

APG NEWS



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U.S. Army Drill Team Thrills APG



Photo by Rachel Ponder

By **MEG CARPENTER**
PEO C3T

Our right to live free is non-negotiable. We have made a promise to the American people and we will keep it.

The words hung in the air as the U.S. Army Drill Team's announcer introduced the Soldiers as they stepped crisply onto the pavement in front of the Myer Auditorium.

The Drill Team is part of the 3rd U.S. Infantry Regiment (The Old Guard), the oldest active Infantry Regiment in the U.S. Army. The 30-member team is one of five specialty platoons that also include those who guard the Tomb of the Unknown Soldier, the Caisson Platoon, the Presidential Salute Battery and the Continental Color Guard.

Product Manager Radio Assisted Detection and Ranging (PdM RADARS) invited the Drill Team to perform at the C4ISR Center of Excellence on April 18 before the PM's Town Hall at Aberdeen Proving Ground, Md.

"We like to do unique and memorable events for our office's Town Hall," said Maj. Gordon Wilson, assistant product manager for PM RADARS. "We thought everyone would enjoy this."

An appreciative crowd ringed the courtyard to watch, while others lined the windows of campus buildings.

Moving into "the line," the Soldiers stood shoulder-to-shoulder and went through a series of movements that produced a ripple effect down the line and back like a series of time-lapse photos coming to life.

From the line they marched into a circle, surrounding their

The United States Army Drill Team, 3d U.S. Infantry Regiment (Old Guard), performed a silent drill demonstration in the courtyard at the C4ISR Center of Excellence as part of a Program Manager Radars Town Hall meeting April 18. The Drill Team is a precision drill platoon with the primary mission of showcasing the U.S. Army both nationally and internationally through breathtaking routines with bayonet-tipped 1903 Springfield rifles. For more photos, visit www.flickr.com/theoldguard.

See **DRILL TEAM**, page 10

Survivor recalls the Holocaust during APG ceremony



Ponczak

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

The U.S. Army Research Laboratory and Team APG hosted the annual observance of the Holocaust during the annual Days of Remembrance ceremony at the post theater April 16.

Sam Ponczak, a Holocaust survivor, shared the story of his Family's journey during World War II. When World War II broke out in 1939, Ponczak was living in the area that became

the Warsaw Ghetto. Ponczak and his mother escaped the ghetto and joined Ponczak's father who at the time lived in the eastern part of Poland which was then occupied by the Soviets. Ponczak and his mother tried to escape but were caught by Soviet guards. Eventually they were reunited with his father and were placed in a labor camp in Siberia, where Ponczak's mother and father worked in clothing factories sewing military coats for the Soviet army which was engaged in war against Germany.

After refusing to accept the Soviet offer of citizenship to Polish refugees, his Family was able to return to Poland at the end of the war. No living relatives were found in Poland after the Family's return from Russia.

Ponczak said that even after the war his Family had to be on the move. Due to a communist government supported wave of anti-Semitism, in 1957 Ponczak and his Family left Poland, and lived in Paris until 1959, when

See **SURVIVOR**, page 10

Army scientists scout energy solutions for the battlefield

By **JOYCE P. BRAYBOY**
U.S. Army Research Laboratory

What if scientists and engineers could scavenge energy for warfighters, like bottom feeders scavenge in the ocean?

The U.S. Army Research Laboratory, or ARL, along with the Army science and technology community, is pursuing novel technology aspects of the Army's

Operational Energy Strategy.

Energy Scavenging is just one way ARL experts are getting more from existing resources, said Dr. Edward Shaffer, who is the Energy and Power Division Chief at the lab. Energy harvesting is critical to realize "net zero" energy use, a key element of the Army's Operational Energy Strategy.

There are a number of technology areas enabling operational energy, such as energy storage, alternative energy sources, high-density power converters and micro grids that the lab is pursuing.

Department of Defense operational energy is an emerging

See **ARL**, page 10

Army deaths spur campaign against supplements

By **DONNA MILES**
Army.mil/news

A "David-and-Goliath" scenario, an Army installation commander standing up to a multi-billion-dollar industry over the deaths of three of his Soldiers, has borne fruit in a national Food and Drug Administration warning and the drug maker's decision to stop production of a controversial dietary supplement.

Gen. Dana J.H. Pittard, commander of Fort Bliss, Texas, and the 1st Armored Division, lauded USPlabs's announcement that it would stop production of Jack3d.

The supplement contains dimethylamylamine, or DMAA, a stimulant popular among bodybuilders and dieters that the Food and Drug Administration, or FDA, last

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WEATHER

Thurs.



64° | 45°

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STREET TALK

Why should we celebrate Month of the Military Child?

Having a month set aside to celebrate military children raises awareness, reminds people of the sacrifices that military children make. A lot of people don't understand everything that military children go through, like moving at least every three years, changing schools and more.



Ron Vega
APG North youth center

Being in the military is a lifestyle; it takes dedication, commitment and sacrifice from the whole family. It is hard on the little ones to move, adjust to change and have a parent deploy. Unlike Soldiers, they did not sign up for this lifestyle, yet they make so many sacrifices. They should get recognition for that.



Jody Owens
ASAP

We give them a whole month to let them know that we care and love them. We are showing them that we are there for them, they are not alone. We celebrate all of our children (at the Child Development Center) during Month of the Military Child because they are all in the military system. They all make sacrifices.



Diana Hayes
APG North CDC

Military children sacrifice just as much (as Soldiers) but sometimes their sacrifices get overlooked. They deserve recognition for the many challenges they face.



Maj. Gordon Wilson
PM Radars

Natick employees endure Boston Marathon tragedy

By **BOB REINERT**
USAG-Natick Public Affairs

About five minutes earlier, Shivaun Pacitto had crossed the finish line in the 117th Boston Marathon. She was milling about with hundreds of other runners who were waiting to receive their medals and space blankets to ward off the spring chill.

Pacitto, a research psychologist with the Consumer Research Team at the Natick Soldier Research, Development and Engineering Center, was a bit disappointed with her time of 4 hours 3 minutes, 37 seconds, but she otherwise was enjoying the atmosphere before that instant when everything changed.

"All of a sudden, I heard a loud boom, and it shook through my body," Pacitto recalled. "And I turned back and I said, 'Oh, my God.' And then I heard a second one, and I fell to my knees. A runner picked me up and he said, 'You have to run. There might be another (bomb) at the finish line.'"

Her husband, Gary Pacitto, chief of the engineering division of the Directorate of Public Works for U.S. Army Garrison Natick, also heard the explosions but couldn't see them from where he was standing. As others ran in the other direction, Gary jumped a fence and sprinted toward the finish line on Boylston Street.

"All I could think of was Shivaun," Gary said. "When I got there, there was just mayhem. There (were) people coming in wheelchairs without legs. It was devastating to see how many people were injured and how injured they were."

Gary finally reached the finish line but couldn't find his wife.

"I walked to the side of the road, and I prayed that she was OK, because I didn't know where she was," Gary said. "And then the phone rang, and it was her."

Pacitto had borrowed a cell phone from another runner and called her husband. They, their young sons and other family members made it to Boston Common but still didn't feel safe.

"We got stuck in Boston for hours," Pacitto said. "We were afraid to take the train home. We didn't know what was going on with other bombings. My brother came into the city and picked us up and we got home safely."

The Pacittos said the day after the marathon was worse for them.

"Families that have lost lives and have injured, you know, how do you pray for them in a way that can reach their families to give them comfort?" Gary said. "That's the hardest part about today, is realizing that there's so many people affect by this and so many families that will never be the same. Today, it was hard realizing there was an 8-year-old boy who died, and others (who) died."

Lt. Col. Tim Haley, a physician assigned to the U.S. Army Research Institute of Environmental Medicine, knows exactly how Gary Pacitto feels. He was helping elite runners who needed medical treatment earlier in the race and was eating at a nearby restaurant when the explosions took place. In the confusion, first responders wouldn't allow him back into the medical area.

