



NSA Chief: Cyber world presents opportunities, challenges

By **JIM GARAMONE**
American Forces Press Service

Technology has opened tremendous opportunities for the world, but also poses tremendous challenges for those who work to ensure access to cyberspace, the director of the National Security Agency said July 9 in Washington, D.C.

Army Gen. Keith B. Alexander, who also commands U.S. Cyber Command, told participants in an American Enterprise Institute seminar titled "Cybersecurity and American Power" that the capability exists today for destructive cyber attacks against critical infrastructures.

The cyber world is an increasingly important domain, the general said. In 2000, 360 million people were on the Internet. Today, more than 2.3 billion people are connected. Last year, 107 trillion emails were sent, he added, and a sign of the times is that more than 500,000 apps exist for the iPhone and 280,000 for Android smartphones.

But this tremendous opportunity for communication also presents a potential avenue of attack, Alexander said. A 2007

See **CYBER**, page 10

Deadline for sign-ups near for Olympic Sports Day

By **ADRIANE FOSS**
APG News

Team APG's Olympic Sports Day will feature a variety of Family-friendly events in addition to the competitive sports at several locations across post July 26.

"This event is not just for civilian and military personnel," said Master Sgt. John Cavaliere, Garrison APG interim command sergeant major. "It's also for our Family members, who are a large part of the Army Family."

Cavaliere said the day's team-building activities are expected to boost morale, fitness and esprit de corps.

Family-friendly events will include tug of war, a dunk tank, spades and Texas Hold-Em card games, Wii bowling, dominoes, billiards and ping pong.

For individuals and teams that have signed up, competitive events will include kickball, bowling, flag football, volleyball, basketball, golf competitions, relay race and softball. Kid activities will include

See **OLYMPIC**, page 10



Photo by Rachel Ponder

CYSS Sports hosts British soccer camp

(From left) Aaliyah Tisdale, 13, and Eryrkah Tisdale, 13 compete for the ball July 10. This week Child, Youth & School Services Sports hosted Challenger Sports British Soccer Camp at the APG North (Aberdeen) soccer field. The camp brings coaches who are trained in the United Kingdom to teach children the fundamentals of soccer.

Heat Stress threatens health

By **RON KRAVITZ**
Garrison Safety Office

Team APG Olympics Sports day is July 26. Learn the symptoms and signs of heat stress and how to prepare for strenuous exercise or work in the high heat of summer.

There are three major forms of heat illnesses:

heat cramps, heat exhaustion, and heat stroke, with heat stroke being a life threatening condition.

Heat Cramps

Heat cramps are muscle spasms which usually affect the arms, legs, or stomach. They often don't occur until sometime later in the day.

Heat cramps are caused by heavy sweating, especially when water is replaced by drinking, but not salt or potassium. Although heat cramps can be quite painful, they usually don't result in permanent damage. To prevent them, drink

See **HEAT STRESS**, page 10

Chaplains encourage couples, single Soldiers to attend Strong Bonds

By **RACHEL PONDER**
APG News

Aberdeen Proving Ground's Chaplain Services is planning an all-expenses paid, three-day, two-night training conference for married couples and single Soldiers at the Vandiver Inn Bed and Breakfast in Havre de Grace Aug. 1 to 3.

The Strong Bonds conference is an Army-wide conference for active duty

military, their spouses and single Soldiers.

The Strong Bonds conference was designed to help Soldiers deal with communication issues and the stress of a modern-day military at war.

"The United States Congress set aside funds for Strong Bonds Army-wide to build the Family Army

See **STRONG**, page 10



File photo Sgt. Windsor and Shalanda Corbin practice communication techniques during a previous Strong Bonds event. The next Strong Bonds conference for active duty service members, their spouses and single Soldiers is set at the Vandiver Inn Bed and Breakfast in Havre de Grace Aug. 1 to 3.

Boston to headline Army Entertainment Concert Aug. 11

Guests include Kansas, Grand Funk Railroad

FMWR

Army Family and Morale, Welfare and Recreation and Army Entertainment present an evening of classic rock featuring Boston with special guests Kansas and Grand Funk Railroad, Saturday, Aug. 11 on Shine Sports Field. Tickets can be purchased over-the-counter at the APG North recreation center,

Bldg. 3326, or call 410-278-4011; or at the APG South recreation center, Bldg. E4140, or call 410-436-2713. To purchase tickets online, visit www.ticketmaster.com.

Tickets cost \$30 in advance; \$40 the day of the concert (if available).

See **APG**, page 6

WEATHER

Thurs.



89° | 71°

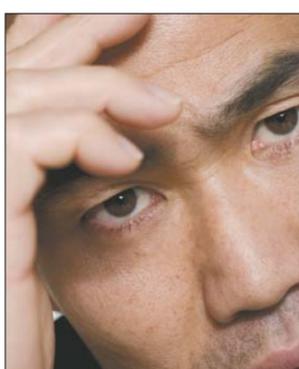
INDEX

- Pg 2 Street Talk
- Pg 6... Mark Your Calendar
- Pg 7 At your service



MORE INSIDE

- Chapel gardens **PAGE 3**
- Budget threat **PAGE 4**



PTSD Research

page 5



Visit the Maryland Zoo

page 11

ONLINE

- www.apg.army.mil
- apgnews.apg.army.mil
- apg.armylive.dodlive.mil/
- [facebook.com/APGMd](https://www.facebook.com/APGMd)
- twitter.com/USAGAPG
- [flickr.com/photos/usagapg/](https://www.flickr.com/photos/usagapg/)



OPINION

STREET TALK

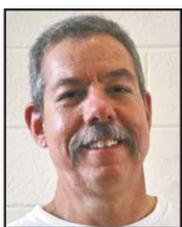
How did you survive last weekend's heat wave?

I worked on Saturday and I drank about 2 1/2 gallons of water and I had to keep reapplying my sunscreen. I got in the water every chance I could but there were a lot more patrons that day.



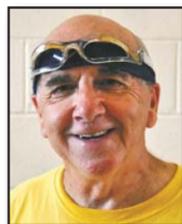
JoAnna Marlow
MWR Lifeguard

I kept busy outdoors, doing yard work and gardening. Heat doesn't bother me, I prefer the outdoors. It's mind over matter. But I always make a point to drink a lot of water.



Charlie Hulse
CERDEC

My wife and I took a day trip up to Amish country. It was hot up there also. I jog Monday, Wednesday and Friday and I don't care how hot it is. Heat doesn't change my plans but I don't kill myself. I drink plenty of extra water.



Ron Walls
ATC specialist

I started pulling weeds in my garden and couldn't take it. I had to put ice cold towels on my head and drink lots of water. It was better in the evening when the humidity was lighter.



Norma Valeri
CECOM

Grant sends military teens to Washington

As Americans were preparing last week to celebrate America's 236th birthday, hundreds of teenagers from military families were treated to three days of fun and learning in the nation's capital.

About 600 teenagers who participate in Boys & Girls Clubs of America in or around military installations flew in with about a hundred of their mentors for "Operation Washington," a first-time event co-sponsored by BGCA and the Close Up Foundation as part of a partnership grant from the Departments of Defense and Justice, said Kevin McCartney, BGCA's vice president of government relations.

The program allowed the teens to see in person those symbols of democracy for which their parents fight, and for which they, too, have sacrificed

through frequent moves and dealing with deployed parents.

