

# APG NEWS



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## Motorists advised to plan now for ramp closure, detours



By **ADRIANE FOSS**  
APG News

APG motorists are urged to be especially cautious as the ramp from eastbound U.S. 40 to southbound MD 715 is expected to close as early as next week. The ramp closure outside of the MD 715 gate is part of an \$18 million construction project that will widen and

improve area roads over the next year. To help ease the congestion expected when the ramp closes, the installation's Directorate of Public Works (DPW) has prepared the Aberdeen Gate on MD 132 to open for morning inbound traffic. Striping and signage have been installed to help guide motorists, and the gate will open for inbound traffic Monday to Fri-

day from 5:30 to 9 a.m. once the ramp is closed.

During the morning opening, drivers should note that both lanes of Aberdeen Boulevard will have inbound traffic from Aberdeen Gate to Maryland Boulevard.

Aberdeen Gate's regularly scheduled opening—3:30 to 5 p.m. on duty

See **EXPECT** page 11

## Army engineers spur development of tactical microgrids

By **DAN LAFONTAINE**  
RDECOM Public Affairs

U.S. Army engineers are leading research on tactical microgrids to deliver more efficient power to Soldiers across combat zones.

These microgrids are designed and built to provide power independently of traditional grids and to integrate multiple sources of energy for use and storage.

### Designing power solutions for combat

The U.S. Army Research, Development and Engineering Command is developing microgrid technologies specifically to meet requirements unique to the battlefield, said Christopher Wildmann, an electrical engineer with RDECOM's Communications-Electronics Research, Development and Engineering Center at Fort Belvoir, Va.

"CERDEC is one of the first and leading organizations to develop tactical microgrid

See **RESEARCHING**, page 10

## APG employees indicted for theft of government property

U.S. States Attorney  
District of Maryland

A federal grand jury returned two indictments June 7 charging four employees at Aberdeen Proving Ground with theft of government property, specifically aluminum and copper to which the defendants had access as part of their jobs.

See **FOUR**, page 11

## CONTROLLED BURN



Photo by Yvonne Johnson

Firefighters from the APG Directorate of Emergency Services combat flames in the walls and ceiling of a burning building during a controlled burn of Bldg. 4031 that took place June 9. The condemned building provided a prime training opportunity for APG firefighters as well as volunteers from neighboring fire companies in Abingdon and Aberdeen. View more photos at [www.flickr.com/photos/usagapg](http://www.flickr.com/photos/usagapg).

## CECOM debuts Personnel Accountability Systems at APG

By **MARISSA ANDERSON**  
CECOM G-8

A new morning work ritual is starting to take place in the Communications-Electronics Command (CECOM) organizations at Aberdeen Proving Ground, and in outlying areas.

Aside from turning on one's computer and pouring that cup of Joe, employees are now required to log in to the new personnel accountability and emergency notification systems.

The personnel accountability and emergency notification systems are comprised of three individual systems: Manpower Information Retrieval and Reporting system (MIRARS), Roll Call and Emergency Notification System. These were created by the Program Executive Office for Command, Control Communications-Tactical, PEO C3T.

MIRARS is a database that collects and maintains current personal contact and duty station information on employees and contractors. Employees enter their personal information such as duty station, organization, home address, and contact information.

According to Teresa Manganaro, the CECOM project lead for MIRARS, Roll Call is the appli-

See **PERSONNEL**, page 10

## APG police carry torch for Special Olympics

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

Police officers from the APG Directorate of Emergency Services continued their support of the Special Olympics of Maryland Summer Games with their participation in the annual Law Enforcement Torch Run Relay June 5.

Organized by Mike (Big Mike) Farlow, APG Community Policing Officer, this year's efforts included sales of 2012 Torch Run T-shirts in addition to the 18-mile run from Havre de Grace to the Balti-

more County line in Joppa.

The run started at North Park in Havre de Grace where Mayor Wayne Dougherty, Harford County Sheriff Jesse

See **APG POLICE**, page 11

Maryland State Trooper David Bates carries the torch for DES personnel at the end of the Special Olympics of Maryland Torch Run in Aberdeen June 5. Organized by APG detective and Community Policing Officer Mike (Big Mike) Farlow, the annual run is replicated in police departments worldwide in support of the summer games for special needs children.



### WEATHER

Thurs.



80° | 60°

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



### CONGRATS

Garrison weight loss challenge results announced.

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237<sup>TH</sup>  
**ARMY BIRTHDAY**  
America's Army: the Strength of the Nation



Don't miss today's Army Birthday festivities. Find out more on this and other APG events.

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### ONLINE

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### MORE INSIDE

Drinking water safe according to latest quality testing **PAGE 6**

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# OPINION

## STREET TALK

### What does your cell phone say about you?

It says I'm organized. I have names, phone numbers, birthdays and e-mails. I will turn around and go back home to get my phone if I leave it; it's my life saver because I just can't miss my family's calls.



**Zina McCleary**  
Verifying official/  
CAC ID Cards

I'm a happy, energetic person. I'm always sending text messages and people always send me smileys back. I text very fast and my phone is red which means I'm a fiery person with lots of energy.



**Jen LaPorte**  
Security manager

Mine says I have too much time on my hands. I have way too many games on it; Angry Birds, Pocket God, Cut the Rope, you name it.



**Alex Chernyavsky**  
CECOM

Mine makes me feel good. It has more things you can do that you might never have time for. It's a state-of-the-art phone and it connects me to the 21st century.



**Ivan Willie**  
Personnel manager

## U.S. Army celebrates 237 years of service, patriotism and dedication

Today we celebrate the continued spirit, values, and traditions of America's Army. For 237 years, our Army has served as the strength of the nation. That strength goes beyond physical endurance and mental preparedness. It encompasses an indomitable spirit guided by high ethical and moral values.

On this day, we commemorate America's Army – Soldiers, Families and civilians – who are living up to the ideals and vision of this nation's founders.

It was in the spring of 1775, when an ill-equipped, poorly supplied and under-trained force prepared to face the greatest fighting force of its time—the British Army.

Farmers, frontiersmen, and tradesmen voluntarily joined militias for little more than the hope of freedom and democracy. But, it would take more than hope for these ideals to change the world, it would take strength.

Later that year on June 14, about 70 miles northeast of Aberdeen Proving Ground, a weary group of Continental Congressmen in Philadelphia laid out the provisions to establish our first Army. It was a simple order, one paragraph long, but it authorized the formation of 10 rifle companies and marked the beginning of the United States Army.

On that day there was no pomp and circumstance; there was no ceremony to mark the occasion; simply the announcement of the newly formed Army, sent secretly by horseback to inform each state. Yet, from those humble beginnings, the greatest Army known to history continues to be the strength of this great nation.

A great deal has changed over the years, but the identity of the American Soldier remains true. They serve for the love of country and the love of freedom.

America's Army—active, Reserve and National Guard—is still an all-volunteer force whose patriotism and dedication to the ideals of freedom are unmatched in the world. When Amer-



Being Army Professionals is what we do each day. But we do not do it alone. Behind every Soldier and every civilian, are our families who are our source of our strength. While our Soldiers and civilians may be the face on the front, it's the spouses, parents, sons and daughters who are holding it together on the home front.

ica looks to our men and women in uniform, they know they are looking at true professionals—experts in the Profession of Arms.

Standing strong behind our Soldiers is a dedicated civilian workforce, loving Families and supportive communities.

More than 278,000 civilians work in support of our Warfighters. They too solemnly swear to support and defend the Constitution and are driven by the same core values by which our Soldiers live.

Being Army Professionals is what we do each day. But we do not do it alone. Behind every Soldier and every civilian, are our Families who are the source of our strength. While our Soldiers and civilians may be the face on the front, it's the spouses, parents, sons and daughters who are holding it together on the home front.

Let us not forget our partners either. The Army simply cannot do what it does without the support and effort of our industrial base. Our industry partners produce the equipment that our Warfighters use every day and provide needed support in the battlefield along the side of our military and civilians. Their contributions have always been a fundamental part of our Army and their commitment is every bit as strong.

The communities in which we live are also an important partner, enabling what we do. I believe everyone has witnessed the strength our communities provide to our Army Family...the spontaneous applause as Soldiers exit a plane heading into an airport...someone secretly picking up the check at a restaurant or a complete stranger walking up to someone in uniform and simply saying thank you. These communities are where the Families of our Soldiers and civilians live, go to school, and engage in community activities, etc.

Even before this great country was formed, people placed special trust in our Army and for the last 237 years we have ensured that sacred trust was not broken. We have, and always will, provide the strength that defends the Constitution and the ideals for which it stands.

So today join me in celebrating the 237th anniversary of our Army, and the team of Soldiers, civilians, contractors, Families, and communities that keep it strong today. We are the strength of the nation.

Army Strong!

**Maj. Gen. Robert S. Ferrell**  
Commander, U.S. Army  
Communications-Electronics Command  
& Aberdeen Proving Ground

## Grants help kids stay active

When Decorda Owens' father deployed to Afghanistan last year with the Mississippi Army National Guard, the 13-year-old stepped up to take care of the family yard work and help his mother with his three younger sisters.

Like so many children of Guard and Reserve members, Decorda didn't have the support of a military base where he lives in Starkville, Miss., yet he'd assumed a lot of stress and responsibility. The shining light for Decorda was a grant from the Our Military Kids nonprofit group to pursue his passion for hip-hop dancing.

