



Photo by Rebecca Nappi

(From left) Jeffrey Weiss, Col. Jonas Vogelhut and Lt. Col. Larry Glidewell during the change of charter ceremony for PM MC's Fire Support Command and Control.

## Fire Support Systems leadership changes hands

By **KATHRYN BAILEY**  
PEO C3T Staff Writer for PM MC

Fire Support Command and Control (FSC2) welcomed Lt. Col. Larry Glidewell as its new leader during a change of charter ceremony on July 17 at the Myer Auditorium. Glidewell assumed the role of Product Director (PdD) from interim PdD Jeffrey Weiss, a longtime government employee and expert on fires

systems. FSC2 is assigned to Project Manager Mission Command (PM MC) and is located at the C4ISR Center of Excellence campus.

FSC2 provides the U.S. Army, Joint and Coalition Commanders with the capability to plan and execute the delivery of both lethal and non-lethal fires.

"This has been a great organization for three decades," said Col. Jonas Vogelhut, Project Manager for MC, who presided

over the ceremony. "The products fielded by FSC2 touch the lives of so many Soldiers."

Maj. Gen. N. Lee S. Price, Program Executive Officer for Command, Control and Communications-Tactical (PEO C3T), PM MC's headquarters, and William "Bill" Sverapa, Deputy Program Executive Officer for C3T, attended the ceremony.

See **GLIDEWELL**, page 10

## New virtual portal connects Army command worldwide

By **EMILY GEE**,  
PEO C3T MilTech Solutions

The U.S. Army Communications-Electronics Command (CECOM) recently implemented an innovative Microsoft SharePoint portal for its workforce, which will centralize command data and applications to a single location for the first time.

Not only will the new capability enable the reorganization and management of its data dealing with the life-cycle support of communications-electronics systems across the Army, but it will also connect more than 13,000 CECOM employees worldwide.

"The command now has a collaboration tool that the entire workforce is able to use," said Patricia O'Connor, CECOM's Chief Information Officer. "It also serves as a good communications tool to get the word out on what's critical to everyone in the organization at the same time."

The portal was recently announced to the workforce at a command-wide town hall meeting hosted by Maj. Gen. Robert S. Ferrell, CECOM Commanding General, at Aberdeen Proving

See **NEW**, page 10



Photo by Rachel Ponder

## KUSAHC celebrates primary care clinic renovation completion

(From left) the Commander of the Fort Meade U.S. Army Medical Activity and Kimbrough Ambulatory Care Center Col. Danny B. N. Jaghab; APG Senior Leader Maj. Gen. Robert S. Ferrell; Kirk U.S. Army Health Clinic Commander Lt. Col. Ellen S. Daly; and APG Garrison Commander Col. Gregory R. McClinton participate in a ribbon cutting ceremony celebrating the opening of KUSAHC's fully renovated primary care clinic July 23. After the ribbon cutting Ferrell, Daly and McClinton signed the Army Medicine Health Care Covenant, representing KUSAHC's commitment to quality health care for Soldiers and their Families. Guided tours of the renovated facility were also provided.

## Employees take advantage of C4ISR Health Fair benefits

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

The benefits of adopting healthier lifestyles were evident for many visitors during the July 24 health fair at the C4ISR Center of Excellence Campus.

Organized by the C4ISR Wellness Committee; the APG Community Health Promotion Council; Kirk U.S. Army Health

Clinic and the U.S. Army Public Health Command, the fair participants and organizations sent the message that APG really cares about its people, according to one employee.

"Health is something we all take for granted," said Ray Schultze of CERDEC. "APG is taking a step forward and keeping the public educated. It's very impressive to see our orga-

nizations taking an interest in our health."

His wife, Christine Schulze of ARL, said she enjoyed the vision check even though she doesn't wear glasses.

"It still gives you good information that you might need to follow up on," she said.

The event included health screenings and displays from

See **HEALTH**, page 8



(From left) Lee Benysek of CERDEC gets his blood pressure checked by Spc. Melissa Ito of Kirk U.S. Army Health Clinic during the July 24 health fair in the Myer Auditorium at the C4ISR Center of Excellence Campus.

### WEATHER

Thurs.



96° | 79°

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



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### DON'T MISS IT!

Get **UPDATES** and provide **FEEDBACK** on issues affecting you during the **Installation Aug. 2 from Town Hall 10:30 a.m. to noon** at the post theater.

Read the **MARK YOUR CALENDAR**, Page 6, to find out more about this and other events on and around APG.

### ONLINE

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### MORE INSIDE

Local quilters bring comfort **PAGE 5**  
Blood drive surpasses goal **PAGE 11**

# STREET TALK

**Are you planning to attend Olympic Sports Day? What events will you participate in?**

“I plan to play volleyball. We already have a team ready to play. I used to play a little basketball and softball so we’ll see how this goes.



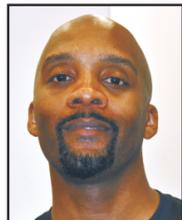
**Drew Gill**  
CECOM

“I’m thinking about it but I have to check my schedule for Thursday. If I do, I’ll probably go for a running event.



**Diana Reeves**  
ATEC

“I’m running in the 4x2 1/2-mile relay. We have a team of four put together, and we’ve practiced several times. I think we’ll do well.



**Charlie Boyd**  
CECOM-LRC

“I’ll be playing volleyball. We put a team together and we haven’t had a lot of time to practice but I think we’ll be fine. Anyway, it’s all for team camaraderie and having fun. That’s what I’m looking forward to.



**Renesha Robinson**  
CECOM-LRC

# HEALTHY LIVING

## DoD leads drive toward healthier lifestyles

By **LISA DANIEL**  
*American Forces Press Service*

The Defense Department is taking a leading role in a government wide effort to stop the nation’s obesity problem, Barbara Thompson, the director of Department of Defense’s Office of Family Policy/Children and Youth, said.

DoD is one of 17 federal departments and agencies working together to identify opportunities for promoting healthy living as part of the White House’s National Prevention Council strategy, she explained.

“One part of that is preventing obesity,” Thompson told American Forces Press Service and The Pentagon Channel. “It has a huge impact on our quality of life, both for children and adults.”

Thompson noted a national increase in Type II diabetes and cardiovascular disease, believed caused by increased fat, salt and sugar in Americans’ diets at the same time that many children are less active than in previous generations. There was a 40 percent rise in childhood obesity between 1998 and 2008, she said.

The shift toward healthier foods and less exercise has developed over the past 30 years or so, and is having a huge impact on health, healthcare costs, and national security, Thompson said. “For the first time, we’re hearing that this generation will not live longer than their parents.”

The Bipartisan Policy Center, a Washington-based think tank, issued a major report last month, “Lots to Lose,” written by two former Agriculture secretaries and two former Health and Human Services secretaries that includes a case study of DoD initiatives to counteract obesity, Thompson noted.

DoD’s spending on healthcare is rising at twice the rate as the civilian sector and “unhealthy lifestyles and obesity, in particular, are significant contributors to this trend,” the report says. It has reached \$50 billion annually, taking up 10 percent of the overall defense budget.

The trend is wreaking havoc on the services’ ability to recruit, creating a national security imperative, Thompson said, with only 25 percent of 17- to 24-year-olds able to meet the military’s weight standards. The majority of applicants rejected for military service today have obesity issues, she said.

In 2010, 59 percent of female recruits and 47 percent of male recruits failed the military’s entry-level fitness test, the report says.

Of those recruited, the services are seeing large increases in service members with bone fractures, thought to be the result of calcium deficiencies, and so many dental problems that 62 percent of new soldiers were not immediately deployable, the report says.



### Preventing childhood obesity

Thompson’s office instituted a “5-2-1-0” policy for the department’s schools and childcare centers, as well as civilian partners that serve National Guard and Reserve children. The numbers represent five servings of fruits and vegetables, restricting “screen time” -- TV and computers -- to two hours each day, ensuring one hour of exercise daily, and allowing no sweetened beverages.