"I know that an 8-year-old died," said Haley, a pediatrician by training. "It was sort of frustrating for me."

At the same time, running between miles 23 and 24 of the race, Mike Nixon came upon spectators on the course and



Photo by Moira Roach

Shivaun Pacitto, center, of the Natick Soldier Research, Development and Engineering Center, in Natick, Mass., is reunited with husband Gary Pacitto, left, and other members of her family April 15 after the Boston Marathon. Pacitto crossed the finish line just minutes before the bombs detonated. Natick is a sub-organization of the U.S. Army Research, Development and Engineering Command headquartered at APG.

runners walking the opposite way. The ex-Marine wondered what was happening.

"So I was a couple miles away (from the finish line) at that point," Nixon said. "I had my headphones in. Nobody knew what was going on."

It soon became all too apparent to Nixon, a program analyst with the Expeditionary Basing and Collective Protection Directorate at NSRDEC.

"I ran into some of my running club friends," said Nixon, who has run three marathons. "They flagged me down. They were shouting at me because I had my headphones in, and I stopped. They were like, 'It's over. A bomb went off at the finish.' It was kind of like September 11th in the way you're getting information from other people but you're not sure what's really going on."

Nixon's thoughts immediately went to his wife, daughter and other family members, who were planning to meet him after the race.

"And I said, 'Oh, my God, my family's at the finish,'" Nixon said. "And then, of course, I started texting and trying to call, frantically, to make sure everybody was OK. And everybody was OK, thankfully. They hadn't made it down yet to that point."

"The phones weren't working very well for obvious reasons, but the text messages were pretty quick, so thankfully, it wasn't as bad as 9/11, because I remember being in South Carolina and trying to call home. I was in the Marines at the time."

Behind Nixon on the marathon course in Framingham was Wes Long, an equipment specialist at Natick's Department of Defense Combat Feeding Directorate. Long was on hand in his capacity as an auxiliary police officer.

"We were able to ensure that marathon ran smoothly and safely through the Framingham section," Long said. "I am truly saddened by the events that unfolded at the finish line. My thoughts, prayers and support go out to the victims and their families."

"Also, thank you to all the police officers, firemen, EMTs, first responders, military and anyone else who helped

and continues to help during these difficult times. We stand together."

Earlier in the day, Jenna Scisco, a research psychologist for the Military Nutrition Division of USARIEM, had served as one of the volunteers who guided buses from Boston and greeted runners as they arrived at the starting line in Hopkinton. Fortunately, she wasn't near the finish line, but she shared some thoughts about the events of the day.

"I am praying for those who lost their lives and were injured, and for their families and friends," Scisco said. "It is so difficult to understand what happened yesterday, and so hard to imagine the pain and suffering that those directly affected by this tragedy are experiencing."

Scisco pointed out that more than 20,000 athletes had taken part in the race and raised millions for charity, and that more than 8,000 volunteers had turned out to help them achieve their goals. Then, when tragedy struck, they went the extra mile for each other.

"Race organizers, first responders, spectators, volunteers, and runners risked their own safety and came to the aid of the injured," Scisco said. "In the midst of this terrible tragedy, we saw the strength and inherent goodness of humanity shine through."

After enduring minutes that seemed like hours, Mike Nixon used the GPS in his cell phone and was reunited with his family. His third marathon attempt had been cut short, but it became apparent it wouldn't be his last.

"My reaction to this kind of stuff is, I'm not going to let them control me via fear, you know?" Nixon said. "You gotta stay strong. You gotta think of the good things. This could have been so much worse."

Shivaun Pacitto was just as unflinching as Nixon.

"The Boston Marathon means too much to our city or even to our nation," Pacitto said. "It's an international event that we're so proud of, and I just don't want it to be tarnished like this. You know, I've thought about it, and I would (run again) because I don't want to live in fear. I will not let whoever did this win."

APG SEVEN DAY FORECAST

Thurs



64°|45°

Fri



64°|47°

Sat



68°|48°

Sun



68°|50°

Mon



69°|53°

Tue



71°|53°

Wed



71°|54°

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
Public Affairs Officer Kelly Luster
Editor Pat Beauchamp
Contract Photojournalists Yvonne Johnson
..... Rachel Ponder
Graphic Designer/Web Designer Nick Pentz
Website www.apgnews.apg.army.mil

Tech Expo adds training sessions to schedule

Story and photo by
YVONNE JOHNSON
APG News

More than 500 visitors got a peek at the latest in information technology and office innovations during the 2013 Spring Technology Expo at the APG North (Aberdeen) recreation center, April 17.

The U.S. Army Edgewood Chemical Biological Center/Corporate Information Office and Federal Direct Access co-host the bi-annual events commonly referred to as 'Tech Expos' in the spring and fall. The Fall Technology Expo is set for Wednesday, Oct. 23. Check the APG New and APG social media outlets for updates.

The expo consisted of 70 vendor displays in the center ballroom and complimentary refreshments and entertainment. For the first time, the Tech Expo offered technical training sessions for guests. Held in the center's classrooms, the sessions, supported by five IT businesses and taught by their subject-matter experts, offered APG employees technical solutions relevant to challenges they might face while supporting their missions.

Donna Flemister of FDAE said the training sessions were designed to make the show a more complete package.

"The APG community supports the expos year after year," she said. "We're always looking at ways to add more to the show and we'll continue to look at other ways to give back to this community."

The Training Sessions included "Test Management and Collaboration using SharePoint 2010 and Office 2010;" "Data-center Consolidation and WAN Optimization;" "Cyber Defense: Innovative Solutions for the Future;" and "Next Generation Data Center Backup Strategies."

An array of eye-catching displays greeted visitors in the ballroom. Several first-time vendors said they were encouraged by the level of interest shown by attendees.

"People are very interested when they see something new," said Darryl Motley, president of GoMeasure3D, an Amherst, Va. company offering scanning solutions and applications.

At the Monster Government Solutions display, Strategic Account Manager Jim Rose said the company, a branch of Monster.com, drew heavy interest.



(From left) Steve Yosh, director of sales for NCS Technologies, Inc., talks multi-client stations with Australian Army Lt. Col. Matthew Kitchin, who is serving with the Communications-Electronics, Research, Development and Engineering Center, during the Spring Technology Expo at the APG North (Aberdeen) recreation center April 17.

"We're not a high-tech company but we specialize in adding people to the workforce of federal and government agencies, and we work closely with veterans," he said. "The biggest advantage is we have the largest database of resources, data and software specifically for government applications."

Stephen Yosh, director of sales for NCS Technologies, a computer manufacturer based in Gainesville, Va., said several people stopped to ask about the company's multi-client station – one computer with three separate network connections.

"We've drawn a lot of looks, and answered a lot of questions," Yosh said. "And that's all positive; we're here to be seen."

APG employees Donna Orlando and Sue Schoch of PEOC3T said they attend

the expos every year out of curiosity.

"We just like to look at the new products they have out," Orlando said.

"And we got business cards and references for the future," added Schoch, "So next year we have a place to start."

Participating organizations in the 2013 Spring Technology Expo included:

Agilent Technologies; Allied Electronics; Autodesk; Avocent Emerson Network Power; AVS Installations; Blind Industries & Services of MD; Bottom Line Technologies; Brandywine Communications; Control Cable Inc.; Curtis Industries Naudain South/Cover 2 Sales; Dassault Systemes SolidWorks; Dell Inc.; Delmarva Engineering; Dow-Key Microwave; Eagle Sales; Eastern Instrumentation of Philadelphia' Easton Wright Line; ECS Case; EMC; EPS Corp; Fiber Instru-

ment Sales; Getac Inc.; GoMeasure3D; Graybar; HCGI; HP Enterprise Group; Inmarsat Government; Iron Bow Technologies; IW Microwave Products Div.; JFW Industries; Johnson Controls Federal Systems; Lexmark; Liebert Maryland; Maxcell; MegaPhase; MHZ Marketing; Monster Government Solutions; Motorola Solutions; National Instruments; NCS Technologies; Nelson White Systems; Newark; Palo Alto Networks; Panasonic; Panduit; Plantronics; Plug-in Storage Systems; Raytheon; RGB Spectrum; R.L. Engineering; Rohde Schwarz; Schneider Electric; SMS; Spectracom; Spirent Federal; Spirent Federal; SRC Inc; STG Inc.; St. John Properties; SwishData; System Source; Techni-Tool; Tektronix; Tequipment/Fluke Corporation; Test Equity; VMware; Wolfvisison; Xerox.

