun 15 to 30 minutes before going outdoors. This includes areas that usually get neglected such as the ears, face, neck and feet. For best results, sunscreen needs time to be absorbed into the skin prior to going outdoors. Equally important is to reapply the sunscreen every two hours. If you swim, apply after swimming to ensure that the sunscreen has not washed off.

## Healthy Living

[www.apg.army.mil/apghome/sites/local/](http://www.apg.army.mil/apghome/sites/local/) click on Well Being



Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage <http://www.apg.army.mil/> and click on the Community Health icon at the bottom right, or scan the QR code (at right) with your smart phone or enabled device. To suggest health-related topics for the Health Living series, email [patricia.g.beauchamp.civ@mail.mil](mailto:patricia.g.beauchamp.civ@mail.mil) or call 410-278-1150.

Making the time to protect your skin can have a long lasting effect and help reduce the risk of future health issues associated with over exposure to the sun.

Differentiating among the various sunscreen terms can help in choosing from among the numerous types of sunscreens available in your local grocery, department stores, pharmacies and other retail chain stores. Not all sunscreens are alike so not all will be right for you. Broad-spectrum protection sunscreens contain ingredients that protect against UVA and UVB rays.

If you have sensitive skin, noncomedogenic sunscreens offer a non pore-clogging effect. If you are planning on going swimming, you may want a water proof (sunburn protection after 40

minutes of water exposure) or water resistant sunscreen (sunburn protection after 80 minutes of exposure). Anticipate increased sweating? Sweat-proof sunscreens offer sunburn protection after 40 minutes of water exposure. Remember, any changes to your skin as a result of using a sunscreen product should always be reported to your primary care physician.

If you forget to apply sunscreen to your skin, you can reduce the UV Rays to your skin by seeking shade during the mid-day hours. Wear hats and

clothing that reduce the sun's direct impact on your skin and wear sunglasses outdoors that block the UVA and UVB rays. Another important thing you can do while you're exposed to the sun is stay hydrated. Drink plenty of water to help restore balance in your body and your skin will be much better equipped to handle harmful UV rays.



Protect your skin by using sunscreens. Sunscreens help protect your skin by absorbing, reflecting or scattering the damaging UV rays. Using a sunscreen with at least a SPF 15 rating is highly recommended.

## Strep throat: Not your average sore throat

By **LT. COL. PATRICIA MCKINNEY**

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People often think that any painful sore throat is strep throat and that antibiotics are needed to make it better. This belief is not true. Strep throat is an infection of the throat and tonsils caused by streptococcal bacteria. The throat gets irritated and inflamed causing a sudden, severe sore throat. Most other sore throats are caused by a virus. Sore throats caused by a virus are also painful. If you have cold-like symptoms such as a runny or stuffy nose and

coughing, you probably do not have strep throat.

The most common symptoms of strep throat are:

- Sudden, severe sore throat.
- Pain when you swallow.
- Fever over 101 degrees Fahrenheit (38.3 degrees Celsius).
- Swollen tonsils and lymph nodes.
- White or yellow spots on the back of a bright red throat.

### How do you get strep throat?

People spread the bacteria by sneezing, coughing, shak-

ing hands or close contact with people who are infected. You can also pick up strep by touching objects that were touched by an infected person, (i.e., phones, doorknobs, tables) and then touching your eyes, nose or mouth.

### How can strep throat be prevented?

- To prevent infection:
  - Avoid close contact with an infected individual.
  - Do not share toothbrushes or eating and drinking utensils.
  - Wash your hands frequently.

- Strengthen your body's ability to fight off infections with a healthy diet, regular exercise, a good night's sleep and managing your stress.
- Wipe down your phone.

### How is it diagnosed and treated?

Strep throat cannot be accurately diagnosed by symptoms or by a physical exam alone. Diagnosis is made by swabbing the back of the throat for a culture to identify the presence of strep bacteria. Sore throats should only be treated with antibiotics if the strep test

is positive. Penicillin or amoxicillin are usually the antibiotics prescribed to treat strep throat infection. Antibiotics should be taken for the entire 10 days, even though symptoms are usually gone after a few days. If antibiotics are not taken for the full course of treatment, the infection may reoccur and stronger antibiotics may be needed to treat the infection.

Remember strep throat is not your average sore throat. If you suspect that you may have strep throat, see your healthcare provider.

# APG SNAPSHOT

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



Photo by Rachel Ponder

## MAKING A SPLASH

To beat the heat, Debin Gill, 11, son of Capt. Nathaniel Gill from U.S. Army Test and Evaluation Command, jumps into the Shore Pool June 26. For more information about Aberdeen Proving Ground swimming pools, visit <http://www.apgmwr.com/recreation/odr/swimming.html>.



## LETTING THEIR LIGHT SHINE

During the annual Vacation Bible School at the main post chapel on APG North, children sing "This Little Light of Mine." This year's VBS theme was "Rocky Point Lighthouse," which emphasized sharing love and giving to people in need. Throughout VBS, which ran from June 24 to 28, children and parents participated in a service outreach project by bringing non-perishable food items for use by the chapel center's bread basket. For more information about religious activities on post, visit <http://www.apg.army.mil/apghome/sites/installation/Chaplain/index.cfm>. Pictured (from left) are Vivian Cheng, Sarah Parsley and Savanna Murdock.

Photo by Rachel Ponder



Photo by Rachel Ponder



Photo by Yvonne Johnson

## FOURTH OF JULY

Aircraft Crash Rescue Firefighting Vehicle 1281 from the Directorate of Emergency Service's Fire and Emergency Services Division, rolls down Union Avenue during the annual Fourth of July Havre de Grace parade and fireworks celebration July 1.

## MONEY MATTERS

During a budgeting demonstration, Brad Cozby hands Brian Levine play money during a "Jobs versus Careers," class for teens held at Army Community Service June 27. APG Federal Credit Union's Financial Literacy Educator Sonya Pietrogiasimo taught the differences and benefits of pursuing a career versus a job, what employers are looking for, how to apply for a job, resume writing and interview etiquette. Visit [www.apgmwr.com](http://www.apgmwr.com) for upcoming ACS classes.