“Policy is one of the most powerful tools we have to implement change,” Thompson said. “We’re sharing those lessons learned with civilian community.”

“The bottom line is that we have to make healthy options available and affordable. And parents need to know how important fruits and vegetables are -- and small serving sizes.”

Thompson’s tips for curbing obesity include:

- Eliminate sweetened beverages, including juices;
- Practice portion control;
- Advocate for your children;
- Ask teachers to reduce sweets in the classroom;
- Get the nutritional information for school menus and ensure that they are healthy;
- Ask grocery store managers to move sugary foods higher than eye level to young children;
- Exercise as a family;
- Cook and eat meals as a family;
- Breastfeed;
- Grow a garden, or encourage your installation to start community gardens;
- Make fruits and vegetables more appealing to children by offering a variety of color and textures; and
- Don’t stop serving a healthy food because children refuse to eat it; it can take many times of seeing it on their plate for them to adjust to the taste.

Also, Thompson said, limit electronics, not only because they make kids sedentary, but also because of the

advertising. The food industry spends \$10 billion annually in marketing food -- most of it high in salt or sugar -- to children, according to the “Lots to Lose” report.

As part of her “Let’s Move!” campaign to end obesity in a generation, First Lady Michelle Obama has asked food companies with advertising aimed at children to make their products healthier. Last month, Walt Disney became the first to introduce new standards for food advertising to kids. All foods marketed on Disney’s television and radio channels will be required to meet Disney’s nutrition guidelines -- which align with federal standards to promote fruit and vegetables and limit calories, sugar, sodium, and saturated fat -- by 2015, Disney officials said.

### Preventing obesity in service members and families

The military is working to help service members and their families stay healthy. The Military OneSource website, [www.militaryonesource.mil](http://www.militaryonesource.mil), offers health coaches for adults and teens to help with weight management and to meet their overall health goals, Thompson said.

And, the first lady’s “Joining Forces” campaign recently announced that health clubs that are part of the International Health Racquet & Sportsclub Association are offering free memberships to immediate family members -- teens and older -- of deployed reservists and National Guard members. Clubs may provide additional benefits such as childcare, children’s programming, group classes, discounts for veterans, and discounts for active duty families. Participating clubs can be found at [www.healthclubs.com](http://www.healthclubs.com). Also, the American Council on Exercise is offering free training and fitness instruction to family members of deployed reservists and National Guard members. Participating instructors can be found at [www.acefitness.org/joiningforces](http://www.acefitness.org/joiningforces).

If the government wide efforts and those in DoD seem like a lot just to make Americans healthier, that’s the point, Thompson said.

“We all have to be in this together,” she said. “This is going to take a national effort to change these habits that have been ingrained in us for the past 40 years.”

“We all have to be in this together. This is going to take a national effort to change these habits that have been ingrained in us for the past 40 years.”

**Barbara Thompson**  
DOD’s Office of Family Policy/Children and Youth, director

## APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
96°   79°	92°   75°	84°   69°	89°   72°	89°   74°	85°   74°	86°   74°

# APG NEWS

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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](http://www.apgnews.apg.army.mil)



Gen. Lloyd J. Austin III, while serving as the commanding general for United States Forces-Iraq, in 2011, coined Sgt. Tara De la Fuente of the 4th Sustainment Brigade, 310th Expeditionary Sustainment Command. Now serving as vice chief of staff of the Army, Austin will tour the six Army installations, July 23-27, to assess the health of the force.

## Army leaders to conduct ‘health of the force’ visits at 6 installations

By **LT. COL. SOPHIE GAINEY**

*Army News Service*

Army senior leaders, led by Vice Chief of Staff of the Army Gen. Lloyd J. Austin III, will tour several Army installations this week to assess the health of the force.

During the week-long tour, Austin, along with Sgt. Maj. of the Army Raymond F. Chandler III; Surgeon General of the Army Lt. Gen. Patricia Horoho; and Lt. Gen. Michael Ferriter, commander, U.S. Army Installation Management Command, and assistant chief of staff for installation management, will look at programs, services, resources and best practices pertaining to the health of the force.

“The health of the force remains our top priority,” Austin said. “We are continuing to make progress in many areas and that is largely a reflection of leader involvement. That said, we recognize that we still have a lot of work to do and we must keep getting better.”

The week-long trip, Austin said, is an effort to see firsthand the impact of

Army best practices, and to also see where the Army may need to apply more resources or affect policy changes.

During the trip, the group will take a look at the Integrated Disability Evaluation System process, installation-level programs and services specific to suicide prevention, Wounded Warrior care efforts, sexual assault and harassment programs, and additional health and discipline-related issues.

The tour of Army installations includes Fort Bragg, N.C.; Fort Hood, Texas; Fort Riley, Kan.; Fort Benning, Ga.; Fort Stewart, Ga.; and Fort Gordon, Ga.

“We’re visiting these six installations because they represent a good mix of reserve component, corps, division and TRADOC units and they are home to large populations of Soldiers,” Austin said. “As such, we believe we can have the greatest impact in the shortest amount of time at these locations. Ultimately, the goal is to make our Army better and to ensure we’re providing quality care and support to our troops and Families.”

# Assumption of Responsibility

By **RACHEL PONDER**  
APG NEWS

Command Sgt. Maj. James Ervin assumed the role of the Aberdeen Proving Ground Garrison senior enlisted leader during an assumption of responsibility ceremony at the APG North (Aberdeen) recreation center July 17.

APG Garrison Commander Col. Gregory McClinton presided over the ceremony, passing the noncommissioned officer's sword to Ervin, symbolizing the assumption of responsibility.

McClinton welcomed Ervin and remarked that he is an experienced leader. Ervin previously served as the garrison command sergeant major at Fort Stewart, Ga.—home of the 3rd Infantry Division and the largest Army installation east of the Mississippi River.

“You have large boots to fill as garrison command sergeant major of an installation that boasts more than 20,000 military service members, civilian and contract employees,” said McClinton. “Technicians, scientists, Soldiers and mathematicians work side-by-side, day in and day out, to ensure state-of-the-art technology and cutting edge capabilities are utilized in support of our nation's defense.

“Fortunately, you are blessed with a well seasoned military and civilian workforce here at APG,” said McClinton. “I know that our Soldiers, the garrison staff and its directors, our tenant organizations and community partners will give you the same level of performance, respect and loyalty they are showing me.”

McClinton asked the audience to welcome Ervin, noting that except for sergeant major of the Army, there is no higher rank for enlisted Soldiers, and “there is no greater honor.”

“And I ask you, command sergeant major, to continue to prove yourself the tried and true leader that you are, for this garrison, for this installation, and for this community,” McClinton said.

Ervin said he was excited to assume this role and thanked McClinton for his words of encouragement.

“I assure you, sir, that I am here to stand side-by-side in support of our gar-

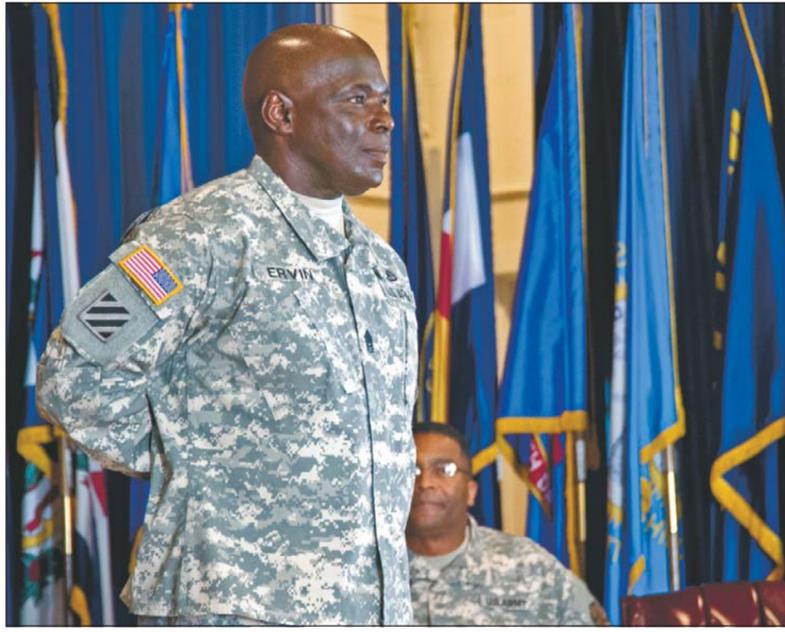


Photo by Sean Kief

**Incoming APG Garrison Command Sgt. Maj. James E. Ervin stands at parade rest after the passing of the noncommissioned officer's sword during the assumption of responsibility ceremony held at the APG North (Aberdeen) recreation center July 17.**

rison and Aberdeen Proving Ground as we continue to strengthen our role as one of the world's most significant research, development and testing centers,” Ervin said.