How are we doing? E-mail comments and suggestions for the APG News to the editor at patricia.g.beauchamp.civ@mail.mil

Senior Leadership COHORT 5 program commences at Aberdeen Proving Ground

By **MARISSA ANDERSON**
CECOM Public Affairs

Thirty senior leaders from 13 different organizations across Aberdeen Proving Ground gathered at the Mission Training Facility on the C4ISR campus April 3, to kick off the “COHORT” 5 senior leadership training program. The COHORT is an 11-month training program targeted at the GS-14/15 grade level designed to cultivate future APG leaders towards a self sustaining and collaborative management environment.

Gary Martin, deputy to the commanding general of the U.S. Army Communications-Electronics Command and lead champion of the COHORT, explained how the program is aligned with the standards set by the Office of Personnel Management.

“The APG senior leader COHORT program is focused on developing and enhancing the leadership competencies of our civilian leaders across the installation. Fundamental to the program is our partnership with OPM and the use of the SES Executive Core Qualifications as a basis for the key learning objectives. We have also included building partnership capac-



CECOM photo

Gary Martin, U.S. Army Communications-Electronics Command deputy to the commanding general, welcomes attendees at the kickoff session of the Senior Leadership COHORT 5 April 3.

ity across the APG Community as a key element of the program,” Martin said.

The program allows students to develop and broaden their leadership capacity while working on the job.

Robert Devlin, one of the COHORT’s facilitators, described how students would evolve their professional mindset from management executive to self-sustaining leader. Devlin stated that students would “...learn through

real projects, real issues and real experiences.”

The main tenets of the program include a curriculum with a focus on leadership styles and impacts, involvement with community based projects, one on one coaching sessions from senior executive service members, reflective, collaborative discourse among students, and an offsite visit to the Gettysburg Battlefield and Army War College. Participants in the COHORT program convene for approximately three days of sessions each month.

Due to the current environment of constrained fiscal resources, the class size was reduced from 60 to 30 participants. Martin stressed that the quality and detail of the program would not be impacted and that building leadership collaboration throughout APG and the Army is more important than ever.

“Based on what I have observed to date, this program is helping lay the foundation for increasing the quality and capacity of leadership at APG,” he said.

Participants who successfully complete the course will graduate the program in February 2014.

Annie Hite is the facility director at the Bayside Child Development Center located on APG North. Hite oversees the daily operation of the center, ensuring that all Department of the Army standards are met as well as meeting the developmental criteria and standards established by the National Association for the Education of Young Children who issue the accreditation. Hite manages a staff of 40 employees. She holds biweekly meetings with the center’s teachers, daily meetings with management staff, assists with training, and interviews new staff.

Hite also closes the center each night, and is available if parents have any questions or concerns. She makes sure all the classrooms have the supplies they need whether it be toys, gloves or other safety items.



Annie Hite Bayside CDC director

Hite said although the Bayside CDC opened in March 5, 2012, it is almost at maximum capacity. The center offers full-time child care for children 6 weeks to kindergarten age. The Strong Beginnings Pre-K program provides children with a rich stimulating environment where children can devel-

op motor, cognitive, social and emotional skills through balance of exploration and planned curriculum. Learning activities are designed to support the natural development of children and include individual, small group and large group activities.

Hite said that her favorite part of her

job is interacting with the children.

“After a long day of meetings and paperwork I can go to the classroom and always get big smiles and even some hugs from the children,” she said “The sound of children laughing always brings a smile to my face.”

Hite previously served as a facility director for a CDC at Fort Meade. She holds a Bachelor of Arts degree in Sociology, and an Associate Degree in Human Services.

The Bayside CDC is located at 2521 Bayside Drive. For more information contact the center at 410-278-4683, or e-mail Hite at annie.r.hite.naf@mail.mil. Information about Child Youth and School Service programs can be found at www.apgmwr.com/family/youth_services.html.



Photo by Yvonne Johnson

Survivors honored with designated parking

One of the new Survivor Outreach Services parking signs for survivors outside the APG North (Aberdeen) recreation center lets drivers know that space is designated for Families of the Fallen. In accordance with OPORD 13-098: "Designated Parking for Families of the Fallen," the APG Garrison's Directorate of Public Works erected more signs around the installation for members of its large survivor community. Look for survivor-designated parking spaces at Kirk U.S. Army Health Clinic; Army Community Service; the Casualty Assistance Office; APG North and South chapels and recreation centers; Garrison headquarters, Bldg. 305; and at the office of the Installation Commander, Bldg. 6002. "The intent is to honor and recognize the sacrifice of Family members who have lost a loved one in military service by providing designated parking for Families of the Fallen," said Annette Sanders-Nash, APG Survivor Outreach Services coordinator. "The approved 12x18-inch parking signs will serve as a method to promote awareness and educate the military community on Families of the fallen."



MARK YOUR CALENDAR

THURSDAY

APRIL 25 ARMED SERVICES BLOOD DRIVE

Celebrate Month of the Military Child, Make a Blood Donation!

Our next Armed Services Blood Drive – sponsored by ECBC, USAMRICD and USAPHC – is scheduled for Thursday, April 25, in the Drill Hall of the MG Warren D. Hodges Armory, Bldg. E4305 on 5th Street, near the Edgewood Area Police Station, from 9 a.m. – 1 p.m.

Secure your appointment at <https://www.militarydonor.com/> and search for this blood drive using this sponsor code: EDGMD. As always, walk-ins are welcome.

Your blood donation can make the difference between life and death for our warfighters and their families. Keep in mind that a single donation can save up to three lives. Let's put smiles on the faces of military children through our blood donations!

We will have refreshments and thank-you gifts from the Armed Services Blood Program available.

For more information, call 410-436-5383.

THURSDAY

MAY 2 DINNER WITH THE ADMIRAL

The Susquehanna Chapter of the Military Officers Association of America (MOAA) will feature Vice Adm. Norbert R. Ryan Jr., current president and CEO of MOAA National, as the guest speaker during a dinner at the Bellissimo Seafood & Grill, 510 Market Place Drive in Bel Air. Social hour begins 6 p.m.; dinner is served 7 p.m. Cost is \$28 per person. RSVP by April 25.

For more information, contact retired Maj. Brian Lantz at 410-939-0648; e-mail brianlantz6@comcast.net; or visit the MOAA website at www.susquehannamoaa.com.

FRIDAY-SUNDAY

MAY 3-5 HAVRE DE GRACE HOSTS WAR OF 1812 EVENTS

The City of Havre de Grace will commemorate the War of 1812 invasion by British forces during a series of events over three days. Highlights include:

May 3

- 3 p.m., Arrival of Tall Ships (Pride of Baltimore II, Sultana)
- 5 to 10 p.m., Main Street 1812 Tribute for First Fridays
- 7 p.m., War of 1812 Dinner, Van-Diver Inn

May 4

- 10:30 a.m. to 3 p.m., Full event reenactment throughout town featuring Fort McHenry Fife & Drums; Star-Spangled Banner flag-raising; British reenactors landing at Concord Point Lighthouse grounds; skirmishes throughout town ending at Lock House Grounds.
- 1 p.m., Tall Ships open for tours
- 3 p.m., Military march through town to lighthouse
- 7 p.m., Ceremony with Maryland Governor Martin O'Malley at lighthouse grounds followed by The Columbia Orchestra performance and fireworks

May 5

- 7 a.m., Red Coat Run 5K race
- 10 a.m., Kayak Poker Run, register 9 a.m.
- 10:30 a.m., circa 1800 service at St. Johns Church
- Noon, Tall ships open for tours.