As summer approaches and families search for camps, activities and possibly tutors to get the kids through those long three months, they should know about Our Military Kids. The organization, which began in 2004, awarded 9,150 grants worth \$3.75 million last year. The grants are reserved for chil-

dren of deployed National Guard and Reserve members, as well as children of service members severely wounded in Afghanistan or Iraq, whether they are active, Guard, Reserve, or retired. Families may receive up to \$500 per child.

Decorda and four other children of National Guard and Reserve members traveled to Washington for an April 19 event to showcase how they've used Our Military Kids grants while their parent was deployed. The children, all honored as Our Military Kids of the Year for their high achievement, danced and performed various musical instruments before a packed auditorium at the Naval Heritage Center as proof of the nonprofit's good investment.

The organization even appealed to top Navy leadership to cut short the deployment of Petty Officer Christopher Karnbach, a Navy reservist deployed to Guantanamo Bay, Cuba, a couple weeks early so he could sur-

prise his family and join them on stage as Our Military Kids' Military Family of the Year. They agreed, and Karnbach had an emotional reunion with his wife, Anne Marie; son, Christopher, and daughter, Abigail, both of whom demonstrated that they've learned to break boards with taekwon do kicks from lessons provided by the grants.

"It's been a great opportunity for my children and I'm sure for everybody else's to give them something to think about besides having a deployed parent," Karnbach said of the grant money the couple's two children received to take taekwon do lessons.

The military's top leaders frequently tout the importance of public-private partnerships to support military families and Our Military Kids, supported by public and corporate money, is a good example.

**Lisa Daniel**  
Family Matters Blog

## APG SEVEN DAY FORECAST



## APG NEWS

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

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# ASAP rolls out installation Employee Assistance Program

101 Days of Summer runs through Sept. 3



Stokes

By **YVONNE JOHNSON**  
APG News

Summer is here and with it comes the annual rise in accidents and fatalities due to increased outdoor and recreational activities.

While considered the most dangerous time of the year, the summer months can be the most enjoyable if proper precautions are taken, according to Robin Stokes, the new Employee Assistance Program coordinator for the installation Army Substance Abuse Program.

Stokes took on the program in January and shortly after, organized the National Save-A-Life Tour, a two-day drunk driving awareness program held in conjunction with other Alcohol Awareness Month activities in April.

The EAP focus now is on summer safety and Stokes is busy promoting the Impaired Driving Prevention Campaign which runs from June 19 through the Fourth of July holiday.

She explained that the EAP is a "work-based program that allows employees to seek services for work-related problems that require assistance."

"Problems could be anything from relationships or finances to substance abuse," she said. "It could be anything that prevents employees from performing at their highest level. My goal is to assist individuals in addressing these

issues so they can be at their peak performance."

The Employee Assistance Program is designed to provide free, confidential services, to include screening to identify employee's problems, short-term problem solving and, when appropriate, a referral to a facility or service (within or outside the Army) that can assist the employee in resolving their problem.

Participation is voluntary and ultimately it is the employee's decision to participate or not.

Eligibility for EAP services includes DoD civilians and retired military and their Family members as well as the Family members of active-duty Soldiers. EAP services are available for employees who have a substance abuse problem, who are seeking help or whose drug test has been verified positive. In addition, the EAP provides comprehensive short-term problem solving and referral services to help employees achieve a balance between their work family and other personal responsibilities.

Stokes said that because job performance can be adversely affected when employees are faced with emotional or behavioral problems, Family responsibilities, financial and legal difficulties.

EAP services can be extremely impor-

**We are a Family and we need to look out for each other. If you see something, say something. You could save a life...Safety is all about making smart choices and avoiding preventable incidents. There's no situation too great or too small that we as a DoD Family can't handle.**

tant in the prevention of workplace violence incidents.

Stokes said supervisors are encouraged to contact her at the first onset of employee issues.

"We want to address problems early before they become administrative issues," she said.

An important part of her job is locating resources within the community if services are not available on post.

"I may refer someone to a clinical psychologist for drug and alcohol counseling; to an organization like Consumer Credit Counseling for financial problems or to a marriage counselor in their neighborhood.

"Employees are welcome to call, if only for a confidential ear," she said, adding that, in most cases, appointments will be set for the same week.

"I like to meet face-to-face," she said. "A lot of people are under stress and are hurting and I like for them to know that someone is there for them."

Stokes' responsibilities include organizing the annual substance abuse awareness training for ASAP in accordance with Army Regulation 600-85 requirements that state DA civilians will receive two hours of training per year.

"Some think it is a waste of time but

keep in mind that although we have annual training requirements, every year we still lose Soldiers and civilians to suicide, drunken driving and other preventable incidents," she said. "It might seem repetitive, but until we get to the point where none of our DoD Family is lost to these types of incidents, we need the training.

"We are a Family and we need to look out for each other. If you see something, say something. You could save a life."

Stokes asks that employees take the time to be extra vigilant and safety conscious not only during the 101 Days of Summer but at all times.

"It's summer and everyone wants to have fun but we need to take the time to make the best decisions possible about drinking or medicating and driving or anything else affecting our well-being or the well-being of others. Safety is all about making smart choices and avoiding preventable incidents. There's no situation too great or too small that we as a DoD Family can't handle."

For more information, call stokes at 410-278-5319 or e-mail robinstine.stokes.mil@mail.mil; or contact Timothy Knox, ASAP Alcohol and Drug Control Officer, at 410-278-3810 or e-mail timothy.l.knox4.civ@mail.mil.



Want to make a difference in how services are rendered at APG? Tell us how we can improve, or provide kudos for great service, via the Interactive Customer Evaluation system at <http://ice.disa.mil/>. Click "Army" then "Aberdeen Proving Ground." Or check us out on Facebook at <http://on.fb.me/HzQlow>. View the QR code to visit us immediately.



# Suicide first aid training offered through ASAP

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

Aberdeen Proving Ground community members participated in a 15-hour Applied Suicide Intervention Skills Training, or ASIST, May 30-31. This training offered through APG's Army Substance Abuse Program, taught students the skills to feel more confident and proficient in helping prevent the risk of suicide.

Lamont Coger, an ASIST trainer from APG's ASAP, said the interactive course is similar to first aid classes that teach cardio-pulmonary resuscitation, or CPR, in that it teaches the students how to spot the warning signs of suicide and gives them the skills to help a person at risk stay safe and seek further help. ASIST has been offered through LivingWorks since 1983 and has been used extensively throughout the Army, Air Force and Coast Guard.

Coger said that he wanted to make the workshop available to the entire APG community because suicide affects people from all walks of life. The workshop encourages participants to share their personal experiences and learn how



Lamont Coger, from APG's Army Substance Abuse Program, leads a classroom discussion during the Applied Suicide Intervention Skills Training (ASIST) held in building 4305 May 30-31.

to talk openly about suicide. Coger said that people who contemplate suicide often keep their feelings to themselves and don't seek help because of the stigma attached.

Sgt. Jeryn Prince from Company A, 308th Military Intelligence Battalion said that he attended the workshop so he could help Soldiers in his unit. Prince said that the multiple deploy-

ments that Soldiers face can be a major source of stress, which can lead to suicidal thoughts.

"I think this is good training for NCOs (non-commissioned officers) to help other Soldiers, definitely when they are facing deployment," he said. "I think we need to focus more on what Soldiers are feeling and learn the warning signs of suicide. I think this training is what

we need in the Army today. If more Soldiers attend this training, it could minimize the majority of the problems in the military and boost morale. It could result in a more effective Army."

Andrea Miller, a Northeast Regional Operations Center civilian, said that a personal experience inspired her to attend the workshop.

"I had a great boss that committed suicide; he always seemed so happy," she said. "It was a great shock to everyone. No one knew his personal life."

She added that she wanted to attend the training to help friends and Family members in the future, if needed.

ASIST trainers included Chief Religious Program Specialist and Suicide Prevention Manager Alan Dagg, from the U.S. Fleet Cyber Command-U.S. 10th Fleet; and Kirk Fechter, the director of the Installation Safety Office from Fort George G. Meade.

ASIST workshops will be offered at APG through ASAP every two months, as long as there is demand. The next workshop will be held August 22 and 23. For more information e-mail Coger at lamont.a.coger.civ@mail.mil or call 410-278-7778.



## June is Men's Health Month

(From left) 1st Lt. Lixin Wang, from the Maryland National Guard checks the blood pressure of APG's Alcohol and Drug Control Officer Timothy Knox during a men's health fair sponsored by the Community Health Promotion Council at the APG North (Aberdeen) Athletic Center June 7. The event, held in honor of Men's Health Month, also featured hearing screenings, chair massages and information on tobacco cessation, nutrition and prostate screenings.

Photo by Rachel Ponder

# High blood pressure may give no warning before it kills

By **AYANNA ROBINSON**  
U.S. Army Public Health Command

There's a silent killer lurking, and in 2007, it claimed the lives of 336,000 Americans, as either a primary or contributing cause of death.

Although you can't see the culprit, it's present in about one in three adults in the United States. High blood pressure, or hypertension, is a serious condition often referred to as the silent killer because it frequently has no warning signs or symptoms. It also increases the risk for heart disease and stroke, which are leading causes of death in the U.S., so it's important to get your blood pressure checked regularly.

