

APG NEWS



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Photo by Yvonne Johnson

LEARNING A NEW WAY

Retired Staff Sgt. Michael Kacer shows a group of children how to tie shoelaces with one hand during his visit to the APG South (Edgewood) youth center Feb. 15. A member of the U.S. Army Warrior Transition Command, stay-at-home dad and inspirational speaker, Kacer was a 2012 Army Warrior Games athlete and is in training for the 2013 games. **SEE PAGE 4 FOR THE FULL STORY ON HIS APG VISIT.**

Trusted Traveler alters access to APG

By **YVONNE JOHNSON**
APG News

Passengers in motor vehicles will no longer be required to show an ID when entering the installation with a driver who has a valid ID card.

The Trusted Traveler Program, which went into effect at APG Feb. 1, is intended to reduce wait times at all access points.

Director of Emergency Services Chris Ferris said Trusted Traveler is a convenience for people with guests, like people who live in housing areas and other CAC ID cardholders.

"At no point will the safety and security of APG be compromised by this change," said Ferris. "The DES will continue to execute programs that monitor and take aggressive action against possible illegal activities."

According to AR 190-13—the Army Physical Security

Program, common access card holders, military retirees and military Family members have an inherent purpose and are authorized access to Army installations, therefore the Trusted Traveler Program allows all DoD identification cardholders (DoD employees, active-duty military, Family members ages 18 and older, and retired service members) to vouch for occupants in their immediate vehicle, provided the Trusted Traveler vehicle operator or passenger possesses a valid DoD ID card.

If there is no DoD ID cardholder in the vehicle, then all occupants will be required to show appropriate identification and possibly have the vehicle searched to enter APG. Persons with valid ID cards will not be allowed to vouch for persons with a foreign passport or ID.

Ferris said Trusted Traveler, in addition to expedit-

See TRUSTED TRAVELER, page 10

Mobile job search center visits APG March 4

By **YVONNE JOHNSON**
APG News

A new mobile job search center will set up in the Main Exchange parking lot next month and is expected to make the job hunt a little easier for APG community members.

Soldiers transitioning from

See HERO2HIRED, page 10

Speaker wears Super Bowl ring, faith

Story and photo by **LT. COL. CAROL MCCLELLAND**

20th Support Command (CBRNE)
Public Affairs

Dapperly attired in a business suite and wearing a broad smile, the 5-foot-11-inch, 178-pound Texan didn't fit the burly NFL player/Super Bowl champion image. But the chunky, gold and diamond ring he wore gave it away.

Gridiron enthusiasts know placekickers are typically of slighter build than the rest of the team. And such is the case with former pro placekicker Matt Stover, who football analysts cite as one of the most accurate placekickers in NFL history.

Stover told Soldiers and civilians attending the 20th Support Command (CBRNE) Leader's Professional Development session Feb. 12 at

See DON'T, page 10



(From left) Former NFL placekicker Matt Stover signs his autograph for Maj. Gen. Leslie Smith, commander of the 20th Support Command (CBRNE) and other civilians and Soldiers during his visit to APG as guest speaker for the organization's Leader's Professional Development seminar. 12.

Installation participating in food drive

APG News staff report

APG is joining other state and local organization in the year-round effort to help feed Maryland's hungry.

The annual food drive, Harvest for the Hungry, is a Harford Community Action campaign that began Feb. 7 and runs through March 8. The drive is in its 27th year and includes participants like the

See DROPOFFS, page 10

WEATHER

Thurs.



40° | 27°

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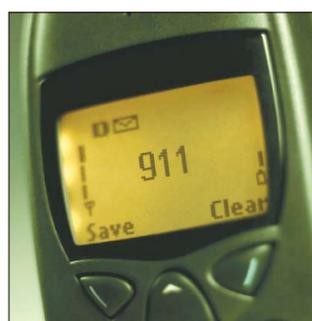


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Did you know that sodas are more acidic than battery acid? Limit drinks to protect your teeth.

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9-1-1 is now the only number to call. Find out more.

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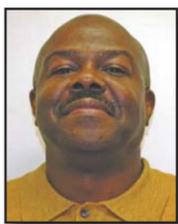
Forty-nine employees graduate Cohort 4. **PAGE 3**

VOW to Hire Heroes acts makes transition assistance classes and workshops mandatory for all Soldiers. Find out when the monthly classes are offered at APG. **PAGE 4**

STREET TALK

What is your favorite board game?

I like to play Monopoly. I like to make the most money by buying properties. I love to dominate the game. We love board



Anthony Thrope
CHARA

game in our Family; we have a closet dedicated to board games. Children nowadays don't play enough of them. I don't let my children win; they have to win fair and square. Learning how to lose is an important lesson.

When I was younger I loved playing Clue. I like solving puzzles and mysteries, putting all the pieces together. Recently I went to CSI: The Experience, a traveling exhibition where you use clues to solve an investigation, it was kind of like a real-life version of Clue.



1st Sgt. Paula Adams
HCC spouse

I like to play Trivial Pursuit, because it challenges your knowledge of six different areas: geography, entertainment, history, arts and literature, science and nature and sports and leisure. I can be competitive, depending who I am playing against.



Mike Lupacchino
FMWR Director

I frequently get together with my friends to play dominoes. I like it because it challenges you to think; it is a brain exercise. I also find it fun and relaxing, a social activity. You don't need to spend money to have fun with friends.



Marianne Widel
Webco Sales Representative

OPINION

You don't have to leave the hooah behind

It may be time, but sometimes it's hard to leave the hooah behind. Military skill sets gained and deployment experience, along with the camaraderie built with fellow Soldiers can make the prospect of transitioning to civilian life daunting. And that's even before you factor in the struggling economy and job market.

Even if "one weekend a month, two weeks a year" isn't what you had in mind, you can still maintain your Soldier-connection and hone your military proficiency and hard-earned skills while striving for the career of your dreams through the Individual Mobilization Augmentee Program.

A unique aspect of the program is that you aren't locked into a "drilling reservist" schedule. You can continue Soldiering on a part-time basis - earn pay and credit towards retirement, receive benefits and entitlements, all while maintaining the flexibility to pursue your career and family aspirations. In the IMA Program, how you serve can be tailored to your work and school schedule, giving you greater flexibility to plan your service around your busy schedule.

What is the IMA Program?

The IMA program is designed to facilitate the rapid expansion of the Active Army wartime Department of Defense structure and/or other government departments or agencies.

A unique aspect of the program is that you aren't locked into a "drilling reservist" schedule. You can continue Soldiering on a part-time basis - earn pay and credit towards retirement

IMAs help the Army meet military manpower requirements in the event of military contingency, pre-mobilization, mobilization, sustainment, and/or demobilization operations.