Ervin called APG a unique installation, noting that it provides base oper-

son command sergeant major, Master Sgt. John Cavaliere, who will return to the U.S. Army Research, Development and Engineering Command as the installation's senior career counselor.

During his speech, McClinton acknowledge Cavaliere's service to the garrison. “Let me take a moment to thank Master Sergeant Cavaliere, who has filled in as the interim command sergeant major since December 2011,” said McClinton. “He has done an outstanding job, exhibiting the traits of a true leader; he has been tireless and

always mission focused. This garrison is all the better for his willingness to serve.”

## **ABOUT CSM ERVIN**

A native of Florence, S.C., Ervin entered the Army in February 1983. He completed Basic Combat Training and Advanced Individual Training at Fort

Benning, Ga., as an Infantryman.

Some of Command Sergeant Major Ervin's previous assignments include: Team Leader for Company C, 1/5th Infantry, 25th Infantry Division, Schofield Barracks, Hawaii; Squad Leader with Alpha Company 5/16th Infantry, 1st Infantry Division, Fort Riley, Kansas; Supply Sergeant and Platoon Sergeant, Charlie Company 5/16th Infantry, 1st Infantry Division; Supply Sergeant and Platoon Sergeant, HHC Company, 5/16 Infantry, 1st Infantry Division, Property Book NCO with HHC, 1st Support Battalion, Multi-National Forces and Observers, Sinai, Egypt; Supply Sergeant with Combat Battery, 1/5 ADA, 3rd Infantry Division; Battalion Senior Supply Sergeant with HHC, 11th Engineer Battalion, 3rd Infantry Division; Supply First Sergeant, Alpha Company, Headquarters Command, 3rd Infantry Division; First Sergeant with Alpha Company, 3rd Forward Support Battalion, 3rd Infantry Division; and Sergeant Major for the Support Operations/Distribution Management Center with the 3rd Sustainment Brigade, Special Troops Battalion, 3rd Infantry Division.

Ervin's military education includes the Warrior Leader Course, Basic Noncommissioned Officer Course, Advanced Noncommissioned Officer Course, Battle Staff Course, the First Sergeants Course, the Air Force Senior Noncommissioned Officer Academy and a host of other military schools.

Ervin's awards include the Bronze Star Medal (2nd OLC), the Meritorious Service Medal (1st OLC), the Joint Service Commendation Medal, the Army Commendation Medal (7th OLC), the Army Achievement Medal (4th OLC), the Good Conduct Medal (7th Award), NATO Medal, the Global War on Terrorism Expeditionary Medal, the Global War on Terrorism Service Medal, the Multi-National Forces and Observers Medal, the Southwest Asia Service Medal, the Expert Infantryman's Badge, the Combat Action Badge, and the Noncommissioned Officer Professional Development Ribbon.

Ervin holds a bachelor of Science degree in Physical Education from Claflin University of Orangeburg, S.C. He also holds a Master of Arts in Management and Leadership from Webster University.

**I am here to stand side-by-side in support of our garrison and Aberdeen Proving Ground as we continue to strengthen our role as one of the world's most significant research, development and testing centers.**

**Command Sgt. Maj. James Ervin**  
Aberdeen Proving Ground Garrison senior enlisted leader

ation services to more than 90 tenant organizations and is one of the largest landlords in the Army.

“I look forward to the challenge of strengthening existing relationships and fostering new ones as we thrust ahead and stay focused on the one common goal: our Soldier,” Ervin said.

Ervin replaced APG's interim garr-

# Local quilters stitch token of appreciation, present handmade comforter to Wounded Warrior

By **SANDY GIBSON**  
ATEC

Inspired by a recent APG News article about a local Wounded Warrior, members of an APG South (Edgewood)-based quilting group crafted a special quilt for the former Soldier as a token of their respect and appreciation.

Former Edgewood Chemical Biological Center employees and Quilts for Heroes members Carol Hansen and Barbara Knapp arrived at the U.S. Army Test and Evaluation Command headquarters July 19 to present the handmade comforter to Kelly Keck, a retired Army staff sergeant, currently employed in the organization's Equal Employment Opportunity Office.

The ladies said they decided to present the quilt after reading about the specially-constructed home being built for him and his Family through the "Homes for Our Troops" program. [See the June 21 edition of the *APG News*]. Keck moves into the home in August.

"After reading about Kelly, we thought the least we could do was present him with one of our quilts," Knapp said.

Quilts for Heroes is a non-profit organization founded by Hansen in 2005. She said she founded the group in honor of her father and father-in-law, who both served at APG during World War II.

"Quilts throughout history have been presented to our wounded to comfort and honor them for their sacrifices," Hansen said. "We hope to present quilts to as many of our heroes as we possibly can."

She said the group, which has about 10 members, is for novice as well as experienced quilters. Members are active civilians or retirees, some of whom have been quilting for 30 years or more.

Some quilts are completed in less than a week while others can take up to a year. To date, the group has created and donated more than 200 quilts to Wounded Warriors in military and veteran hospitals around the region, including the



Photo by Yvonne Johnson

(From left) Carol Hansen and Barbara Knapp of Quilts for Heroes looks on as Wounded Warrior and ATEC civilian Kelly Keck and his daughter Zoya admire the quilt they presented Keck. ATEC Commander Maj. Gen. Genaro Dellarocco and Chaplain (Col.) David Hillis attended the presentation at ATEC headquarters July 19.

former Walter Reed Army Medical Center in Washington, D.C.

The one thing all the volunteers have in common, Hansen said, is the gratitude that they stitch throughout each quilt.

"Each quilt is unique in its own design, yet uniform in its singular purpose: to give comfort to a wounded American Soldier."

Keck, a former Army combat medic and West Liberty, Ky., native, said he has a lot to be grateful for. First and foremost, he's grateful to be alive and able to enjoy the love and time spent with his wife and young daughter.

He's grateful for the quick thinking of his platoon sergeant who rendered emer-

gency aid when an anti-personnel landmine explosion left him severely wounded while fighting the war in Afghanistan.

He's grateful for the expert care he received at the former Walter Reed Army Medical Center where they stitched his left hand back together and crafted a prosthetic leg to replace the right one he lost just below the knee.

He's grateful for the job he has at ATEC as the first Wounded Warrior intern in its Equal Employment Opportunity office.

And, he's grateful for being a recent recipient of the Combat Action Badge, which is awarded only to Soldiers who personally engage the enemy or are engaged

by the enemy during combat operations.

Keck said he plans to hang the quilt on a wall in his office to share its beauty and the craftsmanship that went into making it.

"I love having something that is truly made by my fellow citizens in the United States," he said. "I will cherish the quilt and its importance to me and my Family and their generosity will not be forgotten."

After the presentation, ATEC Commander Maj. Gen. Genaro Dellarocco presented Hansen and Knapp with ATEC Coins of Excellence. Also in attendance were Chief of Staff Karen L Taylor, Command Sgt. Maj. Allen G. Fritzsching and ATEC Chaplain (Col.) David Hillis.

Meet Terry Allen, lead for Family and Morale, Welfare and Recreation's Leisure Travel Office.

Allen said that the Leisure Travel Office provides a one-stop shopping center for all Family and MWR activities and events, including cruises, local day trips, tours, discounted passes, tickets, hotel reservations and travel information, special items, coupon booklets, and more. Most tickets and discounts are available to all CAC ID cardholders, including DoD contractors.