What exactly is blood pressure? Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. It is measured as systolic (blood pressure when the heart beats while pumping blood) and diastolic (blood pressure when the heart is at rest between beats).

Blood pressure is always reported as systolic over diastolic pressures, for instance, 120/80. A person is said to have high blood pressure when the systolic pressure is 140 or higher and the diastolic pressure is 90 or higher.

What can you do to prevent high blood pressure? People of all ages can make healthier lifestyle choices that will keep blood pressure in a normal range. An ounce of prevention is worth a pound

## 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.



of cure. Follow these key steps to prevent high blood pressure and maintain a healthy heart:

**Be active.** Physical activity can help lower blood pressure. Spending at least 30 minutes on most days of the week engaged in moderate levels of physical activity, like water aerobics or brisk walking, is recommended for adults.

**Eat healthy.** A healthy, well-balanced diet that is low in total fats, saturated fats and cholesterol is a good way to keep blood pressure down. Also, eat lots of fruits, vegetables and low-fat dairy products. Certain foods like whole grain oats, celery, salmon, black beans and low-fat yogurt contain nutrients that lower blood pressure. It is

also important to reduce sodium intake. You can do this by limiting the amount of salt you add to your food.

**Watch your weight.** Being overweight or obese increases your risk of developing high blood pressure. In fact, your blood pressure rises as your body weight increases. Losing even 10 pounds can help lower your blood pressure.

**Limit alcohol.** While research shows that drinking a glass of red wine a day may be a heart healthy choice, you don't want to drink in excess. Drinking too much alcohol, among other harmful health effects, can raise your blood pressure. If you drink alcoholic beverages, do so moderately. This is equal to one

drink a day for women and two drinks a day for men.

**Don't smoke.** Smoking injures blood vessels and speeds up the process of hardening arteries. Smoking is especially bad for people with high blood pressure. If you don't smoke, don't start. If you do smoke, talk to your doctor about ways to quit.

**Monitor blood pressure levels.** It's important to know where you stand, especially since high blood pressure often has no warning signs. Be sure to have your blood pressure checked regularly by your doctor. You can also monitor your blood pressure between visits.

People with high blood pressure may be prescribed medications by their doctors. Remember if you have high blood pressure, lifestyle changes are just as important as taking medications.

For more information about preventing and treating high blood pressure, visit the following sites:

- Centers for Disease Control and Prevention, <http://www.cdc.gov/bloodpressure/>
- Hooah 4 Health, [http://www.hooah4health.com/body/fitness/blood\\_pressure\\_101.htm](http://www.hooah4health.com/body/fitness/blood_pressure_101.htm)
- National Institutes of Health, <http://www.nhlbi.nih.gov/health/health-topics/topics/hbp/>
- UCanQuit2, <http://www.ucanquit2.org>

# Use ball for exercise, not desk chair

By **JOHN PENTIKIS**  
U.S. Army Public Health Command

There has been much research in the past few years devoted to trying to make workers healthier while working. One of the more popular ideas is the use of an exercise ball to replace a traditional office chair. However, there seems to be a great deal of debate comparing the pros and cons of using an exercise ball as an office chair and what effect the ball will have on the back.

Exercise balls were not originally intended as exercise equipment, but rather as therapy tools to improve balance and strength. The instability of the exercise ball forces the use of the core muscles of the midsection. As an exercise tool, this is a positive feature because it is important to strengthen the muscles of the low back and abdomen. However, those same features are not necessarily desirable for a chair.

There has been little research done on the effects of using an exercise ball as a fulltime seat. One study suggested that extended sitting on an unstable seat surface does not

really affect the overall spine stability. Sitting on a ball appears to spread out the contact area, which could explain the reported discomfort. Another study's results found an increase in muscle use in certain back muscles as well as an increase in discomfort while sitting on the stability ball.

From an ergonomics point of view, stability balls are not an effective solution for reducing low back pain in the workplace for these reasons:

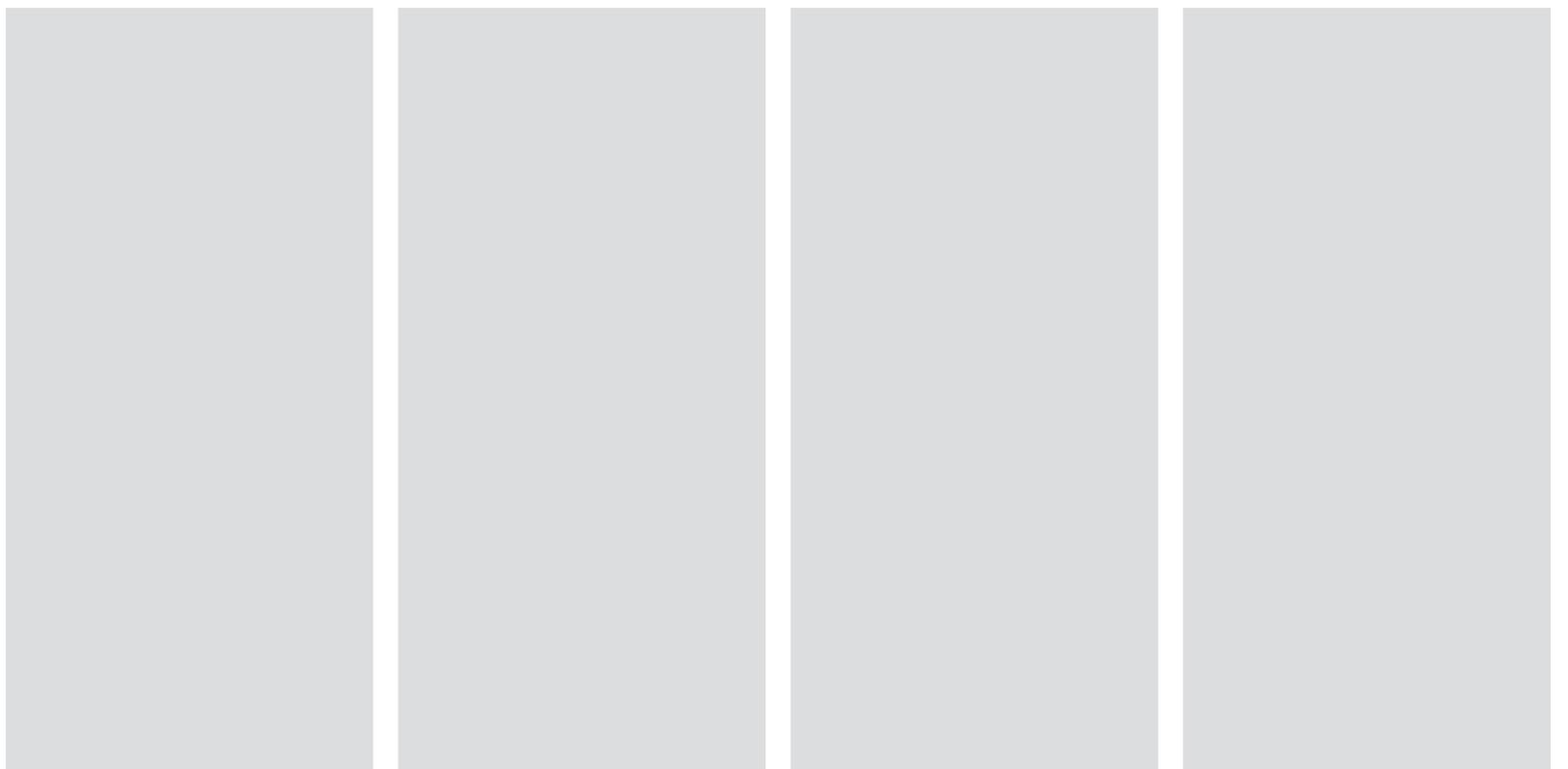
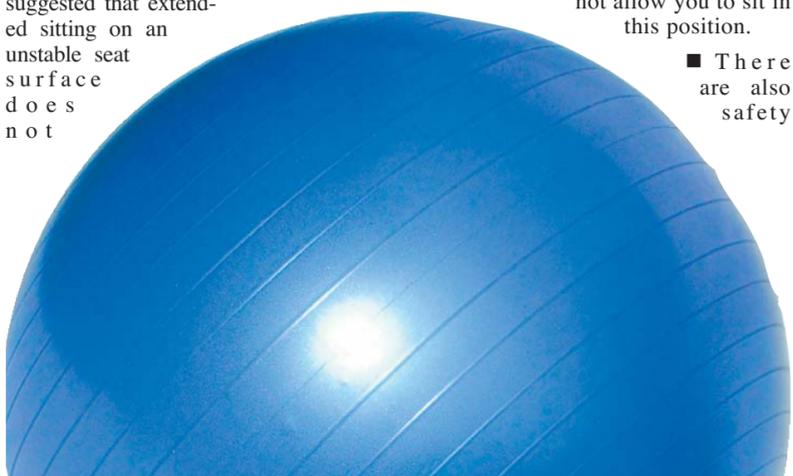
- Active sitting increases the rate of fatigue due to constantly being off balance. In addition to fatigue, continuously maintaining your balance throughout the day may be an issue for some individuals and people with previous back injuries.
- Exercise balls do not have armrests or back supports, key features in supporting the body.
- A reclined sitting position is the most comfortable position for the back, and an exercise ball does not allow you to sit in this position.
- There are also safety

concerns if someone is not using the exercise ball properly. Exercise balls do not have a stable balance and present a potential safety risk of falling off of them, or the ball may pop, causing the user to fall. In addition, a general user may not realize that a fully inflated exercise ball is going to be much more difficult to sit on than a less inflated ball.