These Soldiers are currently serving on a part-time basis in over 73 Army agencies throughout United States and overseas (Europe and Korea). IMA Soldiers serve in Special Operation Command, Intelligence and Security Command, Central Command, and the Office of the Secretary of Defense, just to name a few.

IMA Soldiers are required to perform a minimum of 12 annual training days each fiscal year and may be authorized to perform up to 48 4-hour periods of inactive duty for training. The IMA Soldier coordinates directly with the agency IMA coordinator to schedule the AT and IDT periods. While serving in the IMA program, you can work with your coordinator to do all your training requirements at one time, or spread them out over the year.

For more information on the IMA program visit: <https://www.hrc.army.mil/STAFF/IMA%20Program%20Overview>

Search available IMA position vacancies using the online search tool on the HRC My Record website.

- Go to this link: <https://www.hrcapps.army.mil/portal/>

- Log in and click on the "Tools" tab on the top right of the screen

- Choose the "VACANCY SEARCH" link

- - Select "Vacancy Type: IMA" and input your desired filter criteria

Every Soldier making the transition from active duty needs to think about the value of their service.

You don't have to leave the hooah behind. The Army Reserve allows you to continue your service to the nation and derive all of the benefits that compelled you to join in the first place.

Lt. Col. Delwyn Merkerson

First African-American Medal of Honor recipient safeguarded flag

The U.S. flag has been a symbol of American courage and patriotism for more than 200 years, and those who serve in the military hold it in high reverence.

So it's no surprise that Army Sgt. William H. Carney risked his life in 1863 to safeguard the symbol of American pride and inspiration, earning the distinction of being the first African-American to be awarded the Medal of Honor.

Carney, the son of slaves, was born in Norfolk, Va., on Feb. 29, 1840. As a young man, he was ambitious and eager to learn, and excelled in academics despite laws and restrictions banning African-Americans from learning to read and write.

After his parents' slave owner died, the Carneys were granted their freedom. Carney's father moved further north, searching for a suitable area to settle down. After stops in Pennsylvania and New York, the elder Carney took his family to New Bedford, Mass.

Carney spent the remainder of his adolescence in New Bedford, working odd jobs and pursuing his interests in the church. He attended services at the Bethel African Methodist Episcopal Church and Union Baptist Church, and was on the precipice of making ministry his life's work when the Civil War began. Carney decided he could better serve God by serving in the military to help free the oppressed.

On March 4, 1863, Carney, along with 40 other African-Americans from New Bedford, joined Company C, 54th Massachusetts Colored Infantry Regiment, to fight in the Civil War.

According to state records, the regiment was the first African-American Army unit to be raised in the northern states, and its fighting force included two of famed abolitionist Frederick Douglass' sons.

After only three months of training in Readville,

Mass., they were shipped to the main area of fighting in South Carolina, where they saw action at Hilton Head, St. Simon's Island, Darien, James Island and Fort Wagner.

It was at Fort Wagner that Carney's heroic actions earned him the nation's highest military honor.

On July 18, 1863, 54th Massachusetts Colored Infantry Regiment soldiers led the charge on Fort Wagner. During the battle, the color guard, John Wall, was struck by a fatal bullet. He staggered and was about to drop the flag when Carney saw him.

Carney seized the flag, and held it high despite fierce fighting, inspiring the other soldiers. He was wounded twice -- in his leg and right arm -- and bled heavily. Although the Army sergeant could hardly crawl, he clutched the flag until he finally reached the walls of Fort Wagner. He planted "Old Glory" in the sand and held it tightly until he was rescued, nearly lifeless from blood loss.

According to accounts, Carney still refused to give up the flag to his rescuers, but grasped it even tighter. He crawled on one knee, assisted by his fellow soldiers, until he reached the Union temporary barracks, ensuring the flag never once touched the ground.

For his bravery, on May 23, 1900, Carney was awarded the Medal of Honor, becoming the first African-American to receive the medal.

His citation reads: "When the color sergeant was shot down, this soldier grasped the flag, led the way to the parapet, and planted the colors thereon. When the troops fell back, he brought off the flag, under a fierce fire in which he was twice severely wounded."

Army Sgt. 1st Class Tyrone C. Marshall Jr

American Forces Press Service

APG SEVEN DAY FORECAST

Thurs



40°|27°

Fri



38°|37°

Sat



45°|38°

Sun



45°|33°

Mon



46°|38°

Tue



47°|36°

Wed



47°|36°

APG NEWS

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49 employees graduate leadership program

Story and photo by
RACHEL PONDER
APG News

Forty-nine employees from 13 organizations graduated the Aberdeen Proving Ground Leadership Cohort 4 during a Feb. 14 ceremony at Top of the Bay.

The APG Leadership Cohort is a one-year program designed to create and sustain a cadre of GS-14 and 15s and equivalent-level managers at APG.

The number of candidates nominated for APG Cohort doubled this year, making it possible to stand up two Cohort 3 classes.

The Cohort includes training sessions in leadership concepts and knowledge, individual coaching sessions and results-driven community projects. The training program is run by the Office of Personnel Management, under the leadership of OPM's Cynthia Dewey.

During the ceremony, Cohort sponsor Gary Martin, deputy to the commanding general of CECOM, challenged graduates to mentor future Cohort class attendees. Martin, who created the program with acting RDECOM Deputy Director Joseph Wienand, said he would also like to see alumni take a mentorship role in the upcoming APG Emerging Leadership Cohort Program. This six-month developmental program for GS-11 through 13s is slated to begin later this year.

"The Cohort program is not static," Martin said. "We continue to improve on it."

Martin said despite budget cuts, APG senior leadership is very supportive of the program, recognizing the value of enhancing cooperation and collaboration among APG organizations.

The graduation's keynote speaker, Executive Director of Army National Military Cemeteries Program and Arlington National Cemeteries Kathryn Condon challenged graduates to remember "the four P's of leadership:" people, passion, perseverance and public service.

"Your core mission is to support the men and women in uniform," she said. "You can't lose sight of that."

Condon added that the best thing a leader can do is listen. "Listen to the pros and cons of every decision, and



Jerry Cook of CECOM gives a presentation during the APG Senior Leadership Cohort 4 graduation at Top of the Bay Feb. 14. Cook was one of 49 APG employees who graduated from the program.

listen to your employees."

She said good leaders adapt to change and accept new challenges. She noted that before accepting the position as executive director of ANMC and ANC she didn't have experience managing cemeteries, but she did know how to be an effective leader.