For more information visit the Havre de Grace Tourism website at www.hdgtourism.com or call 800-851-7756.

THURSDAY

MAY 9 WOMEN'S HEALTH

May 12-18 is National Women's Health Week. This national observance kicks off on Mother's Day each year and encourages individuals, families, communities, and others to work to help women learn how to achieve longer, healthier, and safer lives.

In preparation for National Women's Health Week, the CECOM Wellness Program invites you to attend our Women's Health Informational Session on 9 MAY 2013 where local health professionals will discuss topics such as osteoporosis, genetics, breast cancer, urinary incontinence, common prevention & treatment of physical injuries, and best stretches before & after pregnancy.

Location: Myer Auditorium, Building 6000 at 12:00- 1:00 pm.

MONDAY

MAY 13 ARMED FORCES DAY GOLF TOURNAMENT

Attention Golfers! What can be better than honoring our Armed Forces and enjoying a day on the links? How about...doing both at the same time! Yes, you can enter the Armed Forces Day Golf Tournament at Ruggles Golf Course on Monday, May 13, for only \$70. Activities and times are:

- 7:30 – 8:45 a.m. Golfer Registration in Pro Shop
- 7:30 – 8:45 a.m. Continental Breakfast Sutherland Grill
- 9:45 – 9 a.m. Participants Go To Assigned Carts for Welcome and Rules of the Day Brief
- 9 a.m. Shotgun Start of Event
- 9 a.m. – 1 p.m. Golfing
- 1 – 1:30 p.m. Complete & Turn-in Scorecards to Pro Shop
- 1:30 – 2 p.m. Buffet Lunch on Sutherland Grille
- 2 – 3 p.m. Presentations Honor/Awards and Remarks

Rain date is May 14. For more information, or to register for the tournament, contact Rik Bond, Golf Course manager, at 410-278-4794

WEDNESDAY

MAY 15 ARMED FORCES DAY

Join in the Armed Forces Day celebration, hosted by MG Nancy Price, PEO-C3T, at Fanshaw Field on APG North (Aberdeen) as Team APG pays tribute to the men and women, past and present, who have served and are serving our Nation.

Planned Events

- 8 a.m., Veterans & Survivor Outreach Services Breakfast
- 10 a.m., Welcome Remarks, National Anthem, Invocation
- 10:10 a.m., Guest Speaker Remarks
- 10:25 a.m., CG Remarks, Future Soldiers/Recognition
- 10:40 a.m., America the Beautiful, Armed Forces Medley, Retire the Colors
- 11 a.m. – 3 p.m., Display/Exhibits Opens
- 1 – 2 p.m., USMC Silent Drill Platoon and Drum and Bugle Corps
- 11:15 a.m. – 12:45 p.m., "The Volunteers" Concert

For more information on these events, contact APG Public Affairs at 410-278-8759.

THURSDAY

MAY 16 SAVINGS AND CHECKING MANAGEMENT

During these times of fiscal uncertainty, choosing the right banking options has become even more essential. Managing your checking and savings account properly is also very important.

The CECOM Wellness Program invites you to attend our Saving and Checking Management Information Session presented by the APG Federal Credit Union where Claudia Holman, Business Development Director, will discuss these topics, as well as give tips on other banking tools that can be used to improve your daily life. Location: Myer Auditorium, Building 6000 at 12:00- 1:00 pm.

THURSDAY

MAY 21 STRESS AND NUTRITION

The CECOM Wellness Program invites you to attend our Stress and Nutrition Informational Session where Dr. Jen Kordonski, Optimal Spine Chiropractic, will discuss the "secrets" to stress management as well as how stress and poor nutrition affect your overall health.

Location: Myer Auditorium, Building 6000 at 12:00- 1:00 pm.

DAU-SSCF GRADUATION

The Defense Acquisition University - Senior Service College Fellowship (SSCF) announces the graduation ceremony for the 2012-2013 class. The ceremony will take place on May 21 at 11 a.m. in the Mallette Hall Auditorium, Bldg. 6008. The graduation ceremony marks the culmination of ten months of full-time, rigorous study focused on developing acquisition and leadership attributes. Each of the graduates completed additional academic studies and will be receiving a Master's Degree in Management and Leadership from Webster University. The Webster University work was undertaken and completed in concert with their SSCF curricular requirements. A short recep-

tion will follow. Please RSVP to James Oman at James.Oman@dau.mil or 410-272-9470.

THURSDAY

MAY 23 WOMEN AND INVESTING

The CECOM Wellness Program invites you to attend our Women and Investing Informational Session.

In this session, Michelle Rackey, ChFEBC, Executive Director, GEBA, will discuss the unique financial challenges that women face when trying to manage their finances. It can be difficult to establish your retirement plan in this type of economy. Getting the facts and education to make informed decisions is imperative to maximize your finances.

Location: Myer Auditorium, Building 6000, from 12:00 -1:00 pm.

SUNDAY

MAY 26 MCVET 10K RACE

The Maryland Center for Veterans Education and Training will host the 18th Annual 5/10K races Memorial Day weekend, 7:30 a.m. and 8:30 a.m. starting from the War Memorial Building near City Hall in Baltimore. Award ceremony includes trophy and cash awards by age group. All registered runners receive a T-shirt; refreshments will be provided. Race entry fee is \$25; \$30 the day of the race. Register through Charm City Run event coordinator Kelly Dees at 410-308-1870 or www.charmcityrun.com or through MCVET at www.mcvet.org or on Facebook at www.facebook.com/MCVET.Baltimore.

THURSDAY

MAY 30 READING FOOD LABELS

(LIMITED SEATING-REGISTRATION IS REQUIRED)

The CECOM Wellness Program invites you to attend our Reading Food Labels Informational Session. Gale Sauer, BA RN FCN MSN-ATSS

ATEC Health & Wellness Coordinator, will discuss the importance of reading food labels, explain what each section of the label means in relation to health and nutrition, as well as provide tips on how to make better food choices by reading labels.

Location: APG, MD-Location TBA with Registration, from 11:30-12:30pm

FREE VISION SCREENINGS

The CECOM Wellness Program invites you to attend our Free Vision Screenings and Eye Health and Wellness Education Booth, sponsored UnitedHealthcare Vision.

The vision screening consists of 3 painless tests that will assess your color perception, visual acuity, and peripheral vision.

The participants will receive an Amsler Grid and instructions on how to test your vision at home. The Amsler Grid is a useful tool to detect certain visual disorders such as macular degeneration and glaucoma.

Additional Eye Health and Wellness information offered will include:

-At Risk Assessment Evaluation – Are you at Risk for Eye Disease?

- Simple Tips for Healthy Eyes
- Computer Vision Syndrome
- Heart Disease and Eyes
- Diabetes and Eyes
- Glaucoma
- UV Radiation and Your Eyes

Please Note: These vision screening procedures are NOT a complete professional examination and should not be taken as such. Only a comprehensive eye and vision examination can evaluate your overall eye health and vision status. The American Optometric Association recommends a dilated eye exam every two years for adults under 60 years of age; adults 61 and older, every year.

Location: MTF Auditorium Lobby, Building 6008, 11:00-1:00 pm.

ONGOING 2ND INFANTRY DIVISION SEARCHING FOR MEMBERS

The Second (Indianhead) Division Association is searching for anyone who ever served in the Army's 2nd Infantry Division at any time. For information about the national association and the annual reunion in Columbus, Ga. Sept. 17 - 21, contact secretary-treasurer, Bob Haynes, at 2idahq@comcast.net or 224-225-1202.

10 MINUTES WITH CENTRAL MICHIGAN UNIVERSITY

If you want to increase your earning power, enhance your job performance and take advantage of an exceptional educational opportunity at Aberdeen Proving Ground, Central Michigan University is here for you.