The only situation recommended for extended use of an exercise ball is as a form of exercise. In an office setting, an exercise ball should only be used for a

few minutes at a time spread throughout the day for an exercise break, but not as a full-time desk chair.

Exercise balls are a great addition to a comprehensive exercise/health program. However, they are not a suitable addition to a comprehensive ergonomic computer workstation. The best way to reduce low back fatigue and discomfort from sitting is to limit prolonged exposure to sitting to one hour and to choose a chair that allows you to change your sitting posture frequently throughout the day.



# Drinking water safe according to latest quality testing

DPW

## About this report

Once again, we are proud to present to you our annual drinking water quality report. This annual report concerning the quality of water delivered to the Edgewood Area of U.S. Army Garrison, Aberdeen Proving Ground for the period of January 1, 2011 through December 31, 2011 (except where noted). Under the Consumer Confidence Reporting Rule of the Federal Safe Drinking Water Act (SDWA) community water systems are required to report this water quality information to the consuming public. Presented in this report is information regarding the source of our water, its constituents and the health risks associated with any contaminants detected in quantities exceeding a drinking water regulatory maximum contaminant level (MCL) action level (AL) or treatment techniques (TT).

## How impurities get in the water supply

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include:

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- Inorganic contaminants, such as salts and metals, which can occur naturally or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- Pesticides and herbicides, which may occur from a variety of sources such as agriculture, urban storm water runoff, and residential uses.
- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can come from gas stations, urban storm water runoff, and septic systems.
- Radioactive contaminants, which can be naturally occurring or the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, the Environmental Protection Agency (EPA) prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration regula-

tions establish limits for bottled water, which must provide the same protection for public health.

Consumers should be aware that drinking water, including bottled water, might reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline at 800-426-4791.

## Monitoring of drinking water

The drinking water being delivered to you is pumped from Winters Run and treated by the Van Bibber Water Treatment Plant located at Building E-6110 on Route 755 (Edgewood Road), Edgewood, MD 21040. A source water assessment was completed in 2005 for our source (Winters Run) by the Maryland Department of Environment (MDE). The study found that our source, like most surface water sources in Maryland, is potentially most susceptible to non-point pollution from agricultural activities and urban stormwater runoff. The source water assessment report is available from MDE's Water Supply Program webpage under Source Water Protection ([www.mde.state.md.us/programs/Water/Water\\_Supply](http://www.mde.state.md.us/programs/Water/Water_Supply))

Our water system uses only EPA-approved laboratory methods to analyze your drinking water. Our personnel collect water samples from the distribution system and from the Van Bibber Water Treatment Plant. Samples are then shipped to the accredited laboratory where a full spectrum of water quality analyses is performed. The results are reported to MDE. In the Edgewood Area, we monitor for the contaminant groups listed in Table 1 using EPA-approved methods. Table 1 also lists the monitoring frequencies for these contaminant groups.

TABLE 1 Contaminant Groups and Monitoring Frequency

Contaminant Group	Monitoring Frequency
Disinfection By-Products (DBP)	Quarterly
DBP Precursors (DBPP)	Monthly
Inorganic Contaminants (IOC)	Once Per Year
Lead and Copper (L&C)	Once Every 3 Years
Microorganisms & Turbidity (M&T)	Daily
Radionuclides (RAD)	Once Every 3 Years
Synthetic Organic Compounds (SOC)	Twice Per Year
Unregulated Contaminants (UNREG)	Once Every 5 Years
Volatile Organic Compounds (VOC)	Once Per Year

## Monitoring Violation - Edgewood Area System

Our water system violated a drinking water monitoring requirement in 2011 for Cryptosporidium (a disease-causing microorganism that may be present in our raw water source). Although this was not an emergency, as our customers, you have a right to know what happened and what we did to correct this situation. We were required to monitor the source of your drinking water for Cryptosporidium. Results of the monitoring are to be used to determine whether water treatment at the Van Bibber Water Treatment Plant is sufficient to adequately remove Cryptosporidium from your drinking water. We were required to complete this monitoring in 2011 and make this determination by September 2012. All required monitoring and testing for Cryptosporidium was completed, but not in accordance with an approved schedule. Monitoring in this manner did not jeopardize our ability to have the required treatment modifications, if any, completed by the deadline required, October 2014.

This was not an emergency. If it had been, you would have been notified within 24 hours.

## What has been done?

We collected all required samples by July 2011 and Cryptosporidium was not detected in any samples. Therefore, it has been determined that no treatment modifications are required at the Van Bibber Water Treatment Plant.

## APG - Edgewood Area Water Quality Data (Van Bibber Water Treatment Plant)

Table 2 lists the contaminants detected in the Edgewood Area drinking water distribution system during calendar year 2011 or, in some cases, during the most recent sampling period. We routinely monitor for a number of contaminants in the water supply to meet regulatory drinking water compliance requirements. Table 2 lists only those contaminants that had some level of detection. Your drinking water has been analyzed for many other contaminants as well, but they were not detected in the Edgewood Area drinking water distribution system during 2011 or the most recent sampling period.

TABLE 2. Contaminants Detected in Edgewood Area Drinking Water during 2011

Substances Detected (units)	Group	Level Detected	What's Allowed? (MCL)	Exceed the Limit?	Range Detected	What's the Goal? (MCLG)	Typical Source of Contaminant
TTHM (ppb) <sup>1</sup>	DBP	79.6	80	NO	31 - 180	N/A	By-product of drinking water chlorination
HAA5 (ppb) <sup>1</sup>	DBP	59.3	60	NO	7.5-140	N/A	By-product of drinking water chlorination
TOC (removal ratio) <sup>2</sup>	DBPP	1.01	TT	NO	0.57-1.63	TT	Naturally present in the environment
Barium (ppm) <sup>3</sup>	IOC	0.031	2	NO	N/A	2	Erosion of natural deposits
Fluoride (ppm) <sup>3</sup>	IOC	0.11	4	NO	N/A	4	Water additive to promote strong teeth
Nitrate (ppm) <sup>3</sup>	IOC	1.9	10	NO	N/A	10	Runoff from fertilizer use; natural deposits
Lead (ppb) <sup>4</sup>	L&C	10	15 (AL)	NO	<2-34	0	Corrosion of household plumbing systems
Copper (ppm) <sup>4</sup>	L&C	0.21	1.3 (AL)	NO	0.00 -0.32	1.3	Corrosion of household plumbing systems
Total Coliform (presence) <sup>5</sup>	M&T	<1%	5%	NO	<1%	0	Naturally present in the environment
Fecal Coliform or E.Coli Bacteria (presence) <sup>5</sup>	M&T	0%	5%	NO	0%	0	Naturally present in the environment
Turbidity (NTU) <sup>6</sup>	M&T	>99%	TT	NO	0.01 -0.40	TT	Soil runoff
Gross Alpha (pCi/L) <sup>7</sup>	RAD	1.5	15	NO	N/A	0	Erosion of natural deposits
Radium-228 (pCi/L) <sup>7</sup>	RAD	.02	5	NO	N/A	0	Erosion of natural deposits
Chlorine (ppm asCl <sub>2</sub> ) <sup>9</sup>	VOC	0.68	4	NO	0.03-2.76	4	Water additive to control microbes

1 The highest running annual average detected during 2011 is reported in the "Level Detected" column and the range of individual results is presented in the "Range Detected" column.

2 Removal of DBPP is monitored by measuring Total Organic Carbon (TOC) before and after treatment and computing a removal ratio. The running annual average ratios for both the Edgewood Area and Harford County systems were in compliance with this Treatment Technique for TOC during all of Calendar Year 2011.

3 The detected level of these inorganic contaminants (IOC) is presented in the "Level Detected" column. The range of detected levels is presented in the "Range Detected" column (the range of detection is not applicable (N/A) for the Edgewood Area System because IOCs are monitored once per year).

4 Compliance for these parameters is demonstrated by comparing the 90th percentile of results to the regulatory Action Level for each parameter. This 90th percentile value is reported to you in the "Level Detected" column. This value represents the concentration that ninety percent of the sites (not values) were below during the most recent round of monitoring (2009 for both systems). The range of values detected is presented in the "Range Detected" column.

5 Compliance for this parameter is demonstrated by not having greater than 5% positive samples for the month. Whenever a positive sample occurs, appropriate actions including re-collection of samples are taken until the concern is addressed. Edgewood Area System: in 2011 there was 1 positive result out of 123 (positive occurred in October 2011). Repeat samples were negative. Harford County System: in 2011 there was 1 positive result out of 1218 sam-

ples taken. Retests were negative.

6 Turbidity is a measure of the cloudiness of the water. We monitor it because it is a good indicator of the effectiveness of our filtration system. Turbidity levels must be below 0.3 NTU in at least 95% of samples collected to achieve compliance. For both the Edgewood Area and Harford County systems the percentages reported to you in the "Level Detected" column are greater than 95%. The range of turbidity levels in NTU units is presented in the "Range Detected" column.

7 The level of these radiological contaminants (RAD) is presented in the "Level Detected" column and the range of individual results is presented in the "Range Detected" column. For the Edgewood Area System, because these contaminants are monitored once every three years (last in 2010), the range of detections is not applicable.