These were no ordinary tours of the Capitol and Washington's other monuments. Under Close Up's civics curriculum, the teens' visit to the World War II, Korean and Vietnam War memorials included a discussion about the role and responsibilities of citizens during wartime. Their tour of the Capitol included meeting with their congressional representatives, and a trip to the Martin Luther King Jr. memorial came with a discussion of civil rights and citizens' roles in shaping public policy.

Through it all, the teens took part in group discussions about the appropriate size and role of government in a democracy, states versus the federal government, and an in-depth simulation of the legislative process. The teens also met with Attorney Gen. Eric

Holder and Education Secretary Arne Duncan, as well as senior Defense Department and White House officials, McCartney said.

"Close Up is really a hands-on experience here in Washington, D.C. It's a very organized curriculum," he said. "Everything has education and civics attached to it."

The participants also were charged with developing a plan to address important issues in their own communities. Judging by their reaction to being in Washington, it sounds like they will do just that.

"These kids were outstanding, and they truly were grateful for this," McCartney said.

Lisa Daniel
Family Matters Blog

Landscapers 'Give Back' to vets, Fallen at Arlington

By **TERRI MOON CRONK**
American Forces Press Service

More than 400 volunteers from children to adults descended on the grounds of Arlington National Cemetery Tuesday for the 16th annual Renewal and Remembrance, to honor the nation's veterans and fallen service members by sprucing up the landmark's grounds.

Members of PLANET - the non-profit Professional Landcare Network - brought out 82 professional lawn care and landscape companies from around the country for this year's Renewal and Remembrance. They lent their hands and donated materials and equipment to mulch, prune, aerate, irrigate, plant, spread lime, and cable some of the trees for lightning protection on 150 of the cemetery's more than 560 acres.

Since the annual Renewal and Remembrance landscaping event began, more than \$2 million has been contributed to the care of the national cemetery, according to a PLANET news release.

The cemetery's 8,400 trees are maintained on a four-year pruning cycle. Some are more than 200 years old, cemetery officials said.

John Gibson of Swingle Lawn, Tree and Landscape Care traveled from Denver with his daughters Taylor, 17, and Marissa, 15, to join a six-person crew that spread 400 bags of lime to balance the soil's nutritional levels. This is his twelfth year of working with Renewal and Remembrance at the cemetery, and his daughters' first, he said.

"The very first year," John Gibson said, "I realized what an impact it would make on those people who made an impact for us. It's pretty emotional every year to have a chance to give back. All we do is lawn and tree care, and these

We live in a generation that's getting a little separated from what it means to serve in the military. So these kids learn that at the same time.

Roger Phelps

Promotional communications manager, Stihl equipment

guys [sacrificed their lives] for us."

"It's nice to give back to the people who gave everything," Taylor Gibson said, adding that she and her sister would come back next year.

About 25 of the volunteers' children, ranging in age from 3 to 12, pitched in on the beautification project. But before they planted milkweed, they received a lesson in the importance of how the plants attract the caterpillars of the endangered and migratory Monarch butterfly, and how the caterpillars feed only on that particular plant.

Former Navy officer Roger Phelps, promotional communications manager for Stihl equipment, has worked with the children at Arlington's Renewal and Remembrance for 10 years.

"It's my passion," Phelps said of his work with the project. "These kids are our future, and creating this experience is important."

And volunteers bringing their children, he added, is especially meaningful.

"It's so important, because we live in sort of a virtual world," he said. "These kids are different. They live in a real world. They get their hands dirty, they put the plants in the ground [and] see the roots in the dirt."

Phelps said many of the children return from year to year and see the

fruits of their labor as the vegetation they planted grows and matures.

"We take the kids around to all the different areas they've worked on over the years, so they can point to the things they've worked on and planted," he said. "The opportunity for us is to give them an understanding of what it means to serve, and what service means. What they learn here is by working with the plants, they have an opportunity to serve the families and visitors by creating an environment that is pleasant and respectful."

The significance of the children volunteering goes beyond planting foliage, Phelps said.

"We live in a generation that's getting a little separated from what it means to serve in the military," he said. "So these kids learn that at the same time."

Phelps related the story of a young girl who once asked her father if all the headstones were people. "He had the opportunity to explain to her what this place means," he said.

Phelps, a former Navy lieutenant commander, said Arlington National Cemetery is a special place to him.

"I've got some shipmates and friends in here," he said, adding that many of the landscape volunteers also know someone who is buried at the national cemetery. "It's a personal thing, too."

APG SEVEN DAY FORECAST



APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 8,900.

Every advertisement 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. Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising and mailing. To obtain a yearly subscription, which costs \$16, the price for weekly mailing, or for problems with incorrect mailing addresses, contact Customer Service at 139 N. Main Street, Suite 203, Bel Air, MD 21014, or call 410-838-0611.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 305,

IMAP-PA, APG, MD 21005-5001; call the editor at 410-278-7274, DSN 298-7274; send a fax to 410-278-2570; send e-mail to patricia.g.beauchamp.civ@mail.mil or contact reporters Yvonne Johnson, yvonne.johnson5.ctr@mail.mil or 410-278-1148, or Rachel Ponder, rachel.e.ponder2.ctr@mail.mil or 410-278-1149.

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

Staff

APG Commander Maj. Gen. Robert S. Ferrell
 APG Garrison Commander .. Col. Gregory R. McClinton
 Acting Public Affairs Officer Adriane Foss
 Acting Editor Pat Beauchamp
 Contract Photojournalists Yvonne Johnson
 Rachel Ponder
 Graphic Designer/Web Designer Nick Pentz
 Website www.apgnews.apg.army.mil

Inviting chapel garden beckons visitors in from the storm

Story and photo by
YVONNE JOHNSON
APG News

A subliminal message of serenity and calm begins at the front entrance of the Aberdeen Proving Ground main post chapel. Blue granite rocks line both sides of the walkway; seagulls and pelicans sit atop wood pylons and a lighthouse welcomes all those who are weary and in need of rest.

The installation's nearness to the Chesapeake Bay coupled with a desire to present a soothing, peaceful refuge for those in need of peace, inspired the theme for the adornment of the chapel and its garden, according to Chaplain (Maj.) Fred Townsend.

He said that after urging from former Garrison Chaplain (Col.) Wayne Boyd to, "make something out of the chapel garden," he "caught a vision" of presenting a visually peaceful atmosphere throughout the chapel grounds.

"Once you leave the parking lot you're out of the storm," Townsend said. "The storm could be stresses from work, relationships, finances, or any problems that wear on the mind and cause you distress."

Across the chapel foyer is the entrance to the chapel garden, a square surrounded by glass on three sides and a brick dividing wall on the other. A sign on the wall reads "APG Harbor of Grace." Noting that this is the English translation for the nearby town of Havre de Grace, Townsend said that to avoid confusion, other signs read "APG's Harbor of Grace."

"Everything is suggestive of a little Maine harbor town," Townsend said of the garden. Wrought iron chairs and tables with umbrellas dot the seating area. Lush green plants line the walls and scattered pieces of driftwood rest on the mulch blanketing the plants. Wood pylons and Tiki torches decorate the area as well, along with sails mounted on the dividing wall. There is an outdoor fireplace and cooking area for barbecues and a wooden storage shack decorated with life rings, a bell and other seafaring knick-knacks. The most attractive decorations are the fountains - one made of



A quaint little beach shack, fish netting and a dolphin fountain are just a few of the embellishments that enhance the relaxing ambiance of APG's Harbor of Grace garden - a quiet place for contemplation open to all in the APG community - at the main post chapel.

smiling dolphins and another of children at play. The trickling waters of the fountains enhance the relaxing ambiance of the enclosure, Townsend said.