The Master of Science in Administration (MSA) degree offered by CMU gives you a solid core of management skills and a choice of four concentrations: Human Resources, General Administration, Public Administration or Information Resource Management. Also available as graduate certificates

Meet with CMU representatives on Mondays, Tuesdays, Thursdays and Fridays from 9 a.m. to 4 p.m. in the Janet Barr Building, Bldg. 4305, Room 209.

Take advantage of our \$50 application fee waiver through May 30, 2013. Classes start Fall 2013.

Contact Barbara Jenkins at 410-272-1532 or by email at aberdeen.center@cmich.edu for more information

DROP OFF UNUSED, UNWANTED, AND EXPIRED MEDICINE

Aberdeen Proving Ground Directorate of Emergency Services and Army Substance Abuse Program are cosponsoring this year's Over-the-Counter and Prescription Drug Take-Back Week April 22 to April 26. Last fall, more than 80 pounds of unwanted drugs were collected from APG sites.

Community members can drop off unwanted, unused or expired medication at the following APG locations:

Wednesday, April 24 at the APG North recreation center, Bldg. 3326 from 11 a.m. to 1 p.m.

Thursday, April 25 at the Post Theater from 11 a.m. to 1 p.m.

Friday, April 26 at the APG South Express Bldg. 4010 from 11 a.m. to 1 p.m.

Community members can also drop off medication Monday through Friday at the APG South Police Station, Bldg. E4420; APG North Police Station, Bldg. 2200 or Kirk U.S. Army Health Clinic, Bldg. 2501.

For more information call ASAP Prevention Coordinator Cindy Scott at 410-278-4013 or Community Policing Officer Mike Farlow at 410-278-3609.

PICNIC RESERVATIONS

Reserve your picnic dates now!

The three APG Picnic Areas (Shore Park, Woodpecker Point in Aberdeen, and Skippers Point in Edgewood) may be reserved for outings by all ID cardholders. Prime dates are going fast, so make your reservations now. For more information call 278-5789/4124.

WOMEN'S HOME BUILD MOVED TO AUG. 3

The Federal Women's Program committee, along with the Maryland Tri-County Chapter of Federally Employed Women, and the Women in Defense, Mid-Atlantic Chapter continue to seek team members for: A Women's Only Home Build. The project, which is led by Harford Habitat for Humanity, has been moved to Saturday, Aug. 3 from 7:30 a.m. to 3:30 p.m.

The May 11 date has been filled by another group.

All volunteers must attend a mandatory safety class which is online and a part of the registration process. Access online registration at www.habitatsusq.org/volunteer/construction-volunteers. Registration consists of three parts:

- 1) Create a User Account
- 2) Sign a Waiver of Liability
- 3) Safety Training

Register by June 17. For more information, contact one of the following for more information:

Linda Patrick, 410-436-1023; Tracy Marshall, 443-861-4366; Sheryl Coleman, 410-278-5964; Teresa Rudd, 410-436-5501; SGT Shavonne Frank, 410-4417-2374; CPT Maritzabel Mustafaa, 410-278-3000, or Diane Siler, 443-243-7344.

THURSDAYS SOCIAL HOUR

Socialize, network or just unwind with fellow Soldiers, coworkers, friends and Family while enjoying good food, music and camaraderie during Thursday Socials, 4 to 7 p.m., in the Top of the Bay Gunpowder Lounge.

Thursday Socials include complimentary light refreshments and a cash bar with additional fare for sale.

For more information, contact Teri Hall at 410-278-3062.



MORE ONLINE

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

Safeguarding Md and APG in time of discount espionage

By **JAMES R. LINT**
and **BRIAN K. FERGUSON**
CECOM

Maryland has one of the highest concentrations of federal government employees; almost one in five Maryland workers are employed by the federal government.

In addition, seventy of the top 100 federal contractors operate in Maryland. Many of these locations are staffed with employees that hold security clearances.

Aberdeen Proving Ground is no exception due to its research, development and testing activities. Washington Dc, which is less than an hour away, has one of the largest concentrations of Foreign Intelligence Entities (FIE), also known as espionage agents or spies. Understandably, it's no surprise that FIE target APG. With the wealth of technology and the treasure of human capital working projects at APG it is obvious that any competent intelligence service would target APG.

Training and awareness efforts are clearly articulated under U.S. Army Regulation 382-12, Threat Awareness and Reporting Program (TARP). Formerly known as Subversion and Espionage Directed Against the U.S. Army (SAEDA), TARP outlines the policy and responsibilities for threat awareness and reporting within the U.S. Army. Specifically, it requires Department of the Army personnel to report to Army Counterintelligence any information regarding known or suspected espionage, international terrorism, sabotage, subversion, theft or illegal diversion of military technology, information systems intrusions, and unauthorized disclosure of classified information, among other security and espionage concerns.

APG personnel can become the target for recruitment by foreign spies and hostile intelligence services through no fault of their own. It is simply the reality and consequence of having access to government information to include classified information and other sensitive U.S. government information. Any Army team member/employee and or Soldier can be targeted because of where they are stationed, where they travel, or even because of an ethnic or cultural background of particular interest.

Targets of Convenient Opportunity

The historical record clearly demonstrates that U.S. personnel with security clearances are regularly targeted. The question quickly becomes, what is it that makes America and would-be patriots such inviting targets of opportunity?

Maryland has one of the highest concentrations of federal government employees; almost one in five Maryland workers are employed by the federal government. Seventy of the top 100 federal contractors operate in Maryland. Aberdeen Proving Ground is no exception due to its research, development and testing activities.



Prominent and well-publicized instances of Americans turned traitor show that monetary reward and financial gain are often a major driving factor in the equation. In turn, it should come as no surprise that foreign intelligence agents seeking new, well-placed assets often examine the financial circumstances and standing of potential targets.

The Three Elements of Good Targeting in an Espionage Operation

Another element to recruitment can include exploiting personal feelings of disillusionment, anger, frustration and disappointment. These sentiments can arise for a multitude of reasons to include being passed over for a promotion, feeling underappreciated at work or disgruntled with the Army or even America itself. These beliefs are often manifested in feelings of anger as well as resentment and are then used by foreign intelligence case officers to manipulate a potential target into justifying his or her espionage. An individual who possesses a security clearance, has financial trouble, and is disgruntled is a dangerous combination especially for counterintelligence interdiction efforts.

Catch More Flies with Honey

With the current fiscal uncertainty, there are many loyal Americans who will be disgruntled, with money troubles, and have a security clearance. It is a lucky time to be a foreign intelligence officer targeting Americans. It is up to each of us to protect one another, and watch for indicators of espionage.

The Certainty of Maybe Not Today

As accurate and apropos as the adage

'if you play with fire you will get burned' is, it is vital to plainly state that if you commit espionage you will be caught. Former FBI counterintelligence agent and convicted spy, Robert Hanssen, learned this lesson the hard way. Hanssen routinely checked FBI databases to cover his tracks, but in the end, he too was caught spying for the Soviet Union and Russia. He is currently serving life in prison.

The Army's military intelligence and counterintelligence organizations are designed to protect Soldiers and employees from espionage threats and FIE espionage overtures. These entities and their work remains key to protecting the technology advances that give American Soldiers the edge on the battlefield.

Army Counterintelligence units have partnered with the FBI for some great wins in the past. The disgraced former U.S. Army SIGINT analyst working for the National Security Agency, David Sheldon Boone's 24 year and four months sentence for espionage on behalf of the former Soviet Union is proof. Boone was arrested following a successful sting operation preformed by the FBI in 1999 that was supported in large part by Army counterintelligence efforts. According to press reports at the time, Boone decided to become a Soviet spy in order to alleviate "severe financial and personal difficulties."