8 The annual average for the detected VOCs and SOCs are presented in the "Level Detected" column, with the range of detected levels presented in the "Range Detected" column.

9 Chlorine is added to our drinking water to control the presence of microorganisms. The standard by which compliance with chlorine levels is determined is called the maximum residual disinfectant level (MRDL). The MRDL is the level of a drinking water disinfectant below which there is no known or expected risk to health. The annual average chlorine level is presented in the "Level Detected" column with the range of detected concentrations presented in the "Range Detected" column.

10 The detected level of these unregulated contaminants (UNREG) is presented in the "Level Detected" column and the range of detected levels is presented in the "Range Detected" column.

## Acronyms used throughout this report:

AL.....	Action Level
APG.....	Aberdeen Proving Ground
DBP.....	Disinfection By-Products
DBPP.....	DBP Precursors
EPA.....	Environmental Protection Agency
HAA5.....	Haloacetic Acids
IOC.....	Inorganic Contaminants
L&C.....	Lead and Copper
M&T.....	Microorganisms & Turbidity
MCL.....	Maximum Contaminant Level
MCLG.....	Maximum Contaminant Level Goal
MDE.....	Maryland Department of the Environment
N/A.....	Not Applicable
ND.....	None Detected
NTU.....	Nephelometric Turbidity Unit
pCi/L.....	picocuries per liter
ppb.....	parts per billion
ppm.....	parts per million
RAD.....	Radionuclides
SDWA.....	Safe Drinking Water Act
SOC.....	Synthetic Organic Compounds
TT.....	Treatment Technique
TTHM.....	Total Trihalomethanes
UNREG.....	Unregulated Compounds
VOC.....	Volatile Organic Compounds

## Definitions

■ **Action Level (AL)** - The concentration of a contaminant that, if exceeded, triggers treatment or other requirements that a water system must follow.

■ **Maximum Contaminant Level (MCL)** - The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLG as feasible using the best available treatment technology. Contaminants in drinking water, if detected, must be present in levels below the MCLs in order for the system to be in compliance with state and federal regulations.

■ **Maximum Contaminant Level Goal (MCLG)** - The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety. Note that MCLGs are goals and not regulatory limits. Public drinking water systems are not required to meet MCLGs.

■ **Maximum Residual Disinfectant Level (MRDL)** - The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

■ **Maximum Residual Disinfectant Level Goal (MRDLG)** - The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

■ **Treatment Technique (TT)** - A required process intended to reduce the level of a contaminant in drinking water.

## Contact Information:

Questions regarding the information contained in this report may be directed to the following:

- Ruth Golding, Directorate of Public Works, Environmental Division - 410-278-2495, [ruth.a.golding.civ@mail.mil](mailto:ruth.a.golding.civ@mail.mil)
- Tony Hale, Directorate of Public Works, Operations & Maintenance Division - 410-278-2495, [anthony.r.hale12.civ@mail.mil](mailto:anthony.r.hale12.civ@mail.mil)
- Adrienne Foss, Public Affairs Office - 410-278-1150, [adrienne.c.foss.civ@mail.mil](mailto:adrienne.c.foss.civ@mail.mil)

## Additional notes:

■ Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue-baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant, you should ask advice from your health care provider.

■ If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. APG is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components.

When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the EPA Safe Drinking Water Hotline at (1-800-426-4791) or at <http://www.epa.gov/safewater/lead>.

■ Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, persons with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

**THE WATER IS SAFE TO DRINK**

As you can see by the tables in this report, some contaminants were detected in the water provided to you by APG and by Harford County, but your tap water met all U.S. Environmental Protection Agency and state drinking water health standards during Calendar Year 2011.

# Garrison challenge inspires weight loss

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

Aberdeen Proving Ground Garrison employees were challenged to lose weight by adopting healthy habits during the seven week "Spring into Wellness" challenge.

Thirty-seven employees participated in this informal challenge, from April 10 to June 4, losing more than 125 pounds. Participants shared their success stories and top losers were announced during a recognition luncheon at the garrison headquarters main conference room June 4.

Jim Foard, from the Visual Information Service Center, won first place after he lost 19 pounds. Michele Farmer, from APG's U.S. Army Signal Network Enterprise Center, came in second with a 13-pound loss. Michael Breidenbaugh, from the Directorate of Public Works Environmental Management Division, took third place, dropping 10 pounds.

APG Garrison Commander Col. Orlando Ortiz presented certificates of appreciation to each of the winners. Foard was also presented with a Commander's Coin and a \$150 gift card. Farmer received a mini grill.

At the beginning of the competition, some participants contributed a small donation. Money that was collected was used to purchase prizes for the winners. For most participants, however, losing weight is its own reward.

## Adopting healthier habits

Foard said the challenge inspired him to adopt a more active lifestyle. His daily lunch time routine now involves a 30 to 45 minute power walk around the Plumb Point Loop walking trail. He also walks an



**Jim Foard, from the Visual Information Service Center, power walks on the Plumb Point Loop fitness path during his lunch break. Foard won first place and lost 19 pounds during the "Spring into Wellness" slim down challenge, hosted by Aberdeen Proving Ground Garrison.**

hour around his neighborhood or Essex Community College's track after work.

"Before the challenge, I noticed that I lacked endurance. I couldn't walk up a flight of stairs with-

out feeling winded," Foard said. "Now I have more energy."

Additionally, Foard credits his weight loss success to reducing portion sizes and drinking more water.



**Farmer**



**Breidenbaugh**

"It sounds so basic," Foard said. "You have the desire to make positive changes. You can do it, if you want to do it."

Farmer said the weight loss challenge inspired her to try different exercise classes on post offered free through Family and Morale, Welfare and Recreation. She said that incorporating variety in her exercise routine helps her stay motivated. Farmer added that making exercise plans with coworkers and Family members keeps her accountable.

"Before the challenge I would spend all evening on the couch watching television," she said. "Now I am always active and have more energy."

Breidenbaugh said that he decided to take part in the challenge with a small group of coworkers, who encouraged him to stick to his diet and exercise plan. He said the group decided to continue to exercise together and weigh in at work once a week.

"We talk about the challenge every day," Breidenbaugh said. "It is a supportive group, we motivate each other. Doing a weight loss challenge with other people makes you more accountable."

Wendy LaRoche, the installation's community health promotion officer, said getting the right support when you're trying to lose weight is key to success. Throughout the competition, participants attended "lunch and learn" sessions that featured presentations from nutritionists, personal trainers and even a phone call from renowned fitness personality Richard Simmons.

These sessions also gave participants time to share what works for them.

LaRoche said personnel at the Public Health Command, Kirk U.S. Army Health Clinic and Human Resources employees from the U.S. Army Chemical Materials Agency, to name a few, have also conducted informal challenges with coworkers, motivating each other to lose weight. "Competitions are totally voluntary, and are not endorsed by any organization," she said. "Challenges are led by people who have a desire to motivate themselves and help motivate others to lose weight and get healthier. Individual groups come up with their own guidelines."

"I think it was evident that those who led the Spring into Wellness challenge and those who participated gained not only a great deal of knowledge but the desire to adopt healthier lifestyles and habits."

For more information on starting a weight loss challenge or other healthy living initiatives, call LaRoche at 410-417-2312. Information is also on the Community Health Promotion Website, <http://www.apg.army.mil/APG-Home/sites/commander/CHPC/healthpromotion.cfm>.

Submit letters to the editor to [patricia.g.beauchamp.civ@mail.mil](mailto:patricia.g.beauchamp.civ@mail.mil)

# MARK YOUR CALENDAR

## TODAY

### APOLLO 15 ASTRONAUT SHARES JOURNEY TO MOON

Meet the first person to conduct a deep space walk when Col. Al Worden, command module pilot for the Apollo 15 mission to the moon and the author of "Falling to Earth," comes to Harford County for a benefit lecture and book signing at 7 p.m. The event will benefit the Harford County Public Library Foundation and take place at the Vandiver Inn, 301 South Union Avenue in Havre de Grace. Tickets cost \$50 per person for the lecture or \$65 per person for a VIP ticket that includes a private reception with Col. Worden at 6:30 p.m. and reserved lecture seating. Tickets are available by calling 410-273-5600 or by visiting [www.hcplonline.org](http://www.hcplonline.org).

## ARMY BIRTHDAY

APG will commemorate the Army's 237th Birthday June 14 with a series of fun events to highlight the Army's heritage and proud tradition:

- A Birthday Run will kick off the celebrations. Soldiers, Family members, and civilians will start the day by running 3.2 miles to promote health and fitness. The most motivated units will be awarded streamers.

- The second event is a concert and reenactment sponsored by the U.S. Army Field Band and Lion-Heart FilmWorks. These events will inspire the audience as the Army's lineage is traced through music and reenactment.

- An award presentation will honor Soldiers, spouses and civilians who made significant contributions to the APG community during a cake cutting ceremony followed by a Family & MWR-sponsored barbecue.

All events take place on Fanshaw Field and are open to Soldiers, Family members and civilians across the installation. Maximum participation is encouraged. Contact Capt. Maritzabel Mustafaa at 410-278-3000 or [maritzabel.mustafaa@mail.mil](mailto:maritzabel.mustafaa@mail.mil) for information.