Condon was successful in completing an organizational overhaul of the ANC in 2010 after a Department of Defense report revealed misplaced remains and gross mismanagement at the world renowned graveyard.

She said ANC simply needed better leadership and updated technology. For example, before 2010, ANC used index cards to record burial sites. Now ANC burial sites are recorded in a computer catalog and visitors can find burial sites using a state-of-the-art wireless smartphone app.

Condon challenged graduates to

not be afraid to make changes in their own organizations.

The commencement also included leadership reflections from graduates Letitia Proctor of ACC-APG, Adam Bogner and Jerry Cook of RDECOM's CERDEC and Deborah Kramer of the U.S. Department of Veterans Affairs. Abel Salgado of CECOM LRC emceed the graduation ceremony.

Cohort 4 Program Manager Sue Nappi gave the invocation.

Graduate Valentin Novikov of JPEO-CBD called the Cohort program personally and professionally transforming. Novikov, a retired Army officer, said he grew as a leader and now has a better understanding of ethics, conflict resolution and maintaining energy levels.

"This program gave me time to reflect on what makes a good leader, what areas I need to improve," he said.

Angelique Scharine of ARL, said she enjoyed getting to know people from different organizations. Scharine called her group's community project, which involved promoting APG's new Army Wellness Center, a helpful experience.

"I went into this program as a new leader, she said. "As a scientist I didn't get any formal management training (in college) so I found this program very helpful. I want to be someone my organization can rely on to meet challenges."

Wilma Solivan of CECOM LRC said the program helped her polish her leadership skills. She is eager to use what she learned during the program to help her employees develop leadership skills.

With Cohort 4 completed, a new class of leaders is scheduled to begin in March and will continue through February 2014.

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Your child's diet and tooth decay

By **ALLISON SCHMIDER, RDH**
APG Dental Clinic

A healthy mouth and teeth are an important part of a child's wellness. The Center of Disease Control states tooth decay (cavities) affects children in the United States more than any other chronic infectious disease. Untreated decay causes pain and infections that may lead to problems with eating, speaking, playing, learning and, in rare cases, death.

The good news is that tooth decay is preventable. Starting children with good dental and nutritional habits from an early age will help them grow up healthy.

The risks of sugar

It is no secret that sugar contributes to tooth decay, which is caused by plaque. Plaque is a sticky film of bacteria which forms on your teeth daily.

The bacteria uses the sugar in food and drinks to produce an acid which breaks down tooth enamel and forms cavities.

Did you know that in addition to the sugar found in candy, cakes and cookies that starchy foods can also be harmful to teeth? Most people are unaware that foods like bread, pasta, fruits and vegetables can contribute to tooth decay.

In fact, any food or drink that contains a carbohydrate is a risk. This is due to the fact that digestion of carbohydrates begins in the mouth. As soon as you place an item containing a carbohydrate in your mouth, the safe, neutral PH of your saliva decreases and becomes acidic to start breaking



Soda and energy drinks contain both sugar and acid. Many of these beverages have a very low pH in the range of 2.5 – 3.5 and should be avoided. An idea of their danger to teeth is seen by their comparison to battery acid, which has a pH of 1.



down the food and, in addition causes change to tooth enamel.

It takes 20 to 30 minutes after finishing the carbohydrate for the PH in your saliva to return back to its safe, neutral PH. If you continually snack and sip all day you will constantly have an acidic PH and may get cavities. The longer and more frequently your child's teeth are exposed to sugar, the greater the risk of cavities.

Eating/drinking habits

To minimize acid attacks, it is better to eat and drink in clusters instead of continually throughout the day. Do not allow children to have sugar containing liquid in a "sippy" cup for a prolonged period.

Soda and energy drinks are double trouble. These beverages contain both sugar and acid. Many of these beverages have a very low pH in the range of 2.5 – 3.5 and should be avoided. An idea of their danger to teeth is seen by their comparison to battery acid, which has a pH of 1.

Even if you drink diet soda, you eliminate the sugar, but you are still

bathing your teeth with a very acidic solution. Additionally, "sticky" sugar could seriously damage teeth.

Avoid foods like fruit roll ups, dried fruit, "gummy" vitamins and candies. Minimize starchy snacks like pretzels, chips, cereal and crackers. Instead choose healthy snacks of fruit, vegetable, yogurt, cheese and nuts. Drink milk or no-sugar-added juices at meal times and water in between.

Baby teeth

Tooth decay can develop as soon as your child's first tooth appears. Baby teeth are important for chewing, speaking and holding the spaces for the adult teeth to properly erupt.

Some baby teeth will be retained until your child is about 13 years old. Therefore, it is important to begin good dental habits before the first tooth comes in.

After feedings, gently wipe your infants' gums with a soft clean wash cloth. When a tooth appears, you should begin brushing your child's teeth twice a day using water on a soft baby's toothbrush.

Refrain from allowing your baby to fall asleep drinking from a milk or juice bottle. The sugar in the liquid will stay in your child's mouth and damage their teeth.

Since fluoride prevents tooth decay by strengthening the tooth enamel, ask your doctor if your child is getting enough. At age 2 you can begin using a pea-size amount of fluoride toothpaste.

Begin flossing your child's teeth once a day when two teeth touch each other. The American Dental Association recommends your child see a dentist by age 1.

Examples for children

As your child becomes more independent, encourage your child to be proactive about their dental hygiene. Set good personal examples. Help to make brushing and flossing fun. To ensure your child brushes for two minutes twice a day, use a two-minute sand timer or visit websites such as <http://www.2min2x.org/>.

This website provides kid-friendly, two-minute videos for your child to watch while brushing, as well as, informative tooth facts. To ensure a thorough job was completed, always inspect your child's mouth following brushing.

Assist your child with flossing once a day until your child can safely floss independently. Visit your dentist twice a year for dental exams and cleanings.

There is nothing more beautiful than a child's smile. By encouraging your children to take care of their teeth, you will help to keep them healthy and smiling for life.

Wounded Warrior pays it forward during APG visit

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

Children at the APG South (Edge-wood) Youth Center received a lesson in endurance and overcoming obstacles, courtesy of retired Staff Sgt. Michael Kacer, a Wounded Warrior athlete and motivational speaker who visited the facility Feb. 15.

Kacer lost his left arm during a 2008 rocket attack while serving on his third war zone deployment war with his Pennsylvania National Guard unit in Afghanistan.

While recovering at the former Walter Reed Army Medical Center in Washington, D.C., Kacer turned to sports to enhance his physical recovery as well as smooth the emotional wounds wrought by post traumatic stress disorder.