Remaining True to the Core Values

It is not by accident that loyalty is the first word cited as part of the Seven Core Army Values. It is also not accidental that the U.S. Army is composed of both Soldiers and civilians who know

the importance of the mission at hand and therefore go well above and beyond what is expected. A 'discount espionage' opportunity exists in the eyes of America's adversaries, as it will now be cheaper to buy a turncoat. The return on investment for a foreign intelligence service is made easy with disgruntled, financially overextended, and cleared individuals who more than ever, may be perceived as ripe targets for espionage recruitment operations.

It is for this reason that we must enhance our awareness, redouble our vigilance and steadfastly support our fellow co-workers. At APG, the Senior Mission Commander has started Operation Comfort to help take care of employees. The Army has a series of important programs that are there to take care of our people and yet often go underutilized. The Army Community Services, Employee Assistance Programs, and organizational Chaplains are there to serve those who serve. Financial counseling and assistance is also available.

Your Army, as well as those that lead it – are ready, willing, and able to do their part. Your responsibility remains to be vigilant, help your fellow Soldier and office worker. It is one Army and one team, and we are dependent on that more today than ever before.

Espionage Indicators

- Disgruntlement with the U.S. Government;
- Any statement that suggests conflicting loyalties may affect the proper handling and protection of sensitive information;
- Active attempts to encourage others to violate laws or disobey security policies and procedures;
- Membership in, or attempt to conceal membership in, any group which: advocates the use of force or violence to cause political change within the U.S.; has been identified as a front group for foreign interests; or advocates loyalties to a foreign interest;
- Requests to obtain or facilitate access to classified material without authorization;
- Extensive, unexplained use of copier, facsimile, computer equipment, unauthorized cameras, or recording devices to reproduce or transmit sensitive or classified material;

- Unauthorized removal or attempts to remove unclassified, classified, export-controlled, proprietary, or other protect material from the work place;
- Working odd hours without approval or no logical reason;
- Unexplained affluence, or life style inconsistent with known income;
- Joking or bragging about working for a foreign intelligence service;
- Behavior indicating concern that one is being investigated or watched, such as actions to detect physical surveillance, searching for listening devices or cameras, and leaving "traps" to detect search of the individual's work area;
- Any part-time employment or other outside activities that may create a conflict of interest with one's obligation to protect classified or sensitive but unclassified information.

Adaptive sports boost wounded warriors' confidence

Story and photo by
SARAH MARSHALL

Walter Reed National Military Medical Center

Several wounded warriors at Walter Reed National Military Medical Center suited up with pads, helmets and gloves, as they learned the ins and outs of adaptive lacrosse during a clinic at Walter Reed National Military Medical Center, April 11.

The newly established adaptive lacrosse clinic is one of many adaptive sports clinics recently organized by the Military Adaptive Sports Program, or MASP, at Walter Reed National Military Medical Center, or WRNMMC.

Engaging wounded, ill and injured service members, MASP offers various recreational activities year-round to help improve physical and mental quality of life, explained Amanda Kelly, Adaptive Sports site coordinator.

"Mentally and emotionally, service members benefit from the camaraderie and support of a team environment and participation allows them to focus on contributing to a team's success," Kelly said.

Under the Office of the Secretary of Defense, MASP is geared toward service members who are farther along in their treatment, and/or in transition out of treatment, she explained. MASP is open to all wounded, ill and injured service members who have been medically cleared to participate, as well as their family members. MASP offers various adaptive sports clinics, such as rowing, cycling, running and swimming, in addition to training service members for triathlons and the annual Warrior Games.

Kelly noted the benefits of adaptive sports, such as lower blood pressure, weight management and enhancing the rehabilitative process. The recreational activities can also mitigate negative behaviors, she said, such as poor dietary



Wounded warriors toss the ball, working on their technique while learning adaptive lacrosse, during a Lacrosse Clinic, April 11, 2013, at Walter Reed Bethesda. The clinic was hosted by the Military Adaptive Sports Program, which provides various recreational sports and activities year-round for wounded, ill and injured service members at Walter Reed National Military Medical Center, Md.

habits, drinking alcohol in excess or abusing drugs.

"Participation in athletic reconditioning activities can help curtail these potential pitfalls," Kelly said.

Retired Navy gunners mate Paul Hurley, who participated in a recent MASP indoor rowing clinic, said the adaptive sports program provides opportunities to participate in cardiovascular activities while having fun.

During the rowing clinic, April 3, several indoor rowing machines lined the inside of Building 226, located in the north east corner of the base near the Blood Bank. As energizing music played in the background, attendees were taught the proper techniques of rowing. Volunteers with years of rowing experience assisted the group, including Esther Lofgren, who won the gold medal in rowing

at the 2012 Olympic Games.

Indoor rowing is a first for Hurley, though the former petty officer said he enjoyed the total body workout.

Hurley retired from the Navy in 2009 after he was injured on a mobile security mission in Bahrain. A hit-and-run accident left him in a coma for nine days, and without his right leg. Up until his injury, he was training for a 50-mile race, and enjoyed swimming long distances.

"I was missing that. I was looking for some sort of cardio, something that gave me that same enjoyment," Hurley said.

Adaptive sports are filling that gap for him, while aiding in his recovery, he added.

"It's a good stress reliever, and it just helps you find your bearings. I always feel a lot better after working out. Plus, the people who go are all generally good

people. They're really fun to hang out with," he said. "It makes you feel better about yourself."

Sgt. Sean Karpf expressed similar sentiments. He was among the many wounded warriors at the recent lacrosse clinic.

"This is fun," he said. "To get out here and do this, you use a lot of core [muscles]. I like to do the adaptive sports because each one of them has something else it works on [physically]."

Karpf also regularly participates in adaptive sled hockey and is currently training for a triathlon. The sergeant, who lost his left leg in June 2012 after stepping on an improvised explosive device, said he encourages others to participate in the adaptive sports program because it has helped in his recovery, both physically and mentally.

During the adaptive sports clinics, service members also have the opportunity to learn from experienced sports professionals, who often volunteer to help teach the service members. Professional lacrosse player Ray Megill, who plays for the Ohio Machine, as well as Brooks Singer, a lacrosse coach at Catholic University, in Washington, D.C., and Ryan Baker, founder of an adaptive wheelchair lacrosse organization, were among the volunteers leading the recent lacrosse clinic.

Paralyzed from the waist down, Baker said it was a privilege to work with the wounded warriors - a first for him.

"It's something else to be able to share [our knowledge] with this group, considering everything they've been through, what they've done for our country, for us," he said.

In May, MASP hopes to plan another lacrosse clinic, as well as a self defense clinic.

For more information about the program, visit <http://warriorcare.dodlive.mil/>.

Edgewood Contracting Division establishes early cutoff dates for 2013 procurement requests

ECD news release

The Edgewood Contracting Division (ECD), a contracting division under the Army Contracting Command - Aberdeen Proving Ground, provides contract support for APG South (Edgewood).

The following guidance is published to highlight the established Fiscal Year 2013 cutoff dates for submission of purchase requests for those customers receiving contract support through the ECD.

Advance planning in identifying and submitting PRs on or before the published cutoff dates greatly enhances the ability of the ECD to meet customer needs.

Normally the peak processing time for most contracting offices is between July 1 and September 30 of each fiscal year. However, the peak period this year is being pulled forward several months to ensure that the customer's mission is not unduly impacted by fiscal constraints.

"Last year ECD processed 388 procurement actions valued at \$107.3M during the

July through September time period," said Ruby Mixon, Chief of ECD Policy Office. "Although fiscal constraints are likely to impact the number of actions anticipated to be processed during the same period this year, it is still extremely important that customers identify their needs as early in the cycle as possible."

Equally as important is the submission of complete procurement packages. Ms. Mixon said, "Incomplete packages delay the process." "It is essential this year that upfront coordination with the appropriate Contracting Officer takes place," said Ms. Mixon. "This will ensure that all purchase request packages contain the necessary documents and approvals to avoid delays in processing awards."