The highlight of the setting is the gazebo behind the dividing wall. The structure was dedicated as the Gold Star Family Gazebo in May during the Armed Forces Week breakfast for Maryland Gold Star families.

Townsend credits Maryland Gold Star Mothers president Carol Roddy with suggesting the name "Grace Landing" for the gazebo, indicating that this is the place of rest beyond the harbor. A boardwalk leads up to the gazebo which is surrounded by more Maryland blue granite rocks, their uneven peaks symbolizing calming waters. Spread around the structure - on the boardwalk and among the rocks - are more wood pylons, driftwood, seagulls, potted plants, a fountain and of course, the world-famous Maryland blue crabs. A string of LED lights line the roof of the gazebo and a solar street lamp lights the boardwalk. A lone lighthouse stands among the rocks - a guide for people instead of ships.

Ten tons of granite were used in the design, Townsend said, noting that the

rocks, which weigh an average of 8 pounds each, had to be placed stone by stone. He estimated that he placed nine of the 10 tons himself before he "ran out of steam."

The Catholic youth of the Chapel took over and did the rest, he said, adding his thanks for their help. More help came from the Freestate Challenge Academy whose cadets worked for days, collecting and spreading wood chips, planting plants and toting wood pylons.

Townsend said the pylons were made from cut up segment of used telephone poles. The cadets collected these and the wood chips in trash barrels from the nearby woods, wheeled them over and spread them out, installed the pylons, planted plants and more, all without once complaining about the heat or the rain.

"They caught the vision too," Townsend said. "And they worked with such enthusiasm. Many of those kids are from rough backgrounds and had never been a part of anything like this. We'd be out there soaking wet from the rain and covered with wood chips and they never complained. Most of them would ask to come back and do more. They were seeing it come to life and I can't help but believe this was a life-changing experience for them."

He added thanks to Public Works director Thomas Kuchar and DPW civilian Carl Wheeler for their help in acquiring the gazebo.

Chapel tithes and offerings funds paid for the granite and furniture and another \$1,500 in personal donations paid for all the decorations and knick knacks, he said.

Inside the screened-in gazebo are wrought-iron patio tables and chairs and small seafaring knick knacks dot the walls of the structure inside and out.

Townsend said it all was done for one reason.

"We want people to come in from their storms to a harbor that is safe," he said, adding that already, Soldiers and civilians come to sit in the garden or the gazebo during their lunch breaks. Some read, some simply contemplate.

"We want people to believe they are safe here," he continued. "This is a place where you can relax and focus on things you need to focus on. You can't do it in the workplace because that's where the stress is."

"This is a place for you to contemplate, or fellowship; to sit without judgment, without preaching."

Directorates are encouraged to hold gatherings in APG's Harbor of Grace [the garden] or in Grace Harbor [the gazebo], he said.

"It's yours, just clean it up when you're done. Most of all, enjoy it."

"The world is an ocean where you sometimes get tossed to and fro and really don't have that much control," he added. "And even when you leave work you get back in your boat and head out to sea where the perils of life exist. But you can always set your compass back to APG's Harbor of Grace and know that it's a shield and a place of safety."

"Come here, take time out and learn to laugh again. This place was built with the Lord's blessing so all who come here will have a sense of grace."

Directorates or sections wishing to reserve APG's Harbor of Grace [the garden] or Grace Harbor [the gazebo] can contact Joyce Wood at 410-278-4333 or e-mail joyce.l.wood.civ@mail.mil.

DOD leaders: Sequestration threatens military's successes

By **KAREN PARRISH**
American Forces Press Service

The nation's military has logged historic achievements in the past 12 months, but faces a future clouded by financial threat, Defense Secretary Leon E. Panetta said June 29.

The secretary and Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, both spoke about the topic of sequestration during a briefing with Pentagon reporters.

Panetta summed up the department's main activities since he became defense secretary last summer, noting that the Iraq War has ended, a "responsible draw-down" of U.S. forces in Afghanistan has begun, and the NATO mission in Libya concluded alongside the fall of Moammar Gadhafi.

The department has also "maintained a relentless focus on al-Qaida," and put in place a new defense strategy and a budget request focused on the future force and rebalancing toward the Asia-Pacific region and the Middle East, the secretary said.

DoD has also maintained faith with troops by protecting pay and benefits, and has increased employment opportunities for veterans and spouses, he noted.

"We implemented the repeal of 'Don't Ask, Don't Tell,'" Panetta said. "We've also opened up 14,000 military positions to women, and we've put in place enhanced measures to prevent sexual assault."

The biggest threat to all of those accomplishments and initiatives is sequestration, he said.

Sequestration is a mechanism built into the Budget Control Act that will trigger an additional half-trillion-dollar cut to defense spending over the next 10 years if Congress doesn't otherwise identify spending reductions the act requires.

Panetta said the uniformed men and women he's met in war zones, and the wounded warriors he's visited in military hospitals and rehabilitation cen-

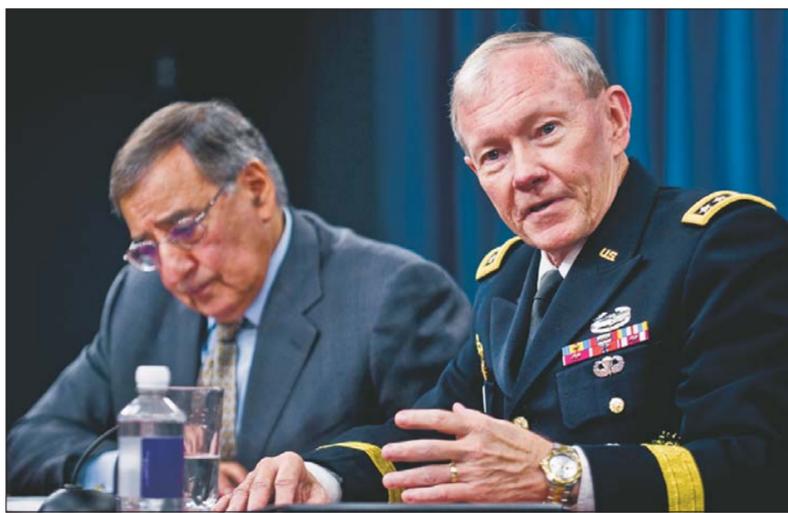


Photo by Staff Sgt. Sun L. Vega

Defense Secretary Leon E. Panetta and Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, brief reporters at the Pentagon, June 29, 2012.

“It is a time for our leaders and for every American to recognize that the blessings of freedom are not free. They come from a legacy of sacrifice, of courage and of leadership.”

Defense Secretary Leon E. Panetta

ters, "deserve better than the threat of sequestration."

"Too often today, the nation's problems are held hostage to the unwillingness to find consensus and compromise," the secretary said.

On the Fourth of July Americans will celebrate their nation's birth, he noted.

"It is a time for our leaders and for every American to recognize that the blessings of freedom are not free," Panetta said. "They come from a legacy of sacrifice, of courage and of leadership. That legacy is now our responsibility to fulfill, so that hopefully our children can enjoy a better life in the future."

Panetta said the defense industry leaders he has consulted with also face an uncertain future which could include widespread layoffs and lasting damage to the nation's military modernization programs.

"We are very much a team," he said. "[Defense] companies, as well as the Defense Department, are making very clear to Capitol Hill that this is a matter that ought not to be postponed."

The department and the nation's defense industries seek assurance from Congress that sequestration won't happen and that "we can proceed with the budget as we've outlined [it], as opposed

to facing the possibility of another drastic defense cut," the secretary said.