"Summer is our busiest season," he said. "Tickets to local amusement parks in the Eastern region like Six Flags America and Kings Dominion are very popular."

Allen said tickets to historical attrac-



**Terry Allen** Leisure Travel Office Lead

tions like the Jamestown settlement and Colonial Williamsburg are also frequently purchased.

Allen plans monthly chartered bus trips to New York City, weekly trips to Atlantic City N.J., and Outdoor Recreation class-

es like kayaking. The Leisure Travel Office assists with special events like MWR's recent Summerfest event, which featured live entertainment, games and food.

Allen, an MWR employee for nine years, said that his goal is to make customers happy.

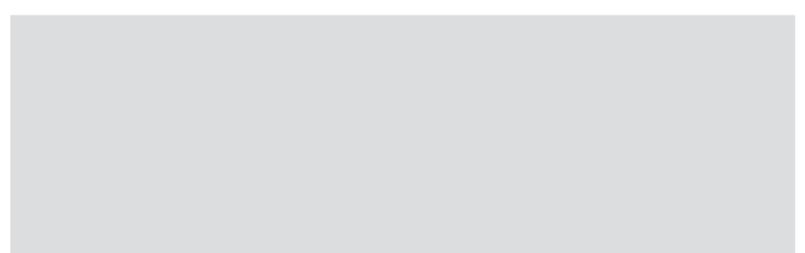
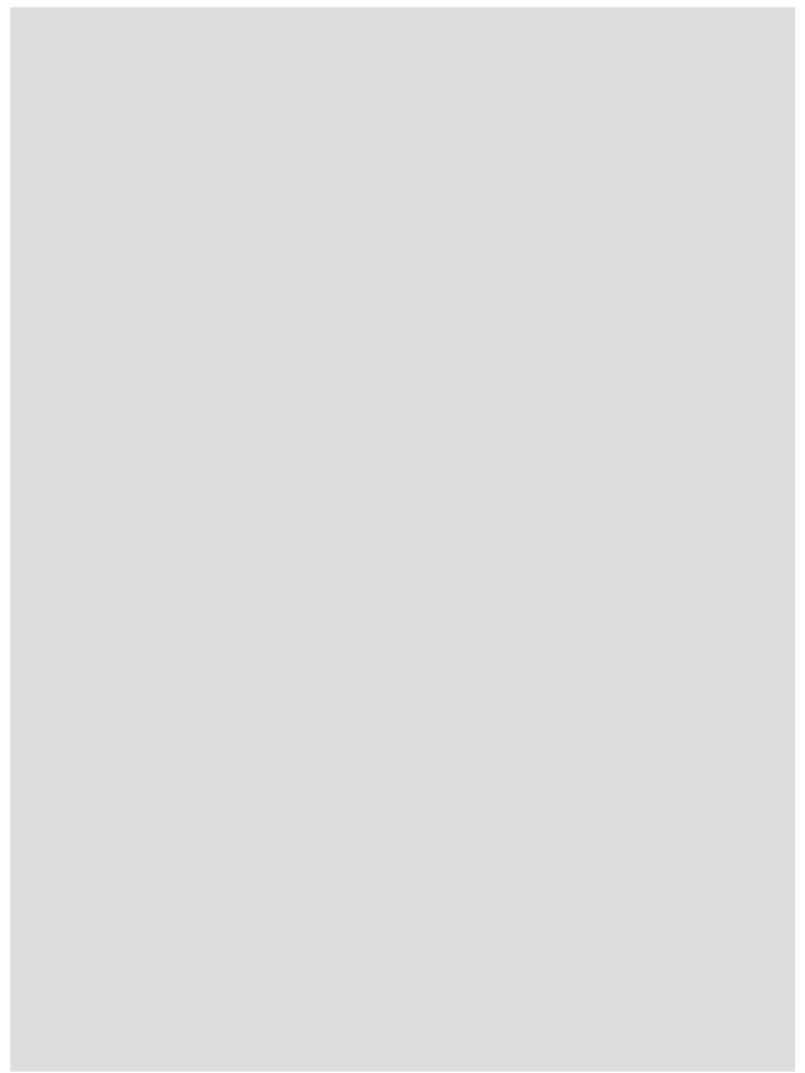
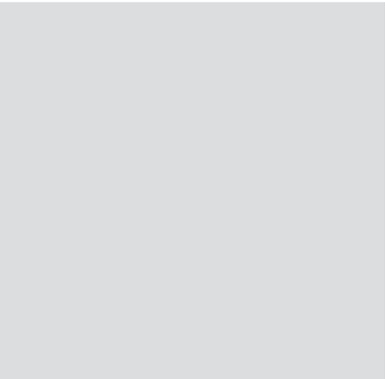
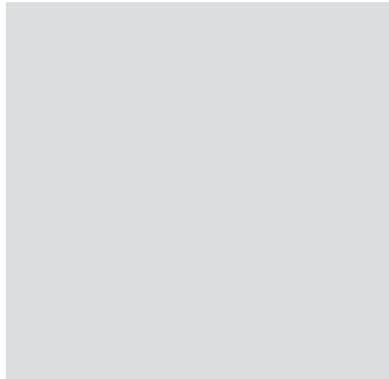
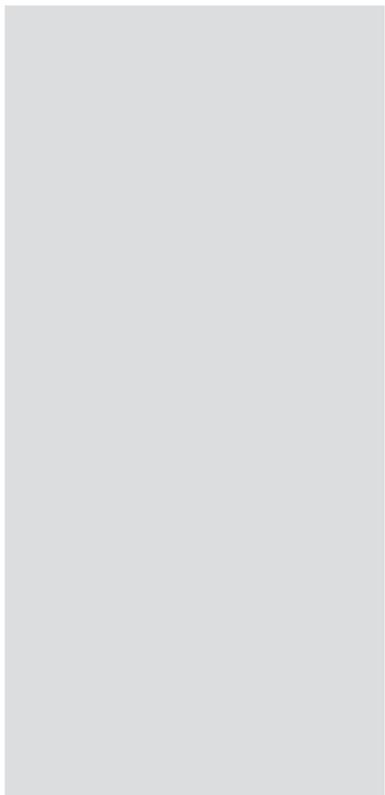
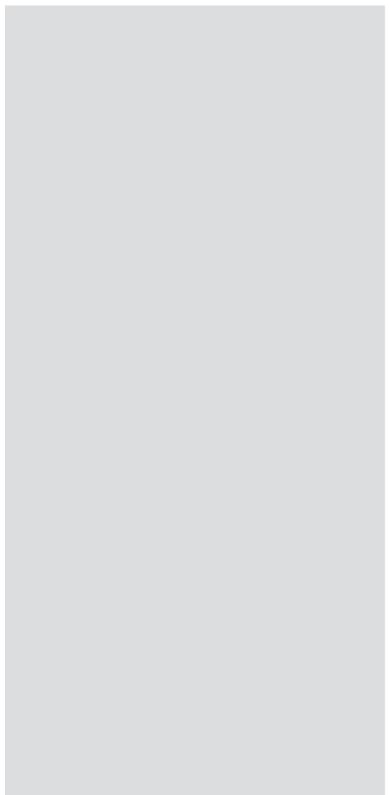
"I try to assist customers with all their needs, even if I have to go out of my way," Allen said. "When the customer leaves I want to see them happy."

The Leisure Travel Office in the APG North (Aberdeen) recreation center, Bldg. 3326, is open Monday-Friday from 9 a.m. to 6 p.m. and Saturday from 9 a.m. to 2 p.m. For more information, call 410-278-4011, or e-mail usarmy.APG.imcom.list.apgr-usag-mwr-leisure-travel@mail.mil.

Customers can also purchase tickets at the APG South (Edgewood) recreation center, Bldg. E4140, Monday-Friday from 9 a.m. to 5 p.m. For more information, call 410-436-2713.

In addition, customers can visit <http://www.apgmwr.com/recreation/travel/ltotickets.html> for information about tickets and prices.