Ms. Mixon stressed that customers should ensure that all procurement requests processed through GFEBs contains the necessary information in the description. This will assist routing the actions to the correct contracts team as quickly as possible for processing. Pur-

chase requests from customers or for actions that are not GFEBs enabled must continue to be submitted electronically to the ECD using the SHARED MAILBOX: usarmy.APG.acc.mbx.edgewood-contracting-division@mail.mil," said Ms. Mixon.

Notwithstanding any prior approved milestones, the cutoff dates for all procurement requests are as follows*:

- Noncommercial items over \$150,000 - May 15**
- Services over \$150,000 - May 15**
- Commercial items less than \$6.5 million - May 31
- Delivery orders and task orders under existing contracts - June 3
- GSA schedule procurements - June 3
- Short-of-Award actions - May 15***

* All actions that require a justification and approval document prior to processing must be submitted by April 30.

** There may be instances where this

date may not be adequate for complex actions. These actions must be coordinated with the Branch Chief prior to this date.

***Customers submitting "short-of-award" Requirements must consider whether funding will materialize. Time spent processing these actions can be better utilized on funded actions.

"ECD will make every effort to accommodate those customers whose procurement packages are submitted after the established cut-off dates," said Ruby Mixon. "However, there is no guarantee that the award will be processed prior to September 30.

For more information, contact:

Steven Austin, Branch A (ECBC, ACWA & CMA Customers) at steven.o.austin.civ@mail.mil 410-436-2449; Thomas Dickson, Branch B (JPEO-CBD Customers) at thomas.a.dickson4.civ@mail.mil 410-436-8621; or Diane Street, Branch C (JPEO-CBD Customers) at diane.l.street.civ@mail.mil 410-436-3750

Personal Courage, other Army Values unscathed by fiscal uncertainties

By **SANDY GIBSON**

U.S. Army Test and Evaluation Command

Personal courage has long been associated with our Army; and now more than ever, we are seeing Army Soldiers, civilians and contractors demonstrating personal courage as the nation faces a fiscal crisis.

The Army defines personal courage as "facing fear, danger or adversity (physical or moral)," and indicates "facing moral fear or adversity may be a long, slow process of continuing forward on the right path, especially if taking those actions is not popular with others."

As an Army Soldier or civilian, we are expected to stand up for and act upon the things we know are honorable even during the most daunting of circumstances. While having the courage to stand our ground in the face of opposition is never easy, it can be rewarding.

"By choosing the path in my decisions that may not be of the least resistance, it sometimes makes the outcome more rewarding and makes me a better person," said Jody Roberts, logistics maintenance control manager at Redstone Test Center in Huntsville, Ala.

Personal courage oftentimes requires us to step outside our comfort zones and let go of the fear holding us back from doing the things we normally wouldn't.

"I think I demonstrate personal courage by performing new functions at work that I have always been fearful of or never been comfortable with, like giving briefings to the workforce or voicing my opinions in an open forum," said Ricardo Rivera, personnel resource assistant with RTC.

Rivera believes that without personal courage we will never be able to realize our full potential.

"Living in fear keeps you from learning new things, making new contacts and expanding your horizons," he said.

At times personal courage requires personal sacrifice which is often done without thinking. Our Soldiers exemplify the truest meaning of personal courage when they put themselves in harm's way to defend our country or to shield their fellow comrades from danger.

Master Sgt. Brian Davis, alcohol, tobacco and firearms non-commissioned officer at Yuma Proving Ground in Yuma, Ariz., understands this all too well. He learned the true meaning of personal courage when an Army Soldier courageously sacrificed his life to save others by throwing himself on a grenade that had been thrown into his vehicle by the enemy.

"He had lots of training on how to properly exit a vehicle under those circumstances but, as the situation evolved, he made the decision to go against his training in order to save his comrades," recalled Davis.

With physical courage, it is a matter of enduring physical duress and at times risking personal safety. Whether physical, mental or emotional courage, Army Soldiers and civilians exhibit personal courage each day.

In the months ahead, sequestration, looming budget cuts, and the threat of impending furloughs will undoubtedly test the personal courage of many of us Army civilians as we are impacted by the nation's fiscal uncertainty. The Army civilians across ATEC will most certainly continue to persevere as they have for decades.

"It takes personal courage to say, 'I will continue, undaunted, and do the very best I can with what I am given, without sacrificing my personal principles or violating the Army values and my civilian creed,'" said Jeff Lipscomb, technical director at YPG's Cold Regions Test Center in Fort Greely, Alaska.

"Personal courage is what keeps you advancing instead of hiding behind the barrier that stops the bullets or the easy way out that stops the criticism."



File photo

Armed Forces Day set May 15

The combined color guard, featuring members of the Army, Navy, Air Force, Marines, Coast Guard, National Guard, Reserve & Freestate Challenge Academy, marches off the field at the conclusion of the 2012 Armed Forces Week opening ceremonies. Armed Forces Day will be celebrated on May 15 this year. See the Mark Your Calendar section on page six for more details.

Commander stands up to industry giant

Continued from Page 1

week linked to elevated blood pressure and heart attacks.

Pittard's crusade against the supplement began in 2011, when two Fort Bliss Soldiers, Pfc. Michael Sparling and Sgt. Demekia Cola, died of heart failure during physical training. Their autopsies reviewed that DMAA use was a contributing factor in their deaths.

In July 2012, another Fort Bliss Soldier, Pfc. David Artis, died of heart stroke during physical fitness training. His death also was linked to DMAA use.

Pittard, who instituted a campaign to reduce suicides and other preventable deaths on arrival at Fort Bliss, immedi-

ately demanded that products containing DMAA be removed from the shelves of a commercial vitamin store outlet on the post. It was an unpopular move, he told reporters today, raising the ire of the Fort Bliss community, questions from some Army leaders, and criticism from manufacturers of supplemental products.

"But regardless, we stood firm in the face of that criticism," Pittard said. "We felt it was the right thing to do for our Soldiers."

The pushback, he said, actually strengthened the resolve at Fort Bliss to take the fight beyond the installation's gates. Partnering with the Consortium for Health and Military Performance and the

Pentagon's Department of Military and Emergency Medicine, Pittard and his staff set their eye on eradicating DMAA products across not only the Army, but also the entire Defense Department.

This unified campaign spurred the Army to ban supplements containing DMAA from all installations in March 2012. Four months later, the Defense Department followed suit, banning them from all U.S. installations. In the next promising development, the FDA issued an advisory last week warning consumers not to buy dietary supplements containing DMAA.

But the biggest victory, Pittard said, was the decision by USPlabs, the manu-

facturer of Jack3d, to stop using DMAA in its products.

"Yesterday's action by USPlabs really in many ways vindicates those on Fort Bliss who fought so hard and fought the supplement and billion-dollar drug industry on this issue," he said.

Pittard expressed thanks to the Army and Air Force Exchange Service and Army and DOD leadership for supporting the effort. He acknowledged that it took courage to collectively stand up to powerful drug companies and others who resisted their efforts.

"And we believe this will save countless lives in the future," he said.

ARL works to get energy when, where needed

Continued from Page 1

area being shaped. It is what is required to train, move, and sustain forces, weapons, and equipment for military operations. It accounted for 75 percent of all energy used by DOD in 2009, according to the Energy website for DOD.

It was in May 2011, when the Assistant Secretary of Defense for Operational Energy, Plans and Programs defined an operational energy strategy, and then published Operational Energy for the warfighter, a guide that would transform the way the DOD consumes energy in military operations.

"We want to develop technologies to enable future energy networks for the warfighter," Shaffer said. "The challenge is to develop something that could be valuable to Soldiers 15 to 20 years from now -- based on what we know today."

A past history of success in areas like electrochemistry is "informing the way forward for other technologies," he said.

"In the recent past, ARL electrochemists discovered a way to increase the duration of high-energy batteries with an electrolyte additive. Now, other teams are thinking about high-efficiency, miniature power supplies that could give

small, unmanned systems bursts of power "on-demand," Shaffer said.