Dempsey said his travels in recent weeks, as well as over the past year, have brought him into contact with a wide range of service members.

"At every stop I was struck by their tremendous sense of pride and commitment," the chairman said. He praised service members' courage, selflessness, intelligence, and dedication to the mission.

"They'll do anything to take care of this country," he said.

Dempsey said he was also struck by troops' concern over the budget.

"I find it encouraging, on the one hand, that our military family is informed and interested," he said. "But it's unfortunate that it weighs so heavily on their minds. Frankly, they have enough to worry about."

The chairman noted, "We have to remember, too, that the force of the future -- that is, America's sons and daughters who may be out there contemplating a military career -- are also watching."

Dempsey said as Panetta has made clear, "We simply have to come together to prevent this across-the-board, unbalanced cut that could jeopardize our ability to deal with the very real and serious threats that we face."

The chairman said he and the service chiefs have no issue with military budgets facing scrutiny in the current challenging budget climate, or with the need to make tough program decisions.

"That's why our strategy and the budget that supports it constitute a carefully balanced set of choices," Dempsey said. "These choices make sure we have the right talent and the right tools to keep our country immune from coercion."

Dempsey said he, the secretary and the joint chiefs seek a balanced approach.

"A sensible way forward is what we expect," the chairman said. "That's the only way we can honor our commitment to our military family and to the American people."

Submit letters to the editor to patricia.g.beauchamp.civ@mail.mil



Army research looks at new PTSD treatment

By **ROB MCILVAINE**
Army News Service

While there are no simple cures for post-traumatic stress disorder, a leading military researcher said progress is being made with a new treatment method and a number of recent studies.

Col. Carl Castro, director of the Military Operational Medicine Research Program, has been funding studies into post-traumatic stress disorder, known as PTSD, over the past five years, and he said the results are beginning to come in.

"I really think the next eight to nine months are going to be the most exciting as the data comes on line and we can start saying, okay, this is really working, we really know what we're doing here, let's do this," Castro said.

Castro's program funds studies into PTSD at the U.S. Army Medical Research and Materiel Command, Fort Detrick, Md.

"Some of the early initial data," Castro said, "looks like we can really treat Soldiers in a two-week compressed time frame. And then we're also looking to see about follow-up, modifying the treatment as we go: the grief, the anger, the second guessing."

Traditionally, he said, psychotherapy is one session per week for 10 weeks. But with the new compressed time frame the Army will use individual and group therapy because Castro wants to take advantage of the natural bonding and cohesion that exists within the military to facilitate recovery.

No silver bullet

"There's no 'take this drug and you're cured.' There's no, 'come talk to me for 10 minutes and you're cured,' or 'Go to this web link and go through this 20-minute training and you're cured.' There's none of that although people will promise that. I can assure you that does not exist. If it did exist, I'd be the first one saying let's do that," Castro said.

Castro said PTSD can result from many different kinds of exposures: rape, physical assault, earthquakes, national disasters and combat.

"Our current treatments, both psycho and drug therapies, were developed to treat rape and assault victims and had never been validated for use for combat-related PTSD.

"So one of the first things we did was to fund a huge baseline of studies to confirm that the current treatments are effective for treating service members with combat-related PTSD," Castro said. "We wanted to first establish a very solid baseline. We funded these studies about four or five years ago, and they are just now winding up."

As a result it does look like the psycho therapies are effective, but they are not as effective for treating combat-related PTSD as they are for treating rape and sexual assault victims with PTSD.

Combat diagnosis often difficult

"Doctor Amy B. Adler and I wrote a paper on why combat-related PTSD is very different than rape or sexual assault PTSD. If you look at the diagnostic criteria for PTSD, it implies that there are no symptoms or reactions present prior to the traumatic event, so all of the reactions and symptoms occur after the

Healthy Living

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 Healthy Living series, email adriane.c.foss.civ@mail.mil or call 410-278-1150.



event," he said.

In the military, many of the symptoms and reactions that are part of the diagnosis of PTSD are present before a traumatic event ever occurs, he said. For example, having sleep problems and sleep difficulties is a symptom and reaction to trauma.

"But in the military when you deploy to Iraq or Afghanistan or anywhere, your sleep is probably already disrupted. So you're probably already not sleeping well prior to ever being exposed to a traumatic event," he said.

The Diagnostic and Statistical Manual, or DSM, is the criteria by which mental health diagnoses are made.

It's done through the event and the reaction to the event, Castro said. So, the DSM says what should happen when a person is confronted with a traumatic event, they should be horrified, helpless and freeze.

"But Soldiers don't do that. When they're in combat and they see things, their training kicks in, they go on auto pilot and they function. So, even the immediate reaction is very different. And the symptoms can be very different, but if the symptoms are already present before the event, how can the trauma be the cause of those symptoms and reactions?" he asked.

'Suffering while functioning'

There are symptoms and reactions missing from the DSM that Soldiers often talk about, like extreme anger, grief, second guessing. Castro said the nature of impairment for Soldiers is often quite different than for civilians. The DSM says things such as work, family and life should be disrupted.

"But because of the military structure, Soldiers are still able to show up for work, perform their jobs and carry on, but still have all the symptoms: drinking problems, nightmares; so we call that suffering while functioning," he said.

Castro noted that when Soldiers leave the Army, the military life goes away and then those Soldiers now as civilians come unraveled and they end up going to the Department of Veterans Affairs.

Soldiers are expected to be exposed to traumatic events. They train for it, prepare for it and the Army has them sign wills in case something happens.

Nobody expects to walk down the street and be sexually assaulted or attacked. If there's a dangerous area of town, people stay away.

"But in the military, by its very nature, Soldiers go to dangerous places, so they

prepare and train for it," Castro said.

For people not in the military, the traumatic event is unexpected, it's unwanted, it's discrete, it's a single event. Unlike the military, where it's expected, there's multiple and varied events that occur over time, and quite honestly, Castro said, a lot of Soldiers are looking forward to going into combat to prove their courage, and see if they've got what it takes.

Personality changes?

"One of the things Doctor Adler and I speculate on is the role of personality. So, it's a widely held opinion and belief that your personality gets locked in, and people would argue whether it's at age 2 or age 4 or age 6, that it doesn't change."

But this is a very fundamentally flawed concept, Castro said, because he thinks that significant life events can fundamentally alter personality. Such as being a holocaust survivor or going through trauma like combat. It can change a person's priorities, he indicated, or have the person come to appreciate life more.

"But these are personality changes we're talking about and that, I think, has gone largely unappreciated in the giving of the diagnosis," Castro said.

Since Castro is in charge of fund-

ing research, he has funded some studies to look at personality profiles of Soldiers prior to deploying to Afghanistan and Iraq and what they look like coming back. He's found personality profiles change as a result of combat experiences.

"There's been several replications of that now, so I think it's emerging, although I'm not going to say conclusively because it's only two or three studies. Clearly, though, the studies are showing that being in a combat and a highly stressful environment can alter and change one's personality," he said.

Issue about PTSD misdiagnosis

"The first incidence of this happening was at Fort Carson, Colo., where Soldiers were being dismissed with personality disorders and saying it wasn't related to PTSD, then they'd end up in a Veterans Administration medical hospital. The VA would then say 'this is absolutely post-traumatic stress disorder,'" he explained.

"This is an important distinction because if you have a personality disorder it's an administration separation from the military, but if you have PTSD, it's a medical board disability separation and that's where the money, etc., comes into play," Castro said.