How are we doing? E-mail comments and suggestions for the APG News to [patricia.g.beauchamp.civ@mail.mil](mailto:patricia.g.beauchamp.civ@mail.mil)



# MARK YOUR CALENDAR

## TODAY OLYMPIC SPORT DAY TODAY

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.

## 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 Jobses at 410-436-4429.

## KEYSTONE TEEN PIZZA PARTY MEETING

The Boys and Girls Clubs of America's Keystone Club at Aberdeen Proving Ground will meet July 27 from 7 - 8:30 p.m. in the APG North Youth Center, Bldg. 2522. This event is free and open to ages 14 to 18 years old. Teens will learn to make leadership decisions, engage in academic and career experiences and to serve others. Register at CYSS Central Registration offices in Bldg. 2503, rooms 210 or 211. Walk-in registration is 7:30-10:30 a.m., or call for an appointment at 410-278-7479/7571. For more information, contact jay.a.mckinney.naf@mail.mil, or call 410-278-3250.

## 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>.

## MONDAYS JULY 30, AUG. 13 SKEET AND TRAP LESSONS FOR AGES 14-18

Learn about shotgun safety and proper use July 30 and Aug. 13 from 9 a.m. - 1 p.m. at the APG South (Edgewood) skeet and trap range, Bldg. E4737. Lessons are free. Transportation is not provided. The range has shotgun shooting opportunities for all skill levels. Contact connor.j.joyce.naf@mail.mil, or call 410-278-1399.

## THURSDAY AUG. 2 INSTALLATION TOWN HALL

Aberdeen Proving Ground will host an installation-wide town hall meeting on Thursday, Aug. 2, from 10:30-noon, at the Post Theater, with APG Commander Maj. Gen. Robert Ferrell and APG Deputy Installation Commander Col. Gregory McClinton addressing the APG community.

The installation town hall takes the place of the former Community Action Council and the entire APG community is invited to attend. The meeting will focus on topics of interest to all APG personnel to include Family members and beneficiaries.

Participants may ask questions in person during the meeting, or by writing them on cards. Questions may also be submitted in advance on APG's Facebook page, or by sending an email to [lynn.witkowski@us.army.mil](mailto:lynn.witkowski@us.army.mil).

For more information about the event, call the APG Garrison Public Affairs Office at 410-278-1150.

## FRIDAY AUG. 3 FREE CONCERT IN THE PARK

Enjoy golden slippers, show tunes and ragtime in Mummers struttin' style at the Millard E. Tydings Park in Havre de Grace 7:30 p.m. Bring chairs and picnic fixings. For more information, contact the Havre de Grace Arts Commission at 410-939-2100.

## SATURDAY AUG. 4 A CRAB'S LIFE PONTOON

Head out on the creek in search of Maryland's favorite crustacean, the blue crab. Return to shore for a savory sampling. This program will be held 4:30 to 6:30 p.m. for ages 8 to adult, 8 to 14 with adult. The cost is \$12 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.

## CAST A LEAF

Create a beautiful and eye catching bird bath from concrete and leaves. Cast Saturday, and stain and seal on Sunday (drop in between 11 a.m. and 1 p.m. to seal). This program will be held at 10:30 a.m. to noon for ages 14 to adult. The cost is \$13 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.

## CHILDREN'S GARDENING - HAPPY HARVESTING

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 preparing the food. This program will be held 1:30 - 2:30 p.m. for ages 5 - 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.

## SUNDAYS AUG. 5 - 19 SUNDAY BRUNCH AT SUTHERLAND GRILLE

Brunch will be served Aug. 5, Aug. 19, Sept. 9 and Sept. 23 at the Sutherland Grille from 10 a.m. to 2 p.m. for only \$9.95. The meal includes made-to-order omelets, breakfast and lunch items, a waffle station and a salad bar. To make a reservation, call 410-278-4794.

## SUNDAY AUG. 5 HONEY BEES AND US - DISCUSSION

New bee hives are in the park for education and research. Mike Elder, beekeeper, will conduct monthly discussions on "Honey Bees and Us," followed by weekend hive demonstrations. Please come for any or all of these informative and exciting events. This program will be held 7 to 8 p.m. for all ages, under 13 with adult. The program is free but 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 - FLOWERS

Story time with a nature twist. Come listen to stories, learn new songs and move like the animals. This program will be held at 2 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.

## WATER WALK

Take a walk the way a raindrop would travel to better understand why it's important to take care of our waters. Hike in the woods as well as in the creek. This program will be held 3:30 to 5 p.m. for ages 5 to adult, 5 to 10 with adult. The cost is \$2 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.

## SATURDAY AUG. 11 BOSTON WITH KANSAS AND GRAND FUNK RAILROAD CONCERT

APG Family and MWR and Army Entertainment present Boston with

special guests Kansas and Grand Funk Railroad Aug. 11 at the Aberdeen Proving Ground Shine Sports Field. Advance tickets are \$30. Tickets can be purchased online at [www.apgmwr.com/events.html](http://www.apgmwr.com/events.html), the Leisure Travel Office in the APG North (Aberdeen) recreation center and the APG South (Edgewood) recreation center. For information, call 410-278-4011 or 410-436-2713.

## MWR NEEDS VOLUNTEERS

MWR needs volunteers to work the Aug. 11 Army Entertainment Concert featuring Boston, Kansas and Grand Funk Railroad. If interested or for more information, send an e-mail message to [APGR-USAG-MWR-Leisuretravel@conus.army.mil](mailto:APGR-USAG-MWR-Leisuretravel@conus.army.mil) or call Donna Coyne at 410-278-3929.

Please send your name in by email [APGR-USAG-MWR-Leisuretravel@conus.army.mil](mailto:APGR-USAG-MWR-Leisuretravel@conus.army.mil) if you are interested in being a volunteer.

## BUTTERFLIES AND BLOOMS KAYAK

Search for butterflies among the native flowers during the peak of the summer wildflower season in the marsh. This program will be held 1:30 - 4:30 p.m. for ages 8 to adult. The cost is \$10 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.

## WHITE TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth and not just with humans. Come help determine if the deer population of Leight Park is a healthy size. Conduct pellet (deer scat) counts out on the trails to determine how many deer call the Park home. This program will be held 9 - 11 a.m. for ages 16 to adult. The program is free but 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.

## WEDNESDAY AUG. 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, 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.

## 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 on hand to help with your job search and Maryland Department of Veterans Affairs representatives answer questions concerning Medical, VA services, education benefits and more.

For more information, call 301-363-8533 or go to [www.vetopps.com](http://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 AUG. 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 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

## FRIDAY AUG. 24 ENVIRONMENTAL ASSESSMENT REVIEW

The Army has prepared an environmental assessment (EA) for the Privatization of Army Lodging at Aberdeen Proving Ground. The EA identifies, evaluates, and documents the effects of obtaining private-sector funding for maintenance, management, renovation, replacement, rehabilitation, and development of transient lodging facilities. That is the Army's Preferred Alternative. A No Action Alternative is also evaluated. Implementing the Preferred Alternative would not be expected to result in significant environmental impacts. The draft EA and Finding of No Significant Impact (FNSI) are available for review at <http://www.apg.army.mil/apghome/sites/directorates/dpw/> until August 24, 2012.

Comments can be addressed to USAGAPG, ATTN:IMAP-PWE (Carol Young); 4304 Susquehanna Avenue; 3rd Floor, Wing B; Aberdeen Proving Ground, Maryland 21005-5001.

## THURSDAY THRU SUNDAY SEPT. 27 - 30 APG OKTOBERFEST

APG will celebrate Oktoberfest Sept. 27-30 at Shine Sports Field. For the first time at APG, this famous German festival will be celebrated with lots of food, music, children's activities and German beer. For more information, call 410-278-4011.