## HOW TO FILL OUT A JOB APPLICATION

This free, introductory course is for teen ages 14-18 and meets 5 to 6 p.m. at CYSS Administration Bldg. 2503, room 214. Teens will learn how to fill out job applications and increase their chances of landing an interview. Register at CYSS Central Registration, Bldg. 2503, rooms 210 or 211. Walk-in registration is 7:30 to 10:30 a.m., or call for an appointment at 410-278-7479/7571. For more information, contact Jay McKinney at 410-278-3250 or e-mail [jay.a.mckinney.naf@mail.mil](mailto:jay.a.mckinney.naf@mail.mil).

## BALTIMORE'S SAILABRATION

More than 40 tall ships and naval vessels from 12 countries are filling Baltimore's waters. The "Star-Spangled Sailabration" marks the start of Maryland's three-year commemoration of the bicentennial of the War of 1812. Baltimore's display of ships will be the largest of the six stops along the Eastern Seaboard.

The foreign ships come from Brazil, Canada, Colombia, Denmark, Ecuador, Germany, Indonesia, Japan, Mexico, Norway and the United Kingdom.

The ships will be docked in the Inner Harbor, Fells Point and North Locust Point and Tide Point, and will be open for free public tours June 14-18.

Visit <http://www.visitmaryland.org/Pages/MarylandHome.aspx> for information.

## FRIDAY & SATURDAY

### JUNE 15-16 HELLO, DOLLY!

Phoenix Festival Theater, presents Hello, Dolly!, June 15 at 8 p.m. and June 16 at 3 and 8 p.m., at Harford Community College's Chesapeake Center. Full of glorious dancing and classic tunes, follow meddling matchmaker Mrs. Dolly Gallagher Levi in her quest to match three young men with the perfect spouse. Hello, Dolly! is a vibrant testament to the human spirit and the joy of life and a favorite of Broadway buffs. For tickets call 443-412-2211.

## FRIDAY THROUGH SUNDAY

### JUNE 15 - 17 HOMES FOR OUR TROOPS PROJECT STARTS IN HAVRE DE GRACE

Homes for Our Troops – a national non-profit organization that builds specially adapted homes for severely injured veterans - will hold a three-day build brigade in Havre de Grace, June 15 – 17, to construct a home for Staff Sgt. Kelly Keck. The event opens with a ceremony, 8:30 a.m., Friday, June 15, followed by the three-day build with the goal to frame, side and roof the house and install windows and doors. Interior and finishing work will be completed in coming months. The home will provide Keck – who lost his right leg and suffered severe hand injuries from an anti-personnel mine in Afghanistan – with maximum freedom of movement and the ability to live more independently.

The home and site of the ceremony is located at 3406 Old Level Rd. in Havre de Grace. Building continues through Saturday and Sunday. To learn more or to get involved, visit [www.homesfourtroops.org/keck](http://www.homesfourtroops.org/keck).

## FRIDAY

### JUNE 15 HAVRE DE GRACE CONCERT

Get your feet moving with rock 'n roll songs. Big Cam & the Lifters will be in concert 7:30 p.m. at Millard E. Tydings Park in Havre de Grace. The concert is free. Bring chairs and picnics. No rain location. Call 410-939-2100 for information.

## USO SHOW RE-CREATION

The late Bob Hope created the concept of the USO Show to boost the morale of troops and to let them know that they and their efforts had not been forgotten and were appreciated.

At 7 p.m. at the Havre de Grace Activity Center, 351 Lewis Lane in Havre de Grace, community members will present "The Land of Which I Brag" a tribute to service members past and present and a salute to the flag they served under to commemorate Flag Day.

The actors and singers taking part will provide you with a glimpse into the historical journey that led to World War II, the call to arms, the roles people played as civilians and then in settling in again at home.

The goal is to let everyone know that we are proud Americans and that we have not forgotten the sacrifice or the gift of freedom. The entire community is welcome. Admission is free and light refreshments will be served. Call 410-939- 6724 for information.

## SATURDAY

### JUNE 16 APG YARD SALE

Get together your used goods and reserve a table at the APG community yard sale from 8 a.m.-2 p.m. in the APG North (Aberdeen) recreation center. This is the perfect event to get rid of unnecessary items taking up space in the garage. To reserve a table in the recreation center ballroom, cost is \$20 for one 6-ft. table and \$35 for two 6-ft. tables. To reserve space on the patio, cost is \$15 for one 6-ft. space and \$25 for one 12-ft. space. Tables and chairs will be provided. All items being sold must be clean and in working condition. Call 410-278-4011.

### APG SOUTH (EDGEWOOD) COMMUNITY GAME NIGHT AND POTLUCK

Come out and get to know your neighbors during Community Game Night and Potluck, 5 to 8 p.m. at the APG South (Edgewood) recreation center, Bldg. E4140. Guests are encouraged to bring a favorite board game and dish. For more information, call 410-436-2713.

### ARMY B-DAY & SUMMER CAMP ORIENTATION SET

Attend the CYSS Summer Camp Orientation and celebrate the Army's birthday from 10 a.m.-2 p.m. at the APG South (Edgewood) youth center, Bldg. E1902. The orientation will be from 10-11:30 a.m. and will be followed by the celebration, which will include free hot dogs, cake and fun activities for the kids. This event is open to the APG community. New members who tour the center will receive a free welcome gift. For information, call 410-436-2862.

## TEXAS HOLD'EM

American Legion Susquehanna Post 135 at 300 Cherry Street in Perryville will host a Texas Hold' em game starting at 2 p.m. There is a \$50 buy-in. Registration begins 1 p.m. with a side game at noon. For more information, call 410-652-2771.

## MONDAY

### JUNE 18-19 GREASE AUDITIONS

Phoenix Festival Theater, a community theater at Harford Community College, is holding auditions for the musical Grease from 7 to 10 p.m. at the Chesapeake Center. All roles are open to anyone 16 years of age and older. Bring sheet music and be prepared to sing 16-32 measures; an accompanist will be provided. Wear comfortable clothing and appropriate footwear for musical and dance auditions. For more information, e-mail [lahensley@harford.edu](mailto:lahensley@harford.edu) or call 443-412-2217.

## MONDAY

### JUNE 18 CONSOLIDATED BUY OPENS

The Computer Hardware, Enterprise Software and Solutions will open the 15th consolidated buy (CB) for ordering June 18. The ordering period runs through Sept. 30. New this CB period are tablets and slates that meet network standards and run the Microsoft Windows based Army Golden Master. CHES has also established an AKO page where customers can review benchmark information for the CB desktops and notebooks. The CB is an Army-mandated requirement directed by AR 25-1 and the Army CIO/G-6. Army organizations are required to use the CB to satisfy their desktop and notebook requirements. Army organizations purchasing non-CB desktops or notebooks require a CB exception. The 15th CB will be the last one for the fiscal and calendar year. Visit <https://CHES.army.mil> for more information.

## JUNIOR GOLF STARTS

Classes for APG's junior golf program, ages 5-17, will be held at the Exton Golf Course every Monday and Friday June 18 – July 31. Classes will be held at Ruggles every Tuesday and

Thursday June 19 – July 31. Registration is \$70 and is open to military, DoD civilian and contractor Family members. Register at CYSS Bldg. 2503. Walk-in registration is set 7:30-10:30 a.m., or call 410-278-7479/7571 for an appointment. For more information, email [william.m.kegley3.naf@mail.mil](mailto:william.m.kegley3.naf@mail.mil) or call 410-306-2297.

## THURSDAY

### JUNE 21 BLOOD DRIVE SLATED

ECBC, MRICD, and USAPHC are partnering with the Armed Services Blood Program to host their first blood drive of summer at Bldg. E4516 (Chemical Demilitarization Training Facility) on Douglas Road from 9 a.m. to 1 p.m. Appointments can be scheduled at [www.militarydonor.com](http://www.militarydonor.com) by using the sponsor code EDGMD. Show your support for our Soldiers and military Families. Most of the blood collected will provide life-saving care for wounded Soldiers overseas. Donors are reminded to bring a photo ID and a list of any travel and medications. Appointments are recommended, but walk-ins are welcome. Drink plenty of fluids all summer long, but especially if you are going to donate. Contact Spc. Matthew Bacon at 410-436-7170 or [matthew.bacon3@us.army.mil](mailto:matthew.bacon3@us.army.mil) for information.

## OPEN MIC & KARAOKE

Do you like to sing? Then, Open Mic Thursday at Ruggles Golf Course is the place to show off your talents. Invite your friends and co-workers to join in the fun during Open Mic and Karaoke, hosted by Lou Melo of Melo Time Karaoke, from 6 to 9 p.m. in the Ruggles Golf Course clubhouse. Admission is free with complimentary bar foods, limited snack bar operations and a beer and wine cash bar. Participants must be 18 and older. For more information, call 410-278-3854.

## WEDNESDAY

### JUNE 27 CONSTRUCTION MEETING

The Maryland State Highway Administration will hold a public meeting regarding the MD 22 and Paradise Road intersection improvements June 27. The meeting will provide information on the construction project. Display areas will show the anticipated operational and safety improvements, and SHA representatives will be available to answer questions. Visit <http://www.sha.maryland.gov/pages/calendar/details.aspx?eventid=62> for details.

## THURSDAY

### JULY 26 OLYMPIC SPORT DAY SET

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

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

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

Food will be provided, and awards will be presented for each event as well as overall winner.

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

To find out how to sign-up for events and more information, pick up the June 21 APG News.