PTSD vs. Post-Traumatic-Stress Injury - PTSI

"This is another old idea and not a new one. It's at least a 15-year-old idea. The Canadians for 15 or 16 years have called them operational stress injuries. They haven't changed the diagnosis from PTSD, they just call it an operational stress injury. Within this, a Soldier can have PTSD, depression, alcoholism, or whatever it is that would fall under that rubric," Castro said.

He said that changing the name is not going to reduce stigma because Soldiers aren't stupid.

"You could call it apple and pineapple salad and people would say, oh, that

See **NEW**, page 8

MARK YOUR CALENDAR

TODAY 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.

MONDAY JULY 16 APG SUMMER BLOOD DRIVE

The Armed Services Blood Program is having its summer blood drive at APG on Monday, July 16 from 10 a.m. to 2 p.m. at the Recreation Center. For an appointment, sign up online at www.militarydonor.com and use sponsor code APGMD.

9TH AML TO DEACTIVATE JULY 16

The community is invited to witness the casing of the 9th Area Medical Laboratory colors during the Unit Deactivation Ceremony to be held 10 a.m. at Top of the Bay July 16.

The 9th AML boasts a unique mission within the Department of Defense as one of two sophisticated mobile laboratories in the AMEDD inventory. Deploying worldwide at a moments' notice as a unit or by task-organized teams, its highly-trained members perform surveillance, confirmatory analytical lab testing and health hazard assessments of environmental, occupational and endemic disease concerns, in addition to chemical, biological, radiological, nuclear and explosive threats.

The 9th AML monitored U.S. installations to determine the extent of contamination and health impacts to the affected population following the March 2011 earthquake and tsunami that decimated cities and farmland in the northern part of the country.

"The 9th AML prides itself on its technical knowledge and expertise ... and has worked hard this past year with the Public Health Command to increase our Force health Protection capabilities," said 9th AML unit commander, Col. Rachel Armstrong.

For more information, contact Spc. Tara Newman at 410-278-2836 or 817-629-2204.

TUESDAY - THURSDAY JULY 17 - 19 & 24 - 26 ABERDEEN TENNIS PROGRAM

Aberdeen Board of Parks and Recreation is sponsoring Junior, Beginner and Intermediate tennis lessons for youths ages 6 - 16. The classes will be held at the Aberdeen High School tennis courts Tuesday through Thursday; Friday will be used for make-up days in case of rain. The fee is \$25 for one week or \$40 for two weeks beginning July 17. Registration is required. For more information, contact Chuck Vickers at 410-272-3103 or 443-866-5125.

TUESDAY JULY 24 C4ISR HEALTH FAIR SET

The APG 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 screenings and nutrition, tobacco cessation and weight management activities. Representatives from FMWR; 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.

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 Jobs at 410-436-4429.

DOD TO MARK 59TH ANNIVERSARY OF KOREAN WAR ARMISTICE

The Department of Defense 60th Anniversary of the Korean War Commemoration Committee has announced efforts to reach out to Korean War Veterans and their families across the country and encourage them to join a commemorative program celebrating the 59th anniversary of the signing of the Korean War Armistice.

The program, titled Heroes Remembered, is open to the public and takes place 9 a.m. at Arlington National Cemetery, Va.

Korean War veterans, Family members, and friends interested in attending the event can RSVP online at <http://koreanwar.defense.gov/july27rsvp.html>.

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, 410-436-5501 or Carmela R. Wilson-Styles, Carme-

la.r.wilson-styles.civ@mail.mil, 443-395-4771.

JOB FAIR AND EXPO

Meet with top companies seeking active duty, guard, reservists, transitioning veterans and college students at the American Legion, 44 North Parke St., Aberdeen from 10 a.m. - 3 p.m.

Maryland Department of Labor and Licensing representatives will be there to help you with your job search. The Maryland Department of Veterans Affairs will also be there to answer questions concerning Medical, VA services, education benefits and more.

For more information, call 301-363-8533 or go to www.vetopps.com.

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.

WEDNESDAY AUGUST 22 APG'S SENIOR MANAGERS ASSOCIATION LUNCHEON

The Senior Managers Association is a newly created association established as a networking forum for GS 14/15s (and other pay system equivalents.)

Guest speaker will be Ms Monique Ferrell, (SES) Deputy Auditor General, U.S. Army Audit Agency, speaking on the topic "Can you hear me now?"

R.S.V.P. by August 20 to
POC: Eugene L. Vickers
410-436-0807
Alt POC: Cecilia Magee
443-395-8165

TUESDAY SEPT. 25 HCC OFFERS ROMETRIP

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 or any of the instructors for enrollment application.

ONGOING REGISTER FOR HCC CLASSES ON APG NORTH

Harford Community College operates a full service education office in Building 4305, the Janet Barr Soldier Support Center, on APG North. The office on APG is open Monday through Thursday and alternate Fridays from 9:00 AM to 5:00 PM. Services are available to all members of the community. Information may be obtained by calling 410-272-2338.

Registration is ongoing for the following fall semester classes on APG North:

EDUC 110, Infant and Toddler Development, Wednesday evenings, 6:30 - 9:20 PM, September 5th through December 12th

ECON 101, Macroeconomics, Monday and Thursday evenings, 6:00 - 8:50 PM, September 5th through October 22nd

BA 109, Principles of Management, Tuesday and Thursday evenings, 6:00 - 8:50 PM, September 4th through October 19th

ENG 101, English Composition, Tuesday and Thursday evenings, 6:00 - 8:50 PM, September 4th through October 19th

Term II class starting October 23rd include ECON 102, Microeconomics; BA 246, Legal Environment of Business; ENG 102, Composition and Literature, and BA 210, Business Computer Applications.

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 or contact the association's secretary-treasurer, Bob Haynes, at 2idahq@comcast.net or (224) 225-1202.



MORE ONLINE
More events can be seen at www.apgnews.apg.army.mil/calendar.

APG 2012 summer concert highlights

Continued from Page 1

BOSTON

Centered on guitarist, keyboardist, songwriter and producer Tom Scholz, the band Boston is a staple of classic rock radio playlists. Boston's best-known works include the songs "More Than a Feeling," "Peace of Mind," "We're Ready, Foreplay/Long Time," "Rock and Roll Band," "Smokin'," "Don't Look Back," and "Amanda."

They have sold more than 31 million albums in the United States. Distinguished for their ability to perform live with no pre-recorded materials, Boston concerts are celebrated for their crowd-pleasing showmanship and high energy.

Members include Gary Pihl, lead guitar; Tommy DeCarlo, vocals, percussion, keyboards; David Victor, vocals, guitar; Tracy Ferrie, bass guitar; Curly Smith, drums.

KANSAS

Kansas' first public statement appeared on their self-titled album in 1974, "From the beginning, we considered ourselves and our music different and we hope we will always remain so." Little did this legendary rock group realize that back in the early '70s, what "seemed to be different," was actually ahead of its time.

From the beginning, Kansas achieved success by playing only their original music. This "garage band" from Topeka was discovered by Wally Gold who worked for Don Kirshner, and released their first album in 1974.

The band has produced eight Gold albums, three sextuple-Platinum albums (Leftoverture, Point of Know Return, Best of), one platinum live album (Two for the Show) and a million-selling gold single, "Dust in the Wind."

Kansas appeared on the Billboard charts for over 200 weeks throughout the '70s and '80s and played to sold-out arenas and stadiums throughout North America, Europe and Japan. In fact, "Carry On Wayward Son" was the #2 Most Played Track on classic rock radio in 1995 and went to #1 in 1997.