During his visit, he showed the children an array of prosthetic arms and devices that he uses. Most were designed to his specifications using his right arm as a model. Some were created to aid him in his exercises and others for cosmetic purposes. The children were mainly interested in how he used each device.

Kacer talked about respecting people with disabilities or "anyone who just looks different." He and the children talked about hurting other's feelings, intentionally or unintentionally, and stepping in when they see others being verbally mistreated.

"You know how some people can talk down to you and make you feel like you're a little bug? Well, sometimes they don't mean to, they just don't understand," he said, adding that he had to deal with those feelings often while adjusting to his new amputee lifestyle.

"Sometimes people don't know that



Wounded Warrior Michael Kacer challenges APG South youth center members to one-arm pushups during a motivational visit to the center Feb. 15.

they've said or done something hurtful. That's when you have to educate them and let them know how it makes you feel. If you don't let them know, they will keep doing it," he said.

Later, he challenged the children with activities such as tying their shoelaces with one hand and one-armed push-ups.

Kacer said he sees himself as someone with something important to share. While he is in training with hopes to join the U.S. Para-Olympic Team, the Scranton, Pa., native travels, often at his own expense, to give motivational talks to children, college students, Soldiers, veterans and senior citizen groups.

"I pay it forward because I feel it's the right thing to do," he said. "Strange as it sounds, because you're missing a limb, people are more apt to listen to you."

He added that his talks are usually unplanned and spontaneous.

"Today we talked about bullying and respecting others and I drove home the point that just because someone looks different doesn't mean they're limited," he said. "They were very receptive."

He called the loss of his limb the "second best thing that ever happened to me."

"I used to take so much for granted instead of appreciating every day.

Then, just like that, everything was taken from me; I lost my arm and I ended up getting divorced."

He said the welcome he received from the "amputee community" drove his recovery.

"They said 'Welcome to your new normal,'" and accepted me without question," he said. "And what I've learned from them is priceless. Now I never pass up the chance to make someone smile; to change their outlook, if only for a moment. That's the way you pay it forward."

"I enjoy talking to kids the most," he said, "and I tell them that what happened to me was just a bad day at work."

VOW to Hire Heroes mandates transition workshops, classes

Special to the APG News

On Nov. 21, 2012, the (Veterans Opportunity to Work) VOW to Hire Heroes Act went into effect.

The act requires all Soldiers to attend transition assistance classes and workshops presented by the Army Career & Alumni Program (ACAP), Veterans Administration (VA) and Department of Labor (DOL). These mandatory classes and workshops will be presented in two separate three-day sessions on a monthly basis.

The ACAP, VA and other transition services classes are scheduled for the second week of each month Tuesday through Thursday.

The DOL will conduct their workshop the last week of each month Tuesday through Thursday. All classes/workshops are conducted at Building 3147, Room 101, on APG North (Aberdeen).

The ACAP Mobile Team will provide one and a half days of face-to-face counseling starting with pre-separation registration, which starts the transition to civilian life and must be completed prior to completing all other requirements.

The team will also provide the pre-transition briefing, development of an individual transition plan (ITP), Transition Occupational Crosswalk and the financial management briefing.

The Maryland VA will provide a four-hour briefing on Wednesday afternoon, and Thursday is dedicated to other services including education, medical, transportation, military pay, Maryland Job Services and retirement service briefings.

If unable to attend the ACAP workshop, Soldiers can meet these requirements using Online ACAP 21 tools, Online 24/7 Call Center and Online

Virtual Center at www.acap.army.mil.

The DOL employment workshop is conducted separate from ACAP/VA/Other services. The workshop is designed to provide the transitioning individual with employment information and assistance. Spouses are also welcome to attend the workshop and use the follow-on services, with or without the Soldier. Program high-

lights include "How to Write Resumes and Cover Letters," "Dressing for Success," "Networking Techniques," "Evaluation and Negotiation Strategies" and "Interviewing Techniques."

To register for the workshops and briefings, contact the transition center staff at 410-306-2322 / 2323 / 2345.

The CY2013 Class/Workshop schedule is noted below.

Month	ACAP/Separation/Transition Work Shops/Briefings			Department of Labor Workshop		
Jan 2013	15-Jan	16-Jan	17-Jan	29-Jan	30-Jan	31-Jan
Feb 2013	12-Feb	13-Feb	14-Feb	26-Feb	27-Feb	28-Feb
Mar 2013	12-Mar	13-Mar	14-Mar	26-Mar	27-Mar	28-Mar
Apr 2013	9-Apr	10-Apr	11-Apr	23-Apr	24-Apr	25-Apr
May 2013	14-May	15-May	16-May	28-May	29-May	30-May
Jun 2013	11-Jun	12-Jun	13-Jun	25-Jun	26-Jun	27-Jun
Jul 2013	9-Jul	10-Jul	11-Jul	23-Jul	24-Jul	25-Jul
Aug 2013	13-Aug	14-Aug	15-Aug	27-Aug	28-Aug	29-Aug
Sep 2013	10-Sep	11-Sep	12-Sep	24-Sep	25-Sep	26-Sep
Oct 2013	15-Oct	16-Oct	17-Oct	29-Oct	30-Oct	31-Oct
Nov 2013	12-Nov	13-Nov	14-Nov	19-Nov	20-Nov	21-Nov

Callers urged to use 9-1-1 for emergency services

By **YVONNE JOHNSON**
APG NEWS

A change to how emergency calls are routed has simplified the process for the Aberdeen Proving Ground community. Effective immediately, all installation emergency callers should dial 9-1-1 regardless of the type of phone being used.

Previously, when callers would dial 9-1-1 on their cell phones, the calls would be intercepted by various cell phone towers which would distribute the calls to off-post 9-1-1 call centers. The off-post center would then have to transfer the emergency calls to the 9-1-1 center on APG. This time-consuming switch was a concern for both callers and emergency responders and resulted in some organizations encouraging personnel to call a seven-digit number instead of 9-1-1.

According to Director of Emergency Services Chris Ferris, cell phone users no longer need to worry that their 911 calls will be routed off the installation. Ferris said all installation 911 emergency calls have been consolidated and are now routed through the garrison Directorate of Emergency Services' 911 call center at APG North (Aberdeen) for appropriate response and dispatch.

"All callers must now dial 911, whether they are calling from a government land line, cellular phone or commercial land line," Ferris said. "In the event that your call is received by another public safety answering point such as Harford or Cecil County, they will immediately transfer you to the installation 911 call center."

"By not dialing 911, it will create a delay in emergency response if the caller is unresponsive or unable to provide necessary information," said Lt. Elizabeth Wooten, 911 call center supervisor.