## ONGOING APG THRIFT SHOP NEEDS VOLUNTEERS

Are you a retiree, empty-nester or stay-at-home-wife or hubby looking for something to do? With just two hours a week to spare, you can serve your community as a volunteer at the APG Thrift Shop. Located in Bldg. 2458 behind the Main Post Chapel, the Thrift Shop offers quality, gently-used items featuring clothing for babies to adults including military uniforms, appliances, electronics, furniture, luggage, kitchenware, toys, knick knacks, books, jewelry and collectibles. And its dollars go right back into the community. So come spend an hour or a day, making new friends while helping your community.

Thrift Shop hours are:

- Wednesday, 11 a.m. to 6 p.m.; consignments, 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m.

- Thursday, 10 a.m. to 2 p.m.; consignments, 10 a.m. to 1 p.m.

- The store is no longer open first Saturdays.

For more information, or to volunteer, call the Thrift Shop during business hours at 410-272-8572.

## 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 Wednesday 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.



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

# HIRED! teens gain IT experience filtering software at USASNEC

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

Two Bel Air High School students are gaining information technology experience this summer while working at the U.S. Army Signal Network Enterprise Center.

Ben Xu, 15, and Eric Chau, 17, are two of 47 teens in the Family and Morale, Welfare and Recreation's HIRED! program. The HIRED! program provides paid apprenticeships for 15 to 18-year-olds. During the summer term, apprentices work eight hour shifts, two days a week, assisting with basic duties that are appropriate for their age and level of experience.

Xu and Chau have assisted with filtering a software list for USASNEC, which involves doing discovery on the network, or researching different software titles on the internet to determine whether they are applications unto themselves, or applets wrapped within the installation of another application, or drivers for hardware.

"Once we get this filtered software list compiled, it will help us immensely to specifically identify the software on a user's computer," said Gloria Radkiewicz an IT specialist with the Business and Plans Division, who serves as Xu and Chau's on-site mentor. "Their work will have lasting effects."

They are also organizing files for the Army Records Information Management System, the Army's official records management system.

"This is a hands-on project and they have done a great job, I am thrilled about it," Radkiewicz said. "Having knowledge of the Army's filing system is an entirely portable skill."

Xu, who plans to major in mechanical engineering and Chau, who intends to major in medical engineering, said they wanted to work at USASNEC to gain real-world work experience.

"Plus an apprenticeship looks good on a college resume," Xu said.

Jay McKinney, APG'S HIRED! coordinator said that his goal is to match apprentices with organizations that reflect their career interests. This year, McKinney set his sights on more non-FMWR job locations.



(From left) Gloria Radkiewicz, an information technology specialist from the U.S. Army Signal Network Enterprise Center and on-site mentor, advises to Ben Xu, 15, and Eric Chau, 17, HIRED! apprentices who are working at the USASNEC this summer.

"APG offers a wide range of science, technology, and medical careers," McKinney said. "Offering apprenticeships in these fields would provide invaluable experience for our teenagers."

Xu and Chau were the first HIRED! apprentices at APG to go through the process of securing a Common Access Card and gaining access to the network. In order to gain these privileges, Xu and Chau had to complete the necessary forms and training.

"It has taken us awhile to complete the necessary forms and training, but we have worked through it," Radkiewicz said.

"Without a CAC their work would be severely limited," McKinney added. "They were our test subjects. Hopefully

now that we have gone through this process, we will be able to offer more non-FMWR placements to teens."

Radkiewicz, who found out about the HIRED! Program this spring by reading the *APG News*, said that she was excited about helping teens gain valuable work experience.

"If you have an opportunity to make a difference, you have to seize it," Radkiewicz said. "It might help them in the future. Also, I really like people and teens, so I really wanted to help."

#### **About HIRED!**

The HIRED! program offers a variety of job placements for teens of military and government civilians assigned to APG. To secure apprenticeships, can-

didates must achieve and maintain a 2.0 grade point average or higher before completing a pre-assessment and interviews with facility managers. Depending on the skills and interest teens show in these interviews, they are placed under the direct supervision of a designated on-site mentor who is responsible for tutoring their individual apprentices.

McKinney said that the program offers more than just a job. It offers valuable experience for teens.

"Many teens are unsure of what career they want to pursue," McKinney said. "This program gives them a chance to explore these options."

Career options in the HIRED! program include: education, child and/or youth development, marketing or graphic design, library and information science, food and beverage management, pet care education, information technology, sports studies and sports management. Students may participate in the program twice a year between the ages of 15 and 18.

Additional requirements for the students include participating in other career preparation enrichment activities such as workshops and classes where students learn how to complete financial aid forms and scholarship applications. Students will also be expected to keep a journal of their experience.

"Teens will receive experience that will make them competitive in future job opportunities and college applications," McKinney said. "Students will develop work and life skills, like customer service, and resume writing, that will be applicable to any job they might pursue in the future."

The HIRED! program is accepting teens for the fall term, which starts Sept. 10. Teens need to register for the fall term by Aug. 7. During the fall term, teens will work three hours a day, five days a week. On Aug. 16 teens will be able to earn five prerequisite credits by attending the "Preparing Teens for the Workplace" workshop held at the Youth Services Bldg. 2522, from 9 a.m. to 2 p.m. To register or to find out how to become a mentor, contact McKinney at jay.a.mckinney.naf@mail.mil, or call 410-278-3250.



Travis Tracey of Phil's ATC hits the ball hard but still flies out to left field in a scoreless first inning as his teammates look on during their intramural softball game versus Ruffino's South at Shine Sports Field July 23.

# Plan before you party this summer

By **CINDY SCOTT**  
ASAP

Summer represents one of the most dangerous and deadliest times of year on the nation's highways. One big reason comes from the significant jump in alcohol-related traffic crashes and fatalities. Increased alcohol use throughout the summer makes a very grim season for law enforcement, emergency medical staff, highway safety officials, and the friends and families of impaired driving victims.

Much of the tragedy that comes from alcohol-related crashes could be prevented if everyone would take a few simple precautions before going out to party in the summer. When you plan on drinking alcohol, be sure to plan before you party – designate a sober driver in advance. And remember, friends don't let friends drive drunk.

Always follow these tips for a safer summer outing:

- Designate your sober driver before going out.
- If drinking alcohol, don't even think about driving when impaired – and never let your friends drive if you think they are impaired.
- Eat plenty of food, don't drink on an empty stomach, and drink lots of water during your activities to avoid dehydration.
- Ask a friend or family member to come get you; or just stay where you are and sleep it off until you are sober.
- Of course, always remember to wear your safety belt. It is still your single best defense against injury or death in a crash.

For more information contact Cindy Scott, ASAP prevention coordinator, Cynthia.M.Scott4.civ@mail.mil, 410-278-4013 or Robin Stokes, ASAP employee assistance program manager, robinstine.stokes.civ@mail.mil, 410-278-5319.

## Ruffino's South roughs up Phil's ATC, 7-3

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

Intramural softball's Ruffino's South overcame a shaky start to rough up a tough rival, Phil's ATC, 7-3 during the team's July 23 game at Shine Sports Field.

Ruffino's committed two costly errors in the second inning, spotting ATC a 3-0 lead. In the fifth inning the Ruffino's South bats woke up and could do no wrong.

It was just a matter of patience according to Ruffino's South co-manager Mike Powell of CECOM-LRC.

"We were the champs last year and went undefeated. This year is tougher, with the two leagues," he said. "Plus, some players didn't return, but we're coming around, bracing ourselves for the playoffs."

"We played this team last week," he added. They're one of the best."

The team started in New Jersey as Ruffino's and "South" was added after players migrated to APG during base realignment and closure, Powell said.

Phil Morrison, manager of Phil's ATC, said the team was doing well, despite not hitting very well.

"We'll pick it up next week and play better," he said, adding that with a 12-3 record the team is looking forward to the playoffs.

"We won it all two years ago and we did well last year. I think we'll go all the way," he said.

View more photos at [www.flickr.com/photos/usagapg](http://www.flickr.com/photos/usagapg).



Carlos DeJesus of Ruffino's South winds up for his first inning line drive to center field during the intramural softball game versus Phil's ATC at Shine Sports Field July 23. Ruffino's won the game 7-3.