GRAND FUNK RAILROAD

Terry Knight and The Pack
The story of Grand Funk Railroad begins in the 1960s; the place is the working class, auto industry town of Flint, Michigan.

Richard Terrance Knapp (who later changed his name to Terry Knight) was a popular Flint / Detroit disc jockey. He soon tired of radio, and decided to enter the music end of the business.

Terry dee-jayed at record hops with a

local band named "The Jazz Masters," which consisted of Don Brewer (drums), Al Pippins (guitar), Bob Caldwell (keyboards), and Herm Jackson (bass). Soon he asked to join the band as lead singer. Because of his radio connections, the band readily agreed. To sound more "English," they renamed themselves "The Pack."

After about a year, they developed a large following, and became known as "Terry Knight and The Pack." Herman Jackson was drafted, and was replaced by a local kid named Mark Farner.

In 1968, Mark and Don decided to leave and form a new band of their own. They renamed themselves "Grand Funk Railroad," inspired by a Michigan landmark, "The Grand Trunk Western Railroad."

Terry Knight then became their manager.

After a wildly successful performance at the Atlanta Pop Festival on July 4, 1969, the band landed a recording contract with Capitol Records. In 1970 they had sold more albums than any other American band, and went on to break the Beatles' record at Shea Stadium in 1971, selling it out in 72 hours.

Sometime during/after the recording of "E Pluribus Funk," it was decided to

replace Terry Knight with Andy Cavaliere as manager. The next few years were spent in litigation over the rights to the name "Grand Funk Railroad" and song royalties. The band got to keep its name, but little else.

During this time, the band recorded the album "Phoenix," which they produced themselves, and added a keyboardist, former "Fabulous Pack" member, Craig Frost. Although not yet an official member, Craig added an extra element into the GFR sound, which would continue for the remainder of the 1970s.

The American Band

The next two albums, "We're An American Band" and "Shinin' On," produced by Todd Rundgren, would introduce GFR to the AM radio audience, and begin a succession of top 40 hits.

Jimmy Lenner (Raspberries, Kiss, Three Dog Night) produced their next few albums, including the final Capitol release "Born to Die," which many thought would be the last GFR album.

One more album was recorded with the original members on MCA records. "Good Singin' Good Playin'," produced by Frank Zappa, and is considered their finest by many fans.



Land of the Brave

(From left) Former military from Marine Corps League Harford County Detachment #1198 Charles Warnes, Ken Phillips and Mike Gnall chat with APG and CECOM commander Maj. Gen. Robert S. Ferrell before the Bel Air Independence Day Parade July 4. For more photos visit <http://www.flickr.com/photos/usagapg/>.

Photo by Rachel Ponder

Meet a NAF Human Resources Assistant

Aamber Lee is Non-Appropriated Funds Human Resources assistant. Employed by the U.S. Army Civilian Human Resources Agency, Lee provides assistance and services to Morale, Welfare, and Recreation personnel and prospective employees.

Some of Lee's responsibilities include in- and out-processing employees, posting job announcements, explaining employee benefits, making job offers, processing personnel transactions, rating applications, assisting MWR management and employees with guidance, advice and more.



Aamber Lee
NAF Human Resources Assistant

"We do staffing from beginning to end," she said. "Every day is different." Lee said that the NAF Office, which is comprised of six employees, han-

dles all the HR functions for 500 MWR employees that work at APG and that the team works closely to manage the high volume of work.

"We work very hard," Lee said. "I love my co-workers. We make a great team."

Lee said that since the beginning of this year, the NAF Office starting using USA Staffing, which means that all applicants must apply for NAF jobs through www.usajobs.com. She said that although the NAF Office no longer accepts applications in person, they are available to answer questions, if needed. Information and job announcements are also posted in the lobby of the NAF Office.

"This is big change for our applicant pool," she said. "It is a learning process.

We are big on customer service here and we are happy to help. We want to make sure everyone understands and is comfortable using the system."

Lee who has an associate's degree in political science from Harford Community College, said that she was drawn to the job because she loves working with people and likes the fast-paced environment. She has worked in this position for two years.

"I learn something new every day," she said.

The NAF office is located on the lower level of Building 305, on Longs Corner Road. Customers can call Lee at 410-278-8992, or e-mail her at aamber.c.lee.naf@mail.mil. Office hours are 8 a.m. to 4 p.m. Monday through Friday.

New PTSD treatments researched

Continued from Page 5

means you have PTSD.

It's the same thing around the Army, he said. For instance, the Army has Soldier Resilience Centers as the places to go for mental health issues.

"Soldiers know that's where mental health is. They know you go there if you have a mental health problem. You're not going there to build your resilience; they know this," he said.

It's not going to reduce stigma, he said, and it's not going to fool anybody.

Changing the "D" to an "I", isn't going to help the Soldier, at all. It doesn't make the problem go away by calling it an injury.

More than stigma

"It's not just stigma. We talk about it like its stigma, but it's really more than stigma. We are looking at ways to reduce stigma without suggesting changing the name from PTSD to PTSD, or whatever you would call it," he said.

Castro said they've discovered things that have nothing to do with stigma. It has to do with the culture within America and within the Army. And what is that culture? It's one of self-reliance and self-improvement.

"Fix it yourself. Don't look for me to fix it. I mean, what is the number one genre of books? Self-help books. So a lot of Soldiers try to cure themselves. They rely on their own ability and we encour-

age that as a society and as a military. Take care of yourself, take care of your buddy," he said.

He said mixed signals are being sent. Culture is saying "take care of yourself," and the Army is saying, "look, you can't take care of yourself, you need to come in and get some help."

Additionally, he said, a lot of people do not believe in mental health. They don't believe that psychologists and psychotherapy is beneficial or will help them.

"That has nothing to do with stigma. Those two things I just described have nothing to do with stigma, at all. It has to do with one's personal attitudes and beliefs about themselves and their own personal responsibility, and also how they believe others can help them," Castro said.

There's a large percentage of Soldiers and veterans who won't get help because of those two reasons, he said. It has nothing to do with, "I think someone will think less of me if I get help."

"That's part of it, I'm not saying that's not an important aspect, it is, but it's not the whole story. There's no simple solution," he said.

Congress funds medical research and development

DOD is making progress in PTSD research, Castro said.

"Ten years ago, I think most people would be appalled that we hadn't already done those studies. I know I was surprised that we hadn't done them."

Castro said if people are really honest with themselves, nobody thought these wars were going to last this long, so nobody really felt the need to energize and make changes.

"Finally we started changing when we realized we can no longer say the war is going to end any day because it hasn't ended in the last five years and if you really look at when funding started being provided for medical research and development, or R&D, and when people started changing, it was about five years ago," he said.

The first time medical R&D received any big increases in its budget was when a congressional special interest group gave \$301 million in fiscal year 2007.

Multi-year timeline begins

"The money was appropriated in fiscal year 2007. We didn't get the money in our command until 2008. So then we had to do program announcements, do selections, before I even got into this job," he said.

Castro said it took another six or seven months to select the proposals, and then it took another year to get them on contract, and awarded on grants or

cooperative agreements, or whatever the mechanism, and then it took the investigators a year, two years, to get human use review approvals.

"So now we're at 2010, and they're doing their two- and three-year studies right now, and the findings are just coming in," Castro said, adding he expects many proposals to end this year and early into next year.

He's not trying to make excuses, Castro said, this is just how long things take, even though some people have ideas on how to make it go faster.