Wooten explained that dialing 9-1-1 activates a locator that identifies directly where the call was placed

in case the caller becomes nonresponsive or is unable to disclose their location. In the event that an emergency caller dials a seven-digit number, such as the Edgewood Fire Department, the call will be transferred promptly to the installation 911 call center.

"But if you're not dialing directly, we can't tell where you are," she said. "We're following the nation's lead in that we can dispatch from one location and coordinate fire, police and medical assistance for the incident," she said. "Before, emergency calls went to Edgewood where firefighters or police officers, not trained dispatchers, answered."

"Our dispatchers ask the same questions and follow the same standards as Harford, Cecil and Baltimore counties," said Wooten. "This is a good thing because you as the caller have a reasonable expectation to receive the same level of service whether inside the gate or outside the gate."

Wooten said the consolidation of services is not only more efficient; it meets national standards and provides a better quality of service. She said 9-1-1 callers can expect to be asked a variety of incident and scene safety questions as well as be provided life saving instructions depending on the nature of the emergency.

"This consolidation is a good thing because [on-post] dispatchers know what assets are available on the installation," Ferris added. "Our fire and police responders do not always know the availability of all emergency service assets."

The installation 9-1-1 call center is a 24/7 operation that is prepared for any emergency call received. All dispatchers are trained and provided detailed information about buildings on both APG North (Aberdeen) and South (Edgewood).

For more information about the consolidated 911 call service, contact Wooten at 410-306-0509 or elizabeth.r.wooten.civ@mail.mil.



Holy Season worship schedule

17 Feb ~ 31 Mar 2013

APG North Chapel

(Aberdeen)

CATHOLIC

- Sun 24 Feb, 8:45 a.m., 2nd Sun of Lent
- Fri 1 Mar, 6 p.m., Stations/Soup & Bread
- Sun 3 Mar, 8:45 a.m., 3rd Sun of Lent
- Sun 10 Mar, 8:45 a.m., 4th Sun of Lent
- Mon 11 Mar, 5:30 p.m., Lenten Penance Service
- Fri 15 Mar, 6 p.m., Stations/Soup & Bread
- Sun 17 Mar, 8:45 a.m., 5th Sun of Lent
- Mon 25 Mar, 11:45 a.m., Annunciation
- Sun 24 Mar, 8:30 a.m., Palm Sunday
- Wed 27 Mar, 5:30 p.m., Healing Mass/Anointing
- Fri 29 Mar, 3 p.m., Veneration of Cross
- Sat 30 Mar, 8 p.m., Easter Vigil Mass
- Sun 31 Mar, 8:45 a.m., Easter Sunday

PROTESTANT

- Sun 24 Feb, 10:15 a.m., 2nd Sun of Lent
- Sun 3 Mar, 10:15 a.m., 3rd Sun of Lent
- Sun 10 Mar, 10:15 a.m., 4th Sun of Lent
- Sun 17 Mar, 10:15 a.m., 5th Sun of Lent
- Sun 24 Mar, 10:15 a.m., Palm Sunday
- Sun 31 Mar, 10:15 a.m., Easter Sunday

GOSPEL

- Sun 24 Mar, noon, 2nd Sun of Lent
- Sun 3 Mar, noon, 3rd Sun of Lent
- Sun 10 Mar, noon, 4th Sun of Lent
- Sun 17 Mar, noon, 5th Sun of Lent
- Sun 24 Mar, 10:15 a.m., Palm Sunday
- Sun 31 Mar, noon, Easter Sunday

APG South Chapel

(Edgewood)

CATHOLIC

- Fri 22 Feb, 6 p.m., Stations/Soup & Bread
- Sun 24 Feb, 10:45 a.m., 2nd Sun of Lent
- Sun 3 Mar, 10:45 a.m., 3rd Sun of Lent
- Fri 8 Mar, 6 p.m., Stations/Soup & Bread
- Sun 10 Mar, 10:45 a.m., 4th Sun of Lent
- Sun 17 Mar, 10:45 a.m., 5th Sun of Lent
- Fri 22 Mar, 6 p.m., Stations/Soup & Bread
- Sun 24 Mar, 10:45 a.m., Palm Sunday
- Thur 28 Mar, 7 p.m., Holy Thursday
- Fri 29 Mar, 3 p.m., Good Friday
- Sun 31 Mar, 10:45 a.m., Easter Sunday

PROTESTANT

- Sun 24 Feb, 9:15 a.m., 2nd Sun of Lent
- Sun 3 Mar, 9:15 a.m., 3rd Sun of Lent
- Sun 10 Mar, 9:15 a.m., 4th Sun of Lent
- Sun 17 Mar, 9:15 a.m., 5th Sun of Lent
- Sun 24 Mar, 9:15 a.m., Palm Sunday
- Sun 31 Mar, 9:15 a.m., Easter Sunday

LENTEN LUNCH & BIBLE STUDY

Every Wed 20 Feb – 27 Mar, noon, AA Chapel Fellowship Hall

LENTEN RENEWAL PROGRAM

10-13 Mar
Conducted by: Rev. John Campoli

"THE DRAMA OF EASTER"

31 Mar 2013, 0630
Location: Behind Top of the Bay
Join us afterwards for a continental breakfast at Top of the Bay

JEWISH HOLY DAYS

PURIM: 24 Feb
PASSOVER: 25 Mar to 2 Apr (Community Seder 26 Mar)
POC: Col. Jonas Vogelhut, 443-619-2304



Pam Trageser Exton Golf Course Manager

Pam Trageser is the manager of Exton Golf Course.

Trageser has worked for APG's MWR for seven years and oversees the golf course, pro shop and café's daily operations. This ranges from ordering food, drinks, and shop items, to inventory and managing a staff of 10 employees.

"I try to get out of my office as much as possible and talk to the customers, get to know them by name," said Trageser, who is responsible for making sure everything runs smoothly. "Having a relationship with customers, getting their feedback is very important."

Trageser said what she enjoys most about her job is working with reliable staff members who provide exceptional service.

After years of working on APG North, Trageser moved to the APG South (Edgewood) golf course in November to

launch the opening of the Exton café.

"We have received great feedback from customers. They enjoy our healthy menu items like sandwiches, wraps and all-you-can-eat salad bar," she said. "Our daily specials provide variety to the menu." View the menu at www.apgmwr.com/recreation/golf/apg_lunch_menu_ExtonCafe.html. The café also provides catering options for special events.