"Technology is ever changing," he said.

The basic research at the laboratory now will help the Army to be better in the next conflict, said John Carroll, action officer for the U.S. Army Research, Development and Engineering Command Power and Energy Technology Focus Team. "The fuel challenge won't go away. We have to fix it."

Shaffer originated the concept of Smart Battlefield Energy on-Demand, or SmartBED.

"SmartBED is one way we think Soldiers would be able to link up to the power they need. It will ultimately bring complex pieces together -- generator, solar systems and energy storage -- in a flexible, resilient way into an energy network," said Carroll, who retired from the Navy as a nuclear propulsion engineer before coming to ARL.

"The essence of SmartBED is being able to get energy seamlessly when and where it is needed, but yet not wasting it," Shaffer said. "Currently, we waste energy and it limits availability because

often a single power source is tied directly to a single load."

We want Soldiers to plug into the energy they need to keep their sources, batteries and devices topped off, yet drawing energy only as needed," Shaffer said. "SmartBED is designed to improve energy capacity for Soldiers while they are at base camp or otherwise on the move."

Shaffer has a wide view of the energy needs across Army, DOD and interagency forums that explore complimentary ways of addressing energy and power technology gaps and reduce duplicated efforts, including the DOD Energy and Power Community of Interest and the Interagency Advanced Power Group that includes agencies like the Department of Energy and NASA.

These communities are comprised of scientists, engineers, subject matter experts, technologists and program managers with a common interest in promoting innovative energy and power solutions for the nation.

"One of the good things is to be able to see the flow of technology and communicate at each level," Carroll said.

"We come together as a science and technology community and see what investments are necessary to better get Program Executive Offices and Program Managers the operational energy tools they need when they need it."

The Army acknowledges energy and power challenges to its operational energy concept and strategy, beyond technological improvement -- there are cultural, policy and procedural concerns that leaders are addressing.

There are ongoing research initiatives within the Army to explore alternatives and technology improvements in order to offset long-standing issues, like delivering large amounts of JP8 to the front lines, Carroll said.

The good news is that within and beyond the Army there are partners that are finding solutions and pushing technologies ahead together more smartly, he said.

At ARL, the future is a seamless energy architecture that begins with concepts like SmartBED, Long-lived Power and Fuel-Reforming for better energy convergence.

Survivor shares story with APG

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the French police forced the Family to leave. Ponzak's Family then went to live in Argentina until 1964.

In 1964, his Family came to the United States and settled in Baltimore. In 1965 Ponzak met his wife, a former immigrant from Poland, and later had three children and six grandchildren. In the United States he prospered, receiving an education at the University of Maryland for engineering studies, and later a Master of Science and a Master of Business Administration degree from Rutgers University. Ponzak enjoyed a long career in engineering and retired in 2009. Now he volunteers as a translator at the U.S. Holocaust Memorial Museum.

Ponzak said that he feels that it is his duty to share his story with the world, to educate and help prevent other acts of violence and prejudice.

Ponzak added that he strongly believes that no one should let themselves be bullied, be a bully or be an innocent bystander to bullying.

"If you see something, say something," he said.

The program also included a prayer and candle lighting by Rabbi Gila Ruskin, from the Temple Adas Shalom, with assistance from cadets from the Military Youth Corps Freestate ChalleNGe Academy. The ceremony was in remembrance and in honor of those whose lives were affected by the Holocaust. Ruskin asked the audience to also remember the victims of the Boston Marathon bombings that took place the previous day.

"Help us to banish hatred and its destructive power," Ruskin



Photo by Rachel Ponder

(From left) Military Youth Corps Freestate ChalleNGe Academy Cadet Ikea Green and Rabbi Gila Ruskin, from Temple Adas Shalom, look on as Cadet Dalanie Moore lights a candle in remembrance and in honor of lives affected by the Holocaust during the Days of Remembrance ceremony in the post theater April 16.

prayed. "Yesterday once again we saw what hatred can sew -- blood, destruction, fear, sorrow, anger. Give us the patience and hard work to find a way to make peace among people. Give us the hope and the ability to find forgiveness. Help us reach out toward each other and find nonviolent solutions to the conflicts that are inevitable between human beings."

Drill Team

Continued from Page 1

Commander, Capt. Ryan Alexander. The Soldiers revolved around him until they suddenly came to an abrupt halt with each bayonet pointed to his hat band, a startling move which took the breath from many crowd members.

The Soldiers squared up in formation and the Commander stepped forward with two senior members, Spc. Derek Ivey and Spc. Cory Johnson.

The three took part in a performance that culminated in the Soldiers tossing their 10-pound Springfield 1903 rifles overhead to each other while their Commander stood between them.

"This is a very dangerous maneuver," explained Drillmaster Sgt. 1st Class Ryan Joseph.

In battle, decisions are made that can result in life or death consequences. With a Soldier to your left and a Soldier to your right you must learn to trust in each other.

The Soldiers re-entered the auditorium followed by grateful applause from a workforce that also keeps a promise to the American people to keep our Army the strength of the nation.

If you missed the Silent Drill Team's performance, you will have the chance to see the USMC Silent Drill Platoon and Drum and Bugle Corps at APG on May 15 as part of Aberdeen Proving Ground's Armed Forces Day celebration. See next week's APG News for more details of the day's events.

APG SNAPSHOT

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



SELF DEFENSE

(From left) Police Lt. Khalid Mustafaa of Joint Base Myer-Henderson Hall guides APG Garrison's 1st Lt. Raisa Velez and Kate Aichroth through self defense techniques during a Self Defense Class – part of the Self Empowerment Seminar for Sexual Assault Awareness Month – at the Main Post Chapel April 23. Mustafaa, the husband of HHC Garrison Commander Capt. Maritzabel Mustafaa, and JBMHH police officer Ron Foster showed male and female Soldiers and civilians “a few simple strategies to help them get away” from an attacker. “Get rid of the misconception that a woman can’t overpower a man,” Mustafaa said, while warning listeners that the techniques could only be mastered after practice. He said that attackers look for “vulnerabilities” such as lone females who are distracted, in low lighting with bags in their hands, for example. “If you’re preoccupied looking for your keys you’re not thinking about an attack,” he said. “The best defense is to pay attention to your surroundings and not make yourself a target.”

Photo by Yvonne Johnson



Photo by Yvonne Johnson

SEX SIGNALS PERFORMANCE

(From left) Annie Rix and John Mallory of Catharsis Productions act through a skit during the Sex Signals presentation at the Post Theater April 18. The show, held in conjunction with other Sexual Assault Awareness Month activities, featured adult situations relating to male and female misconceptions regarding intimacy.



Photo by Rachel Ponder

CDC VISITS THE COMMISSARY

Angela Lang, a registered dietitian from Kirk U.S. Army Health Clinic, talks to children about the importance of eating fruits and vegetables during the APG North (Aberdeen) Child Development Center visit to the APG Commissary April 22. The children learned different exercises from the commissary staff and Military Produce Group employees.



Photo by Rachel Ponder

MISS MARYLAND TEEN USA VISITS APG YOUTH

(From left) Miss Maryland Teen USA Hannah Brewer shows Tori Dolzine her sash while being held by CDC Facility Director Donna Jacobs during a visit to the APG South (Edgewood) Child Development Center April 22. Brewer also visited the APG South youth center and read a book called “Little C.H.A.M.P.S. (Child Heroes Attached to Military Personnel)” to children. Brewer is a national spokesperson for the American Heart Association and runs her own non-profit called “Hannah’s Heroes, Inc.” to benefit the military. Brewer will compete for the title of Miss Teen USA in the Bahamas in July. Brewer plans to go to Carroll Community College in the fall and wants to pursue a career in broadcast journalism.



Photo by Rachel Ponder

FUN WITH SCIENCE

Child Development Center employees show children how to make a “volcano” using soda and mints April 17. The APG North (Aberdeen) CDC had a number of special science activities April 15-19 in honor of Month of the Military Child.