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

# Personnel accountability systems debut

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cation that employees check in to. Each morning, personnel are responsible for logging in to the system via their computer. Once they are in, they must provide their status for the day. If they have not logged in by 9 a.m., they receive an email reminder requesting them to update their status in the application. This log-in process only takes a few minutes. Supervisors are notified of who has and has not logged in.

“Senior level management has the capability to view the reporting status of their entire organization. A report is generated in the system that each organization’s administration has access to. This report details the duty location of each employee,” explained Manganaro.

Employees must account for their status even if they are not in the office, such as a recurring Requested Day Off, sick leave, or annual leave. They are responsible for inputting this data. The application allows an employee to schedule upcoming leave statuses up to six months ahead of time.

“However, when employees take unplanned leave such as sick leave, it is their responsibility to contact their supervisor who then contacts the organization’s MIRARS administrators or account managers to update the employee’s status,” said Manganaro.

She said the Emergency Notification

“The benefit of the MIRARS system is that it works in real-time and collects the data... efficiently.”

**Teresa Manganaro**  
CECOM project lead for MIRARS

System uses the contact information to notify the workforce of emergency situations or non-emergency situations that may involve situations as severe as an active shooter on base or those of a lesser nature, such as base closures due to weather-related instances. Employees can choose their preferred delivery method for receiving this information. They have a choice of email, text message, and/or phone call to their cellular or house line. “CECOM has a global footprint of over 8,000 military and civilian personnel spread over the United States and overseas. The need for efficient accountability for CECOM is more vital than ever,” Manganaro stated.

Acts of war and terrorism and any unanticipated security breaches head the most critical need for a swift and comprehensive personnel notification system. However, there are numerous situations that may affect the operating status of a

duty station. Weather conditions impacted numerous government installations in 2011. Record breaking snowfall in the Mid-Atlantic portion of the United States last winter caused delayed openings for APG. Redstone Arsenal, in Huntsville, Ala. suffered power outages due to the violent tornado season last spring. The northeastern earthquake in August 2011 caused APG employees to evacuate their buildings. Nonemergency scenarios such as power outages or broken water mains may cause disruptions as well.

The Department of the Army already has a system in place in the event of an emergency. It utilizes the Army Disaster Personnel Accountability and Assessment System (ADPAAS) to track all Soldiers, civilians, Family members and overseas contractors during a disastrous event. This is a web-based system that asks all personnel to check in after an event they deem catastrophic. The Army Material Com-

mand’s requirement to gather the status on personnel through ADPAAS after such an event is 72 hours. The benefit of the MIRARS system is that it works in real-time and collects the data more efficiently. ADPAAS is implemented only during catastrophic events, while MIRARS can be used during lesser emergencies. The information in MIRARS is updated by employees on a more regular basis. ADPAAS does not track employees when they are on a TDY status. Both programs are designed to assess and support the workforce during a time of great need.

Dan Ghio, readiness management chief for MilTech Solutions for PEO C3T, said, “PEO C3T has been using Roll Call for three years now with a 99 percent compliance rate. It takes an employee less than 30 seconds a day to login to their location, but the information it provides is vital to our daily operations.”

The system is only as effective as the employees that use it. It is imperative for the workforce to keep their contact information up to date to allow for accurate accountability.

The systems are set to be fully implemented across the entire command at APG by July 2012. It will be fully operational CECOM wide by September 2012. Employees will be informed with their dates to begin using the systems.

# Researching more efficient power delivery for combat zones

Continued from Page 1

technologies,” he said. “Technologies on the forefront of the battlefield have to be very small and lightweight, which raises new challenges to the microgrid market.

“All other microgrid efforts going on in [the Department of Defense] are for installations. They are larger systems where tactical mobility is not a requirement.”

Wildmann directly supports Project Manager Mobile Electric Power, the military’s procurement and support agency for electric power generation on tactical battlefields, in the research and development of technologies for transition to production.

“The work in tactical microgrids has been a new challenge to the DOD and industry because of the strict environmental and ruggedness requirements,” he said. “Installation microgrid projects in industry don’t have those requirements. They can use a lot of [commercial off-the-shelf] components since there are no restrictions on size, weight and mobility.”

## Improving energy efficiency

COM’s primary goals in this field are to improve the efficiency and reliability of tactical power grids through the implementation of intelligence into power distribution systems. RDECOM aims to accomplish this through networking power assets together and being able to select the most efficient source for the load demanded.

Microgrid testing has yielded positive results, said Wildmann, who has worked with CERDEC’s Army Power Division for six years.

“We’ve been able to demonstrate these



U.S. Army photo

**Christopher Wildmann, an RDECOM electrical engineer, stands between a 60-kilowatt Tactical Quiet Generator (left) and a 30-kilowatt unit that were modified to enable a microgrid.**

technologies and prove they are ready for production. Last year, we developed a microgrid [for a] demonstration at Fort Devens, Massachusetts,” he said. “The system was able to network multiple generators together and demonstrate a 37 percent reduction in fuel consumption by intelligently managing those existing sources based on the load.

“CERDEC also manages the hybrid intelligent power program, which is a tactical microgrid program to build a standardized system that utilizes all power generating assets on the battlefield to make grids more efficient.”

## Matching solutions to battlefield conditions

Because of transient conditions in the field, engineers must account for different scenarios during the research and development process, Wildmann said.

“A multitude of solutions is the best way to meet those different conditions,” he said.

Fossil-fueled generator sets are the primary source of power for the Army; however, CERDEC is developing solutions that use renewable power sources, he said.

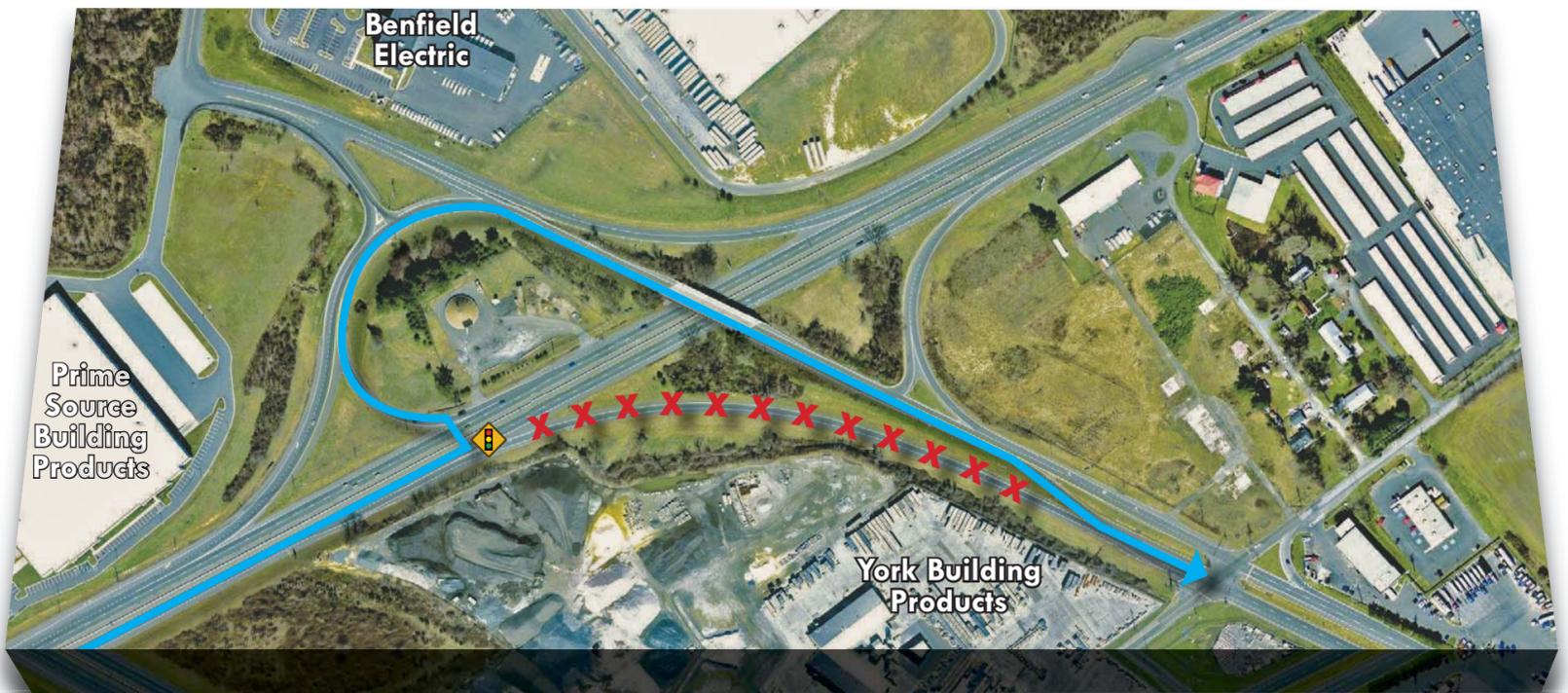
For larger mobile tactical grids where generators are the primary source of power, advancements are necessary to make renewable power sources lighter, smaller, more power dense and easier to transport before they become a viable solution for tactical microgrids.

For smaller, more remote applications, CERDEC is developing hybrid trailer systems that use renewable power sources and can drastically reduce fuel consumption.