Exton Golf Course is located on E1260 Wise Rd on APG South. Exton is a 9-hole regulation golf course, offering league play, practice range, cart rentals and more. Trageser can be reached from 7:30 a.m. to 3:30 p.m., Monday-Friday at 410-436-2213 or pamela.trageser@us.army.mil.

For information about APG golf courses, visit <http://www.apgmwr.com/recreation/golf/>.

MARK YOUR CALENDAR

USA JOBS – WHAT YOU NEED TO KNOW

What do you want to know about USA Jobs? The APG News will publish a series of articles to debunk myths, provide tips on the application process and inform applicants of their rights and responsibilities. If you have questions you'd like answered, email adriane.foss@us.army.mil.

HELP FEED THE HUNGRY

This year marks the 27th Harvest for the Hungry, a Harford Community Action campaign dedicated to feeding hungry Marylanders year round. The campaign has raised more than 31 million pounds of food in the past 26 years. The APG began Feb. 7 and will run through March 8.

Non-perishable items can be donated at the following collection points are:

APG North (Aberdeen): Commissary; CDC Bldg. 2485; Athletic Center and Ruggles Golf

APG South (Edgewood): CDC Bldg. E-1901; Hoyle Gym and Exton Golf Course

Suggested food and most needed items include canned meats, peanut butter, macaroni and cheese, canned stews, canned fish, nuts and seeds, canned beans; breakfast cereal, oatmeal, rice and rice cakes, pasta; canned fruits and juices, canned vegetables, canned soups, sauces and salad dressings; dairy, evaporated milk, powdered milk, infant formula, puddings and custards.

For organizations that prefer to collect internally, pickups and containers can be coordinated by contacting 1st Lt. Raisa Velez at 410-306-2813, or e-mail raisa.velez@us.army.mil.

THURSDAY

FEB. 21 OPEN MIC AND KARAOKE

Sing a cover song or bring your guitar and play an original from 6 – 9 p.m. at Ruggles Golf Course. Hosted by Lou Melo of Melo Time Karaoke! Free admission and complimentary bar foods, cash bar with beer and wine. The Department of the Army award winners of this year's APG's Got Talent will be recognized and perform a selection of their choice. For more information, visit www.APGMWR.com or call 410-278-4011. Must be 18 years and older to participate.

SATURDAY

FEB. 23 COLD COMPASS CAPERS

Learn how to use a compass while negotiating a scavenger hunt inside and outside of the Center. Warm treats will be the reward. This program will be held at 2 to 3:30 p.m. for all ages, under 12 with adult. The cost is \$5 per person or \$18 per Family and online registration is required at www.otterpointcreek.org.

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

CRITTER DINNER TIME

Come watch the turtles, fish and snakes eat while learning more about these fascinating creatures. This program will be held at 10:30 a.m. and is free for all ages. No registration required.

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

MONDAY

FEBRUARY 25 VETERAN JOB FAIR

The U.S. Chamber of Commerce Foundation will host a Hiring Our Heroes job fair at the Ruhl Armory, 1035 York Road in Towson, Md., from noon to 4 p.m.

Register at <https://hoh.greatjob.net/sc/viewEvent.action?id=847512>. For online help with resume writing, interview tips, translating military skills and experience into related civilian careers, visit the <http://www.military.com/hiringourheroes>.

For information, e-mail hirinourheroes@uschamber.com or call 202-463-5807 or 410-616-0559.

SATURDAY

MARCH 2 WOMEN'S SKEET/TRAP

Introductory classes for women's skeet and trap will be offered at the APG skeet and Trap Range at APG-South (Edgewood) from 11 a.m. - 2 p.m. Cost is \$10 per person. Lessons include: Introduction to the shotgun, gun safety Demo and target shoot-

ing. Guns and ammo will be provided. Registration deadline is Feb 25. For information, call 410-278-4124/5789 or email APGR-USAG-MWR-Outdoorcreation@conus.army.mil.

MONDAY

MARCH 4 JOB STORE OPEN FOR VETS MARCH 4 AT PX

Visit the Hero2Hired Mobile Job Store at the APG PX parking lot Monday, March 4, from 10 a.m. to 2 p.m.

Hero2Hired (H2H) is a Yellow Ribbon-funded program that connects job seeking veterans and Family members with meaningful employment. H2H contains everything you need to find a job, including job listings, career exploration tools, education and training resources, live and virtual hiring fairs, a mobile app, an innovative Facebook application, and a variety of networking opportunities.

The H2H Mobile Job Store is an extension of the H2H program. It has four computer stations that connect to the H2H.jobs website as well as a multimedia system and a lounge area where the MJS staff will be available to answer questions and assist with signing up on the H2H.jobs site.

Check out [facebook.com/H2H.Jobs](https://www.facebook.com/H2H.Jobs) or twitter.com/H2H.Jobs.

TUESDAY & WEDNESDAY

MARCH 6-7 CALLING ALL CRAFTERS

Do you craft? Or do you know someone who does? Now is your chance to display your talent at the annual APG Spring-Tastic Bazaar. For more information or to reserve a table, contact the Leisure and Travel Office at the APG North recreation center.

SUNDAY

MARCH 10 \$500 SCHOLARSHIPS AVAILABLE FOR KOREAN WAR VIDEOS

The GI Film Festival, in its 7th year of operations, helps preserve the stories of service and sacrifices of the men and women in uniform through the medium of film and television.

Annually in May, the festival brings Hollywood and the military together for a week-long event in Washington, D.C., where the organization screens films, holds panel discussions, hosts receptions and highlights the work of celebrities, companies and organizations that support troops.

This year the festival is offering five \$500 scholarships to high school students who make a three to five minute video about the Korean War. The videos can be an interview with a veteran or an acted out play. The deadline is 10 March.

For information about the free submission process, visit www.gifilmfestival.com/rememberingkorea.

TUESDAY

MARCH 12 SPONSORSHIP TRAINING

Training outlines sponsors' basic responsibilities to help Soldiers, civilian employees and their Family members successfully relocate in and out of their organization. The training will be held at Bldg. 2503, 2nd Floor, CYSS Classroom, from 11 a.m.-noon. For information, call 410-278-7572.

WEDNESDAY

MARCH 13 FEDERAL WOMEN'S CONFERENCE

Community members are invited to the 23rd Annual Aberdeen Proving Ground Federal Women's Program Training Conference in observance of Women's History Month. The guest speaker will be Brig. Gen. (ret) Belinda Pinckney. For more information, contact Teresa Rudd at teresa.d.rudd.civ@mail.mil or 410-436-5501.