"Anytime you take a shortcut, you end up spending more time and money than if you had just done it the right way. So I don't take shortcuts. I don't let any of my staff take shortcuts. I won't take a shortcut," he said. "We're going to do this by the numbers and by the numbers means, we're going through the proper procedure for selecting the proposal and we award the money."

Castro has 20 years of research experience conducting field studies at Walter Reed Army Institute of Research.

"I believe our service members deserve the highest quality, evidence-based care we can give them, so I don't support programs that have not been validated and fielded," he said.

"I love what I do," he said. "We're really making great progress."

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 info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Patricia Adams
Audrey Alba
Lovita Britton
Roberta
Brown-Thurman
(Fort Huachuca)
Olivia Burnette
Kimberly
Carns-Lambert

Elizabeth Clein
Timothy Compton
Victoria Cwiertnie
Gregory Czechowicz
Melissa Dixon
Meg Downey
Francis Dull
Joanne Eberhardt

Karean Edwards
John Eppinger
Juanita Galarza-Cerreto
Shawn Heinlein
Sarah Ingram
Evelyn Johnson
Mark Johnson
Patricia McCormick

Robert Merritt
Mary Pettiway
Melissa Pitts
Panida Rimchala
Lisa Robinson
Pedro Rodriguez
Barbara Seker
Edwin Selby

Kathy Sereni
Melissa B. Smith
Deborah R. Smith
Linda Taronowski
Kimber Todd
Kimberly Trubia

Cyber attacks present real threat

Continued from Page 1

denial-of-service attack on Estonia virtually shut the nation down, he said, but that was just a transitory event in the evolution of cyber attacks.

“What I think we really need to be concerned about is when these transition from disruptive to destructive attacks -- and I think those are coming,” he said.

A destructive attack does not simply overload computers or networks -- it destroys data or software, and systems must be replaced to return to the status quo. “We’ve got to consider that those are going to happen,” Alexander said. “Those are coming up, and we have to be ready for that.”

The general stressed that deterring cyber attacks is more difficult than nuclear deterrence, noting that nation-

states, cyber criminals, hackers, activists and terrorists all pose threats. “So when you think about deterrence theory, you’re not talking about just nation-on-nation deterrence theory,” he said. “You have other non-nation-state actors that you now have to consider.”

An attack may originate in a country, Alexander said, but no one can really tell if it’s the nation, a criminal gang within the country or a lone hacker launching the attack.

Regardless of who initiates an attack, he added, the result could be the same. “You lose the financial sector or the power grid or your systems capabilities for a period of time,” the general said. “It doesn’t matter who did it; you still lose that. So you’ve got to come up with a defensive strategy that solves

that, from my perspective.”

The U.S. defensive strategy has to be a team approach, he said. “We want to get as many people as we can working together to solve this problem,” Alexander said.

The White House has led the governmental effort, spanning the Department of Homeland Security to the Defense Department to the FBI and beyond. And any protection -- to be effective -- must include the private sector, the general told the audience. This has caused hackles to rise, he acknowledged, with critics saying such efforts are an invasion of privacy. But, Alexander said, it can be done while protecting civil liberties.

“If the critical infrastructure community is being attacked by something, we

need them to tell us at network speed,” the general said. “It doesn’t require the government to read their mail or your mail to do that. It requires them -- the Internet service provider or that company -- to tell us that that type of event is going on at this time. And it has to be at network speed if you’re going to stop it.”

Cyber runs at the speed of light, Alexander noted, and human reaction times are simply not fast enough to react.

“Maybe we could do this in real time and come up with a construct [in which] you and the American people know that we’re not looking at civil liberties and privacy, [but] we’re actually trying to figure out when the nation is under attack and what we need to do about it,” he said.

Heat stress can be life threatening

Continued from Page 1

electrolyte solutions such as Gatorade during the day and try eating more fruits like bananas.

Heat Exhaustion

Heat exhaustion is more serious than heat cramps. In heat exhaustion, the surface blood vessels and capillaries which originally enlarged to cool the blood collapse from loss of body fluids and necessary minerals. This happens when you don’t drink enough fluids to replace what you lose through perspiration.

The symptoms of heat exhaustion include: headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, impaired judg-

ment, loss of appetite, hyperventilation, tingling in hands or feet, anxiety, cool moist skin, weak and rapid pulse (120-200), and low to normal blood pressure.

Somebody suffering these symptoms should be moved to a cool location such as a shaded area or air-conditioned building. Have them lie down with their feet slightly elevated. Loosen their clothing, apply cool, wet cloths or fan them. Have them drink water or electrolyte drinks. Try to cool them down, and have them checked by medical personnel. Victims of heat exhaustion should avoid strenuous activity for at least a day, and they should continue to drink water to replace lost body fluids.

Heat Stroke

Heat stroke is a life threatening illness with a high death rate. It occurs when the body has depleted its supply of water and salt, and the victim’s body temperature rises to deadly levels. A heat stroke victim may first suffer heat cramps and/or the heat exhaustion before progressing into the heat stroke stage, but this is not always the case. Heat stroke is sometimes mistaken for heart attack. It is therefore very important to be able to recognize the signs and symptoms of heat stroke which include a high body temperature (103 degrees F); a distinct absence of sweating (usually); hot, red or flushed dry

skin; rapid pulse; difficulty breathing; constricted pupils; any/all the signs or symptoms of heat exhaustion such as dizziness, headache, nausea, vomiting, or confusion, but more severe; bizarre behavior; and high blood pressure. Advance symptoms may be seizure or convulsions, collapse, loss of consciousness, and a body temperature of over 108° F.

It is vital to lower a heat stroke victim’s body temperature. Seconds count. Pour water on them, fan them, or apply cold packs. HEAT STROKE IS A MEDICAL EMERGENCY.

Call 911 and get an ambulance on the way as soon as possible.

Olympic Sports Day events sign-up close soon

Continued from Page 1

everything from bouncy houses, K9 demonstrations and bowling to arcade games and swimming. Event locations include Shore Park, Fanshaw Field, the recreation center and gym, Shine Field, CYSS Field and the bowling alley.

Cavaliere called Olympic Sports Day a unique opportunity for APG employees.

“The workforce, as a whole, doesn’t get the opportunity often to step away from their busy schedules and gather for a day

of fun outside the office,” he said. “July 26 is that day, and we’re hoping as many people as possible will take time to enjoy the fun.”

An 8 a.m. formation on Fanshaw Field, followed by the national anthem and invocation, will kick off the daylong event.

CECOM and APG Commander Maj. Gen. Robert Ferrell and CECOM Command Sgt. Maj. Kennis Dent will speak to those gathered before the 9 a.m. start of the

games and competition.

Cavaliere said water and shade tents will be provided for attendees at several locations, and lunch will be served between 11 a.m. and 2:30 p.m. at Shore Park.

Attendees and participants will return to Fanshaw Field for a 3:15 p.m. awards ceremony, where individual and unit awards will be presented.

For more information, contact your unit representative.



Strong Bonds available for couples, single Soldiers

Continued from Page 1

Strong,” said Chaplain (Maj.) Fred Townsend, APG chaplain resource manager. “They know that Army Strong equals strong families, and one does not occur without the other. This is a gift back to the Soldiers and their families for the sacrifices that they make.”

The Strong Bonds program, which has been offered at APG since 2008, has expanded to address the needs of single Soldiers. According to www.strongbonds.org, about 50 percent of the Army’s Soldiers are single and most will get married while on active duty. The Strong Bonds program teaches Sol-

diers how to examine priorities, manage mate choosing patterns and how to evaluate a relationship’s potential for long-term success.