“For very remote operations where we want to reduce fuel as much as possible, renewables and hybrid solutions with batteries might be the best solutions,” he said. “For closer-in grids and units that have access to fuel, we are developing microgrid technologies to make grids as efficient and reliable as possible. Not one technology can be applied to all conditions.”

Emerging power and energy technologies also hold promise for further reductions in fuel consumption when Soldiers are not connected to permanent, reliable power grids. He said one possibility is the Stirling engine driven generator, which could be quieter, more efficient and require less maintenance than the typical internal combustion engine.

“The products we are working here within CERDEC can be very beneficial in the future to microgrids. For example, [we could use] fuel cells, smaller generators, or Stirling power systems. At some point, [these alternatives] can be implemented into a microgrid to further reduce fuel [requirements],” he said.



Once closure takes place, APG motorists entering post via the Rt. 40 East to Rt. 715 ramp will need to make a left turn from Rt. 40.

## Expect longer commute times soon

Continued from Page 1

days—for outbound traffic will remain in effect.

“The important thing for drivers is to be aware that the ramp will close soon and it will impact driving onto and around the installation,” said Charlie Eckert, acting chief of Engineering Services Division, DPW. “Drivers need to watch out for the signs that will be posted by the State Highway Administration (SHA) one week prior to the ramp closure because that signage will help them navigate the construction areas and keep traffic flowing.”

“We’ve been working closely with SHA and the contractor, American Infrastructure, for some time now and have known that these changes would take place,” Eckert said. “We have been getting the word out to our community members since February; now it’s time for APG motorists to put into action some of the steps that will help minimize delays and congestions.”

These steps are as follows:

1. Allow an additional 15-20 minutes travel time, once construction begins.

2. Drive area roads in search of alternate routes and become familiar with APG gate locations and hours. Hours of operation for the Maryland Gate on MD 715 and Harford Gate on MD 22 will not change. Aberdeen Gate will open for inbound traffic as soon as the ramp closure goes into effect. Hours of operation for the Aberdeen Gate on MD 132 will be 5:30-9 a.m. for inbound only, Monday to Friday, for outbound traffic, the hours remain unchanged at 3:30 to 5:30 p.m. on duty days. It is closed weekends and holidays, and is not open for visitors or deliveries.

3. Take a bus, train or vanpool and receive a subsidy to help cover commuting costs. Call the Mass Transit Benefit Program Office at 410-436-0230 for details.

4. Carpool (for motorists who are

unable to take the bus, train or vanpool). Harford County’s Ride Share program links employees with carpoolers in your area. For information, call Alan Doran at 410-638-3389.

5. Find out what your organization’s policies are on compressed work schedules, telecommuting and flexible work schedules.

6. Call the Garrison DOL Transportation Office at 410-278-2697 for information on the installation’s train shuttle.

### Public Meeting Paradise Road Construction

The Maryland State Highway Administration will hold a public meeting regarding the MD 22 and Paradise Road intersection improvements June 27. The meeting will take place at the Aberdeen High School cafeteria from 6-8 p.m. and will provide information on the construction project. Display

areas will show the anticipated operational and safety improvements, and SHA representatives will be available to answer questions. Visit <http://www.sha.maryland.gov/pages/calendardetails.aspx?eventid=62> for details.

For the latest updates on area road construction, visit the following websites or call the following numbers:

■ State Highway Administration: [www.roads.maryland.gov](http://www.roads.maryland.gov)

■ Maryland Traffic Info: [www.md511.org](http://www.md511.org)

■ APG Homepage (Breaking News): [www.apg.army.mil](http://www.apg.army.mil)

■ SHA Toll Free US 40 Project Information Line: Call 1-855-472-7129

■ Free Maryland Traffic Information: Call 511

■ SHA District 4 Toll-Free: Call 1-866-998-0367

## Four APG employees arrested in theft

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One of the defendants, Timothy Bittner, was arrested at work June 8.

Civilian employees Bittner, age 52, of Bel Air, Md.; Robert W. Reynolds, age 29 of Felton, Penn.; and Steven M. Coale, age 33, of North East, Md., are charged in the first indictment with conspiracy to steal and theft of government property, specifically more than \$87,000 worth of copper wire.

Contract employee Ronald Phillips Baker, Sr., age 62, of Havre de Grace, Md., is charged in the second indictment with theft of government property, specifically, more than 2,700 pounds of aluminum worth more than \$110,000 on one occasion and a total of more than 27,000 pounds.

“We do not condone theft from the government and will support law enforcement agencies that are working to ensure that anyone who attempts to defraud the government is brought to justice,” said APG Garrison Commander Col. Orlando Ortiz. “Any allegations are not a reflection of the excellent workforce here at APG.”

The indictments were announced by United States Attorney for the District of Maryland Rod J. Rosenstein; Special

Agent in Charge Richard A. McFeely of the Federal Bureau of Investigation, Special Agent in Charge Robert Craig of the Defense Criminal Investigative Service - Mid-Atlantic Field Office; and APG’s Directorate of Emergency Services and U.S. Army Garrison Aberdeen Proving Ground.

“The indictments should send a strong message that this type of egregious behavior –allegations of theft while supposedly working on the government clock, to include even stripping active copper wire from an APG building - will not be tolerated,” said Craig.

According to their indictment, Bittner, Reynolds and Coale were employed as DPW electricians. From March through November 2011, the defendants allegedly used their access to the buildings on APG South (Edgewood) and their expertise as electricians to steal copper fixtures and copper wire from government buildings.

During work, the defendants allegedly pulled the wire, including wire in current use, and took the copper and copper wire in their government vehicles to the APG parking lot, where they transferred

the stolen items to their personal cars. The defendants rented space at a storage facility to store the copper and copper wire and bought a stripping machine, which they used to remove the insulation from the copper wire to increase the price.

The defendants are alleged to have sold the copper to metal recyclers in Maryland, Pennsylvania and Delaware as scrap, and divided the proceeds which totaled approximately \$87,000.

“I’m saddened by these allegations,” said DPW Chief Tom Kuchar. “This does not represent the hardworking folks of DPW.”

According to Baker’s two-count indictment, he operated a patrol boat on the Chesapeake Bay to keep boats away from waters near APG which were affected by weapons testing. Baker had a security clearance to access the APG boat docks.

On April 23, 2012, Baker used his security clearance to access a secure area where he allegedly stole fabricated aluminum outriggers which weighed more than 2,740 pounds and were worth more than \$110,000. The indictment further alleges that from September 2010

through April 2012, Baker stole over 27,000 pounds of aluminum.

All four defendants face a maximum sentence of 10 years in prison for theft of government property. Bittner, Reynolds and Coale also face a maximum of five years in prison for conspiracy to steal government property.

An individual charged by indictment is presumed innocent unless and until proven guilty at some later criminal proceedings.

Anyone with specific information regarding this matter or any acts of theft or fraud are encouraged to call the Investigative Services Division at 410-278-3609 or the U.S. Army Criminal Investigations Command at 410-278-5261 to discuss their concerns.

United States Attorney Rod J. Rosenstein praised the DCIS, APG’s Directorate of Emergency Services and FBI for their work in the investigation. Mr. Rosenstein thanked Assistant U.S. Attorney Joyce K. McDonald, Special Assistant United States Attorney David I. Sharfstein, of the U.S. Department of Justice Tax Division, and Special Assistant U.S. Attorney Sean Marlaire, who are prosecuting the cases.

## APG police support Special Olympics in Torch Run

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Bane, deputy T.J. French, and Capt. John Newman, from the Howard County Police Department, sent the runners off with words of encouragement.

“It’s folks like you, with all your fundraising and enthusiasm, who make this possible,” Dougherty told the runners, who included Harford County deputies, Maryland State Troopers and local police officers from Bel Air, Aberdeen and Havre de Grace.

Newman said that the local efforts are part of a huge group of Maryland law enforcement that has raised more than \$400 million for SOMD.

“Without this program the world would be a lot different place for those kids,” he said, adding encouragement for

participants to attend the games which were held at Towson University June 8 – 10.

Deputies on motorcycles escorted the runners down Route 40 to Aberdeen where the DES group joined in for the second leg of the run to the Aberdeen City Hall where they were met by Mayor Michael Bennett and police chief Henry Trabert.

Bennett praised the runners for their devotion to a “worldwide cause.”

“Every year they get out here like law enforcement agencies worldwide,” Bennett said. “They really make a difference. It’s good for people to see this side of law enforcement.”

Runners agreed.

“I just started running to get back in

shape and thought this would be a good way to do that and support the special Olympics,” said DES traffic investigator Andreas Sexton.

It was the fifth Torch Run for Officer Tony Malveaux, a running enthusiast who also runs half marathons for Leukemia, Lymphoma and Diabetes.

“I come out for the camaraderie,” he said. “We’re getting fit while making a difference.”

Nicole Hall, DES patrol services, assisted Farlow in organizing the event. This was her fourth year, she said.

“It’s a great cause because it does so much for so many,” she said. “It’s not about competition, it’s about showing support.”

Best friends and avid runners deputy

Beth Zinger and public safety supervisor Jennifer Webster said they participate because it makes them feel good.

“We’re all about working with people and this is something positive and worthwhile to do with those we work with,” Webster said.

According to the SOMD website, the Law Enforcement Torch Relay is an important part of the year-round efforts all across the state. It is through the relay that law enforcement and correctional officers across the “Flame of Hope” through towns and communities statewide to raise awareness for the SOMD and the Summer Games.