THURSDAY

MARCH 28 BRAIN INJURY AWARENESS

March is Brain Injury Awareness Month. The community is invited to a brain injury awareness event, presented by some of the most esteemed experts in the field of adult, child, and sports-related brain injuries. The event is set at the post theater from 1-4 p.m., and everyone is welcome. Snacks and beverages will be provided.

JULY 8-12 SUMMER SOCCER CAMP

Challenger Sports is partnering

with British Soccer Camps, the largest and most popular soccer camp program in the United States and Canada. Challenger coaches study the game at all levels and have identified the key techniques and skills players need to master to reach their true potential. Each day of the camp includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament.

The camp will be held this year July 8 -12 at the APG soccer fields. For more information or to sign up, contact Gary Hodgson at ghodgson@challengersports.com or 443-552-0509.

MONDAYS

APG THEATER GROUP SEEKING MEMBERS

Need more drama in your life? More laughs? Want to improve your public speaking skills, or learn how to look 10 years younger instantly. Then the APG Theater workshop are for you. The classes are geared to assist anyone in bringing out their best while performing, interacting one-on-one, or speaking before a small group. Find out what your body language is saying, but what your words are revealing.

Classes run for approximately four weeks, and are held every other Monday at 5 p.m. in the APG North recreation center ballroom. A certificate of participation is presented at the end of the class.

The workshop is free, and dates and times are subject to change.

If interested, stop by the APG North or South recreation centers during regular business hours to fill out a registration form, email patricia.a.devine6.naf@mail.mil, or call 410-278-9451.

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.

WEEKDAYS

THRU - MARCH 31 WINTER HOURS SET FOR EQUIPMENT RESOURCE CENTER

Open Monday to Friday from 9 a.m. - 5 p.m. in Bldg. 2184, 410-278-4124.

SATURDAYS

CRITTER FEEDINGS

Eden Mill Nature Center will be offering feedings on Saturdays through March at 3 p.m. Open to all ages. Join us in the nature center as we feed our critters. Take a turn feeding one of the turtles or a snake. Space is limited to 10 participants so pre-register early by calling 410-836-3050 or emailing edenmillnaturecenter@gmail.com. Visit www.edenmill.org for information.

SATURDAYS

FEB. 23, MARCH 9 SKI TRIPS

Sign up at the Outdoor Recreation, Bldg. 2184 for the ski trip to Roundtop Mountain Resort. Full payments are due at sign-up. Cash or check only. Waiver required. Call 410-278-4124 for information.

ONGOING

EA, FNSI ONLINE FOR REVIEW

The Army has prepared a supplemental environmental assessment (EA) for the potential environmental and socioeconomic effects associated with building the SCEPTRE Lab at the C4ISR campus.

This supplemental EA documents the differences in potential impacts between the proposed action at the C4ISR campus and the impacts documented in the final Environmental Impact Statement (EIS) for BRAC action at APG completed in July 2007.

The draft EA and Finding of No Significant Impact (FNSI) are available for review at www.apg.army.mil/apg-home/sites/directories/dpw/ until March 18, 2013.

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

NFFE LOCAL 178 RELOCATED

For many years, bldg. E-4415 served as the union office for members represented by NFFE, Local 178. The office recently relocated to building E-4445. For directions and hours of operation, please call 436-3942.

CSD, TAX SERVICE HOURS

Effective Feb. 19, the Office of the Staff Judge Advocate, Client Services Division, will again modify its hours of operation. The new client/claimant service hours will be Monday through Friday from 8:30 a.m. to 1 p.m. For information about our services, please contact the CSD staff at 410.278.1583 or visit www.apg.army.mil, Garrison Support Offices, Installation Legal Office.

APPLY NOW FOR SSCF

The U.S. Army Acquisition Support Center is currently accepting applications for the 2013-14 Service College Fellowship program through April 1.

The SSCF Program is a 10-month educational opportunity conducted under the auspices of the Defense Acquisition University (DAU) at Huntsville, Ala.; Warren, Mich. and Aberdeen Proving Ground, Md.

The SSCF program prepares government civilians at the GS-14/15 levels or equivalent for senior leadership roles by provides training in leadership and acquisition. Program components include completion of DAU's Program Management Course (PMT 401), courses in leadership, applications of acquisition to national defense issues, research in acquisition topics, mentoring, and a distinguished speaker program.

For more information, visit <http://asc.army.mil/web/career-development/programs/defense-acquisition-university-senior-service-college/>, or contact Jim Oman at james.oman@dau.mil or 410-272-9470.

ASIAN PACIFIC COMMITTEE

Team APG will form the Asian Pacific Islander Committee for its annual observance in May. All Soldiers, civilians, contractors and Family members interested in serving on the committee can attend meetings to help develop a program. Be prepared to discuss your ideas. Personnel from APG South (Edgewood) are especially encouraged to attend and provide input.

Meetings will be held in the CECOM Conference Room, Bldg. 6001, Suite C1-110, Room C1106 from 2:30 to 3:30 p.m. on the following dates: Feb. 19; March 12 and 19; April 9, 23 and 30; and May 7 and 14.

For more information, contact Tracy Marshall, CECOM/Installation EO, at 443-861-4366 or e-mail tracy.y.marshall@mail.mil.

REPRESENTATION RIGHTS

It is required to annually notify civilian employees who are represented by a union, of their right to union representation at any examination, by a representative of the agency in connection with an investigation, if the employee reasonably believes that the examination may result in disciplinary action.

This is called the Weingarten Notice—the Civilian Employee's Rights to Union Representation. In accordance with the requirements of 5 USC 7114(a)(2), this notice constitutes the required notification for 2011. The text of the law is as follows:

An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at:

(B) any examination of an employee in the unit by a representative of the agency in connection with an investigation if –

(i) the employee reasonably believes that the examination may result in disciplinary action against the employee; and

(ii) the employee requests representation.

SUNDAY BRUNCH

Don't miss it at Sutherland Grille on Sundays, from 11 a.m. to 2 p.m. Cost of \$ 9.95 includes all your favorite breakfast items. Menu includes a "create your own" omelet and waffle station. Lunch items and salad bar also included.

Call 410-278-4794 for reservation; email Richard bond for information: richard.j.bond10.naf@mail.mil



MORE ONLINE

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

RAB tours APG South sites, eyes progress

Story and photo by
RACHEL PONDER
APG News

Members of the Restoration Advisory Board (RAB) visited several sites on APG South during its annual tour Feb. 16.

The purpose of the tour is to show APG's environmental progress and create trust and transparency within the community, according to Installation Restoration Project Officer Rurik Loder, who led the tour along with the chief of the Environmental Planning and Sustainability Branch Cindy Smith and Environmental Protection Specialist Karen Jobes.