“We want to break through the mindset that this training is just for married couples,” Townsend said. “This training is very useful for singles. It will teach them what mistakes to avoid and how to be better communicators.”

During the conference, attendees will view the “Laugh Your Way to a Better Marriage” DVD seminar featuring Mark Gungor, which addresses all issues concerning life, love and marriage in a humorous, yet insightful way. Chap-

lains will also lead group discussions and participants will take some online self assessments.

“I believe that anyone can benefit from this conference,” Townsend said. “It will give participants a better understanding of who they are, their spiritual DNA.”

Townsend added that earlier this year the chapel provided the seminar on a monthly basis to civilian couples.

“We had a great turnout,” he said. “They loved it.”

“Men typically don’t want to come to marriage training,” said the Main Post Chapel’s noncommissioned officer in

charge Sgt. 1st Class Elijah Mack, who will also serve as an instructor during the seminar. “Mark Gungor uses humor to break down the walls. This seminar reaches out to men and women and gets them thinking.”

Soldiers who decide to attend the conference must request “Permissive TDY” by completing a DA31 Form, submitted through their chain-of-command. To register, call Joyce Wood at 410-278-4333. A confirmed registration packet will not be handed out until a signed copy of DA 31 Form is provided and an “Agreement to Attend” is signed in person at the Main Post Chapel, building 2485.

Get close to the wildlife at the Maryland Zoo

Story and photos by
RACHEL PONDER
APG News

Feed a giraffe, ride a camel, pet an African pygmy goat and come face-to-face with a hellbender salamander. You can do all this and more at the Maryland Zoo, located in Druid Hill Park in Baltimore.

The zoo covers more than 160 acres and is home to more than 1,500 birds, mammals, amphibians and reptiles, representing nearly 200 species.

The Maryland Zoo, formerly known as the Baltimore Zoo, was founded in 1876, and is the third oldest zoo in the United States. Whether with Family, friends, or by yourself, a visit to the Maryland Zoo has plenty to see and do. The zoo offers plenty of interactive activities geared to all age groups. Visitors also get a chance to talk with expert zoo keepers about the animals during “keeper chats,” scheduled daily. The zoo provides ample shade, misting fans and seating areas for relief from the summer heat.

The African Journey, the largest part of the zoo, features a wide range of animals, like chimpanzees, elephants, cheetahs, okapis, warthogs, and zebras that originate from Africa. Here you will also see the largest captive population of African black-footed penguins in North America. In this area guests can also feed and interact with the zoo’s giraffes and take a ride on a camel for a small fee.

The Maryland Wilderness section highlights plants and wildlife that are native to Maryland. Explore a life-size model of a cave, featuring more than a dozen small exhibits including bats, snakes and newts. Last summer the Maryland Zoo added an Eastern hellbender salamander exhibit to the Maryland Wilderness section. Often referred to as snout otters, devil dogs or Allegheny alligators,

fully-grown hellbenders can weigh up to five pounds and measure approximately two feet in length as the third largest salamander in the world. Another popular attraction in the Maryland Wilderness section is the “Kid Zone,” a petting zoo that features African pygmy goats and Nubian goats.

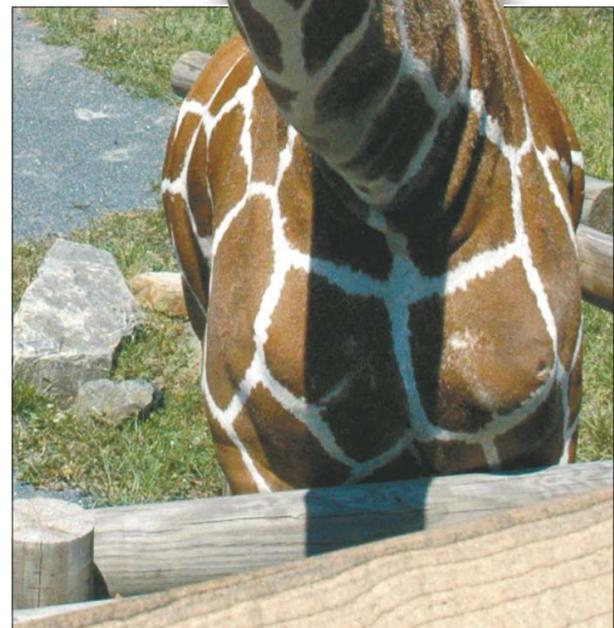
Guests can also observe polar bears swimming or relaxing on rocks at the Polar Bear Watch section of the zoo.

In addition to the viewing the exhibits, guests can climb aboard the Jones Falls Zephyr, which takes visitors on a scenic 10-minute train ride.

If you go

The Maryland Zoo in Baltimore operates a free shuttle between Baltimore’s Inner Harbor and the zoo 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, zoo admission prices, and to learn more about the Maryland Zoo visit www.marylandzoo.org.

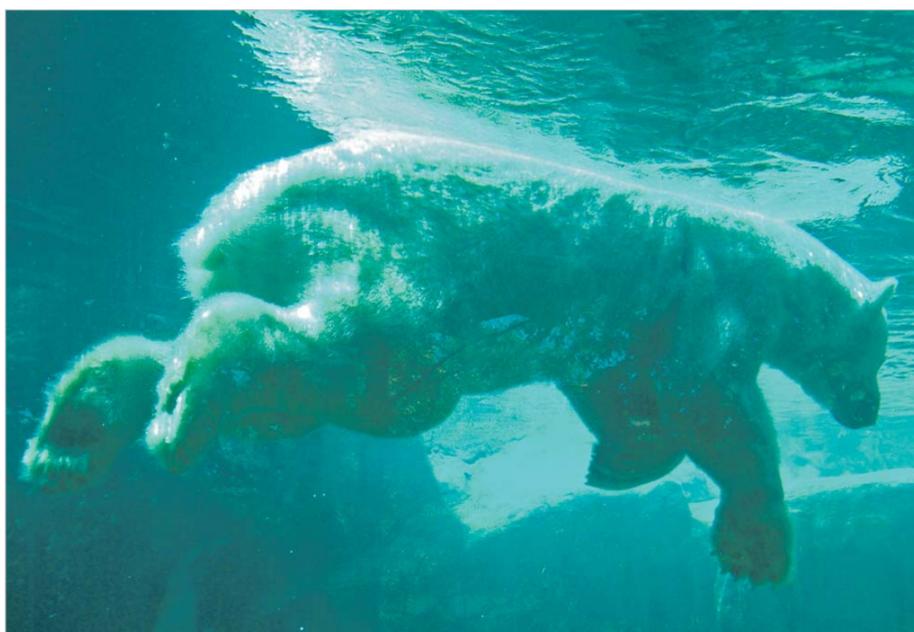
Family and Morale, Welfare and Recreation patrons can purchase tickets to the Maryland Zoo at reduced prices from the MWR Leisure Travel Center, located in the APG North recreation center, Bldg. 3326. Tickets are \$10 for adults and \$8.25 for children ages 2-11 years old. Prices are subject to change without notice. Call 410-278-4011/4907 for more information.



Guests can feed and interact with the zoo’s giraffes.



Matthew Bunn, a visitor from North Carolina, enjoys spending time in the “Kid Zone” a petting zoo that features African pygmy goats and Nubian goats.



A polar bear stays cool in the summer heat by taking a swim.



Joanna Hildebrand, a zoo volunteer, shows visitors a gopher tortoise.