## Health Fair provides wellness screenings

Continued from Page 1

local and national health businesses.

In addition, APG organization displays centered on employee wellbeing including Army Community Service, the Army Substance Abuse Program, Family & Morale, Welfare and Recreation, the Chaplain's Office and KUSAHC, which provided blood pressure screenings.

Interactive activities included United Healthcare Vision's vision screenings; B.-Fit Enterprises body fat screenings and massage therapy; and a Lean Shakes taste testing by the APG GNC store.

Lee Benysek of CERDEC said he felt better after getting his blood pressure checked, though it was higher than it should be.

"I wanted to get it checked because it was high last month," he said. "Now I can let my doctor know that it's still high."

"I'm getting great information," said Betty Mitchell of CECOM after her B.-Fit massage. "She did my back and neck. It feels great," she said.

It's a pretty good event and I'm getting great suggestions," added CECOM's JoAnn Genera.

Other participants included The Arena Club; M.D.I.P.A. United Healthcare Company; T.O.P.S. Take Off Pounds Sensibly; METLife; and Johns Hopkins.



Photo by Yvonne Johnson

(From right) Quesandra Ward of CECOM chats with coworker Betty Mitchell while she receives a neck and upper back massage from massage therapist Nichole Graham of B.-Fit Enterprises, Inc. of Newark, Del.



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# New virtual portal expected to save time, money

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Ground, Md. The CECOM Chief Information Office began designing the portal in 2011. The design allows for different levels of information sharing, including command-wide directives, organization-based communications, and internal collaboration among employees, said Linda Vanbommel, the project manager for CECOM SharePoint implementation.

The CECOM SharePoint is open to all its employees. The main splash page consists of command-wide communications. In addition, personnel in each directorate and staff organization within CECOM can access specific sites in order to conduct internal, daily work that can be kept private and secure. All data for the site is stored at a secure facility in Radford, Va.

"The portal will eliminate a lot of redundancy and streamline processes," said Renee Ullman, content manager for CECOM. "In this time of fiscal and resource constraints for the Army, CECOM as a whole will be able to work smarter and more economically."

## Cost Savings for the Command

The centralization of data and applications will also reduce the workload on individual employees by helping to automate processes such as creating weekly activity reports, managing documents and keeping track of deadlines and workflows, O'Connor said.

For example, when entering weekly activity reports, each individual will go into their team site in SharePoint and create a report. The report will automatically transmit to a supervisor.

**"The portal will eliminate a lot of redundancy and streamline processes. In this time of fiscal and resource constraints for the Army, CECOM as a whole will be able to work smarter and more economically."**

**Renee Ullman**

Content manager for CECOM

Using the portal, leadership can choose information to roll up to a higher level report, eliminating the need to cut and paste from various e-mails or word documents.

"Right now, because we have data everywhere and because email is our primary communications tool, I think we're working harder than we need to," O'Connor said. "SharePoint will automate processes so it will be easier for employees to do their job and we can save time and money."

Through the portal, O'Connor hopes to realize cost savings for the command by creating a centralized inventory of applications, such as suspense trackers and calendars. In order to achieve an Army directive of data center consolidation, O'Connor plans to eliminate 30-40 percent of existing applications across the command over the next year.

"Because our employees are in disparate locations, stove-piping is our biggest

challenge as a command," O'Connor said. "I want each employee to be able to understand everything; all the missions that we do, but also how we do those missions and what tools and products are best used for them."

CECOM plans to eliminate six existing organization-based suspense tracking systems and create a central suspense tracking system for the command on the new SharePoint portal. A master calendar for the command is also currently under development.

Consolidating applications to one command-wide instance will ensure employees are accessing the correct data and collaborating across the world.

## Effective Records Management

CECOM is also using its SharePoint capability to begin a large-scale records management initiative to ensure the proper storage and archival of more than three terabytes of data.

Through the portal, employees across the command will be able to work on documents on team and organizational sites. However, once employees declare a draft document as a valid, official Army record, it will transfer to a records management environment within the SharePoint portal and be searchable for the entire command.

Once the record has reached its archival point as determined by the Army records retention schedule, it will either be destroyed or archived into the Army Records Information Management System automatically, said Janet Wallen, records manager for CECOM G-6.

"Because all the records will be in one location, and the process to move it or archive will be automated, it will be easier to track and safeguard our nation's resources," O'Connor said.

All CECOM employees will undergo three hours of training for SharePoint and a records management overview to fully understand the capabilities of the portal. Training classes are offered twice a week in person from July to September, with more dates to follow.

"I want every employee to understand the CECOM mission and the importance of their individual role in the CECOM family, as well as the best way to continue supporting that mission," O'Connor said.

*Emily Gee is a staff writer for Symbolic Systems, Inc. supporting the Army's Program Executive Office Command, Control and Communications-Tactical (PEO C3T).*

# Glidewell new product director for PM Mission Command

Continued from Page 1

"FSC2 systems make sure we hit the right target without harming friendly forces, that we don't affect aircraft flying in the sky and that we protect the battlefield so that right mission occurs," said Vogelhut, which embodies FSC2's motto of "The Right Weapon at the Right Place at the Right Time."

"Although things change on the battlefield and we may change priorities in the nation, the need for our artillery will be an enduring capability and it comes out of this office," he said.

The ceremony began with a presentation of flowers to Weiss' wife Ellen and his daughter Sara, and small gifts to his parents Ben and Joyce, followed by a presentation of flowers to Glidewell's wife, Jennifer, teddy bears to their three children in attendance, Lillian, Mandy, and William, and a small gift to their au pair, Mafe. Weiss' son Nathan and Glidewell's son Zachary and daughter Amanda could not attend.

"Lt. Col. Glidewell may be new to APG, but he is no stranger to the Army or this mission," said Vogelhut. "I'm thoroughly impressed with his take-charge attitude, and I know he has a glorious future ahead."

Glidewell was previously assigned to PEO Missiles and Space as the Deputy Product Manager for Close Combat Weapon Systems at Redstone Arsenal. His assignments also included a tour as the lead Sustainment Officer for Power and Energy at the Army Capabilities and Integration Center, Fort Monroe, Va. and the Project Officer for PEO Aviation working Test and Evaluation for the Comanche Program Office. He served in Afghanistan as the commander of a Defense Contingency Support Team, and as a Deputy Joint Weapons Systems Integrator with the Defense Supply Center in Columbus, Ohio. Glidewell began his Army career as a Chemical Staff Officer Assistant S3 with the 1-5 Infantry Battalion, 25th Infantry Division, Schofield Barracks, Hawaii.

"Taking over as Product Director of FSC2 is truly an honor," said Glidewell. "Many outstanding leaders have come before me, including Jeff [Weiss]."

Weiss will become the Deputy Product Director (DPdD) for FSC2.

Weiss praised the award-winning FSC2 team, and assured Glidewell that

the team and he will continue to provide the Army with the best fire support systems. He noted that everyone in the office is required to visit with the Soldiers in the fire support arena "eye-to-eye" to reinforce who they are supporting. He said that practice also extends to industry partners, who provide their own funds to send their developers to the field.

"Even though your original branch is not field artillery, you will quickly see why this office leads the way in ensuring that the Field Artillery remains the 'King of Battle'," Weiss told Glidewell.

Vogelhut praised Weiss' 28 years of government service, leading up to his role as interim PdD for FSC2.

"Jeff is a hero in the organization," said Vogelhut. "He has been the 'go to' guy for handheld fires devices for 20-plus years. He was asked to take on a tremendous responsibility as PdD, and he performed these duties exceptionally."

Glidewell thanked Weiss for his continued leadership and support to the program, and said that his family is excited to be part of the APG community.

"This assignment will be a challenge, and it's the one that I've always want-

ed," said Glidewell. "To lead this team is a dream come true personally, and I believe it's going to be the greatest thing I ever do for the Army. I'm looking forward to working with everyone here for continued success."

Glidewell's vision for FSC2 is to efficiently achieve all of the objectives of the product office in today's challenging, austere combat environment. He said the Soldier needs better command and control capabilities, and it's up to his team and him to make it happen.

"This is an organization used to winning and it says a lot about the team," said Glidewell. "We're winning right now. I don't know if we'll receive trophies, I think we will, but what we do for the Soldier is what matters. That's Army Strong."

In his closing remarks, Glidewell provided insight into his leadership style.

"Gen. George Patton once said, 'Never tell people how to do things, tell them what to do and they will surprise you with their ingenuity,'" said Glidewell. "This is what FSC2 has done over the years, and I'm looking forward to seeing that in person."



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## CORRECTION

In the July 19, 2012, APG News, a Page 12 photograph misidentified Col. Bruce A. Schoneboom. The person pictured was Maj. Gen. James K. Gilman, commander, U.S. Army Medical Research and Materiel Command. Schoneboom is pictured at left.



Photo by Rachel Ponder

## APG surpasses goal at blood drive

(From left) Kellie Lamar-Reevey, an Army Contracting Command employee, gets her blood drawn by phlebotomist Kimi Campbell during the Team APG blood drive held at the APG North (Aberdeen) recreation center July 16. Victoria Fernetto, a public affairs specialist with the Armed Services Blood Bank Center, set up a goal of 60 usable units for the Armed Forces Blood Drive, based on past participation. Of the 108 community members who volunteered to give blood, a total of 72 usable units were collected. The AFBD ships donated blood products to Soldiers, retirees and Family members deployed and at home, in peace and war, anywhere in the world. Donated blood can be transported from a blood drive site to theater within three days. The next APG blood drive is set for Nov. 29 at the APG North recreation center. During this event, APG will participate in the Blood Donor Challenge for the chance to win bragging rights and the 2012 trophy for the most units of blood collected for the Armed Services Blood Program. The challenge winner will be announced at this year's Army-Navy football game Dec. 8. Visit <http://militaryblood.dod.mil/> for more information.

# Keep summer healthy: Shape up your eating habits

Special to the APG News

Want to shape up your eating habits over the summer? With an abundance of fruits and vegetables, there is no time like the present.

You've decided to cut back on hot dogs, peel the fatty skin off your barbecued chicken and limit mayo-laden macaroni and potato salads. Will this be enough to shape up your summertime eating habits?

Cutting back on high-fat meats and mayo-drenched salads is a good place to start. But along with limiting certain foods, it's just as important to think about what to add to your meal plan.

To make healthy eating habits stick, it's better to think more about enjoying your food and less about what to avoid. Here are some ideas to whet your appetite that won't expand your waistline.

### Make simple substitutions

Breaking an unhealthy food habit doesn't mean you have to make radical changes or follow complicated recipes.

- Exchange artery-clogging creamy sauces and dressings with marinades or dressings made with olive oil or canola oil (heart-healthy fats) and herbs.

- Instead of serving a classic potato salad with creamy mayo, try steaming new potatoes and drizzling them with olive oil, garlic powder and chopped chives.

- Look for chicken or turkey sausages to grill instead of pork. They taste delicious and often offer great savings on fat and calories.

- Use wholesome barley or quinoa for a grain-based salad instead of pasta or potatoes. Add lots of raw, cut-up veggies, such as red peppers, carrots, red onion and celery.

- Go for sorbets and fruits instead of heavy cakes if you crave dessert.

- Drink plenty of water in lieu of sports drinks and sodas.

- Downsize what you put on your plate. Fill two thirds of it with fruits, vegetables and grains, and one third with poultry, fish or meat. Take advantage of the season. Summer is prime time for the best fruits and vegetables.

- Try grilling vegetables, such as pearl

## 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 [adriane.c.foss.civ@mail.mil](mailto:adriane.c.foss.civ@mail.mil) or call 410-278-1150.



onions, mushrooms, zucchini and bell peppers. Most vegetables can be grilled by cutting them into bite size pieces and threading onto skewers. Grilled fruit kabobs are also a great summertime dessert!

- Buy fresh herbs (or grow them). They can bring out the flavor in food. If you have extra, chop them up, put them in an ice-cube tray and fill it with water. Once the herbs freeze, pop them out and put them in a plastic bag. Defrost by running them under hot water.

- At your next barbecue, skip the chips and serve crunchy carrot sticks, bell pepper strips and broccoli with a low-fat dip.

- Head to the beach with a veggie-filled picnic lunch. In addition to turkey or lean ham on whole wheat bread, pack fruits and vegetables such as baby carrots, cherry tomatoes, grapes, plums and cherries.

- If you are going camping or hiking, unsweetened dried fruits, such as cranberries, raisins, apricots and figs, are easy to tote in your backpack.

- Avoid food dyes and excess sugar and make your own frozen fruit pops at home. Freeze 100 percent fruit juice in small paper cups (add diced-up fruit to the juice before freezing for extra fiber and nutrients). Insert wooden sticks when the juice is slushy enough to hold the stick upright. When the juice is frozen solid, peel the paper off and serve.

- Keep containers of fruits and vegetables washed and cut into bite-size pieces in the refrigerator. Have them as snacks instead of chips and cookies.

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## Easy steps keep stress in check

Special to the APG News

For active-duty Soldiers who are deployed, the continual stress of patrols, searches, training and the usual tedium of soldiering requires troops to manage their stress levels in a challenging situation. For Family members, life brings another set of stress-inducing trials. Stress can be very useful. Stress causes energy-pumping hormones to be released into the bloodstream, preparing the body to act in times of danger. However, many of the activities that cause stress in today's world do not require a physical response; unfortunately, your body does not know that. The resulting muscle tension, increased heart rate, and intensified stress hormone levels can eventually produce body aches, headaches, digestive problems, sleep disturbances and fatigue. If ignored, chronic stress can affect a person's physical health and steal his/her most precious resource — energy.

How can stress management help maintain energy and prevent physical pain? Having the ability to cope with the overwhelming demands for our time and attention is essential. If chronic stress is a factor in reduced energy or uncomfortable physical symptoms, try one or more of these suggestions.

### Stress-reduction techniques:

Participating in therapeutic massage, progressive muscle relaxation, listening to music, relaxed breathing and meditation can relax muscles, clear away information overload and reduce anxiety. These techniques have the added physical benefits of reducing heart rate, blood pressure and tension.

**Attitude:** Having a positive outlook on life and not taking things personally can reduce stress. Let go of the things that cannot be changed.

**Priorities:** Setting limits and putting oneself in control of how one spends his or her time is a good first step. Finding the balance among career obligations, family events, social activities and personal time is vital. Planning ahead helps avoid last minute stressors.

**Exercise:** Maintaining an exercise routine with aerobic activities and stretching can increase endorphins and relieve tight muscles, helping to reduce stress. The aerobic exercise should be vigorous, frequent and last at least 30 minutes. Participating in outdoor activities with friends is a fun way to keep fit and build supportive relationships.

**Water:** Staying properly hydrated is essential. Since water comprises most of the body, it serves to carry oxygen, nutrients and glucose to cells providing energy, cushioning joints and fortifying muscles. Dehydration can leave a person mentally and physically drained.

**Sleep:** Getting adequate rest and maintaining regular sleeping patterns are required. For most people a minimum of eight hours of sleep every day is needed to sustain a high energy level.

Chronic stress robs, drains, taxes and sickens individuals if it is left unresolved. By participating in activities that work together to reduce stress, a person can view life's problems more realistically, feeling more in control of managing them. Addressing chronic stress on a daily basis can help provide energy and restore perspective to keep going when life feels overwhelming. Behavioral health professionals, counselors and chaplains are great resources and can help adopt the stress management techniques that will work best for each individual.

Resources specifically related to stress and military members are available at the Deployment Health Clinical Center, Combat/ Operational Stress, [http://www.pdhealth.mil/op\\_stress.asp](http://www.pdhealth.mil/op_stress.asp).

### DID YOU KNOW?

**Stress causes energy-pumping hormones to be released into the bloodstream, preparing the body to act in times of danger.**

**If ignored, chronic stress can affect a person's physical health and steal his/her most precious resource — energy.**