The RAB was established at APG in 1994 to improve information flow between the Army and the local community regarding the Army's environmental cleanup program.

The board discusses ongoing studies, the status of cleanup projects, accomplishments, upcoming activities and schedules. APG's Environmental Restoration Program, Directorate of Public Works' Environmental Division leads this effort.

"All contamination on APG relates past mission actions," said Loder. "In the past the Army was not aware of how certain actions affected the environment."

Loder said the American public became more aware and concerned with environmental issues in the 1970s, after it was revealed that Love Canal, near Niagara Falls, N.Y., had been used to bury 21 thousand tons of toxic waste. As a result, people demanded change and the Army started to examine how they can clean up the environment.

During last week's RAB tour, attendees visited the Canal Creek Water Treatment Plant. Established in 2003, the plan has treated 508 million gallons of water from the Canal Creek aquifer on APG and is contaminated with volatile organic compounds (VOC). Loder said this project will continue for at least 50 years.

After visiting the plant, the tour stopped by the 26th Street Project. Last year DPW removed 1,122 tons of arsenic-contaminated soil and 10.7



Installation Restoration Project Officer Rurik Loder gives a tour of the Nike Site on APG South during the annual RAB visit Feb. 16.

tons of asbestos-containing material from three shallow areas at the former Radiation Yard Site. This project was completed last month.

The RAB also visited the 22nd Street Landfill Site—previously a marsh area that was filled with trash and construction debris.

"This site was considered time-critical due to concerns regarding shoreline erosion along the Bush River," Loder said.

Last summer DPW completed this project by covering the landfill with soil and constructed shoreline stabilization.

After the landfill site, the RAB moved onto the Nike Site, an ongoing restoration project managed by Loder. He said contaminated groundwater is treated from Lauderek Creek. The soil in the area, which is also contaminated, will be treated with sodium bicarbonate.

"We are scheduled to meet our objective by 2015," he said.

Arlen Crabb, a concerned citizen and Aberdeen resident, has been active with the board since 1995. Crabb said the tour helps members visualize locations that are discussed during meetings.

"Being retired military I was interested in what APG was doing, were they keep our community safe, were they doing any harm," he said. "I have seen many changes on APG over the years."

The tour comes on the heels of the announcement that the APG Environmental Restoration Program won the 2012 Secretary of the Army Environmental Award for Environmental Restoration. This award evaluates environmental programs on Army installations across the United States and recognizes programs that go above and beyond to improve the quality of the environment.

RAB meetings are open to the public. Copies of the minutes of the monthly are placed in APG's information repositories at the Aberdeen and Edgewood branches of the Harford County Library and Miller Library at Washington College in Kent County. Copies also are available at the Joppa and Cecilton libraries.

For more information about RAB or APG's environmental cleanup program, call 410-272-8842 or 1-800-APG-9998, or visit www.apg.army.mil/apghome/sites/directories/DPW/environment/Restoration/index.cfm.

Post on pace with local community in speeding; aggressive driving

By **YVONNE JOHNSON**
APG News

Aberdeen Proving Ground drivers are doing no worse – and in some areas much better – than drivers outside the installation, according to Chris Ferris, Director of Emergency Services.

According to Ferris, a recent traffic survey on Aberdeen Boulevard, recorded average speeds within the 85th percentile of the posted speed limit. The 85th percentile speed is considered a reasonable upper limit for speeds and is the determining factor in setting speed limits.

"In other words, a significant majority of our installation population follows the posted speed limits," he said.

Traffic engineers determine road speeds and studies show that people tend to drive at speeds they think is reasonable for the road they're on.

"This means we are a direct reflection of our community," he said. "Do we have people speeding? Yes we do. Do we have people tailgating? Absolutely. And when we catch them, we cite them."

Ferris said the DES continues to work hard to ensure motorists obey the law and urges drivers not to text or talk on cell phones without a hands-free device while on APG "because you will certainly get a ticket."

"On APG, we ask that you drive safely, obey the speed limits and watch out for pedestrians."

Portable generators can prove deadly. Know how to use them

By **RON KRAVITZ**
Installation Safety Office

Before hurricane Sandy came ashore, the community was reminded of the importance of having an emergency preparedness plan by the APG and Maryland Emergency Operations Centers (EOCs).

The National Weather Service had predicted the winter would bring a lot of snow down the I-95 Corridor. So far we have dodged the bullet, but spring and summer bring storms.

As downed utility lines and power blackouts commonly occur during heavy storms, many people will again operate portable generators as a temporary solution. Nine people died from carbon monoxide (CO) poisoning in New Jersey and Pennsylvania during Hurricane Sandy; 55 died throughout the country last year.

And recently an 11-year-old boy was overcome while sitting in a running car as his father shoveling their car out of the snow. Those deaths and many other like them were preventable, if only those affected knew the inherent risks and precautions.

CO, when inhaled in even relatively small amounts, can lead to hypoxic injury (partial lack of oxygen), neurological damage, or death. Unfortunately most deaths from CO poisoning seem to occur from portable generators.

According to a generator safety handout from The National Fire Protection Agency (NFPA), "carbon monoxide deaths associated with generators have spiked in recent years as generator sales have raised to new levels."

CO is a toxic gas and a silent killer. It is colorless, odorless, tasteless, non-irritating, and very difficult to detect.

According to the Occupational Safety and Health Administration and NFPA, generators should only be used in well-ventilated locations outside the home and away from doors, windows, and vent openings so that exhaust gasses cannot enter.

NEVER use a generator in an attached garage, even with the door open. Allow a minimum of three to four feet around it for air circulation. Operate the generator only on level surfaces and always read the equipment instruction manual first.

Ensure the generator is serviced before use. They are used so infrequently that the oil, air filters, and spark plugs should be checked. Fuel should be stored outside in a container specified and labeled for that purpose.

For further protection, install CO detectors. The United States Consumer Product Safety Commission recommends each home have at least one carbon monoxide detector, preferably one on each level of the building. These devices, which are relatively inexpensive and widely available, are either battery- or AC-powered, with or without battery backup. When installing CO alarms inside your home, follow the manufacturer's instructions for correct placement and mounting height. CO

As downed utility lines and power blackouts occur during storms, many people will operate portable generators. Nine people died from carbon monoxide (CO) poisoning in New Jersey and Pennsylvania during Hurricane Sandy.

risers with warmer air.

The NFPA and the Consumer Product Safety Commission (CPSC) recommends that when only one carbon monoxide detector is installed, it be located near the sleeping area. This way the alarm will be louder and can wake sleeping occupants.

Detectors placed on every level and in every bedroom of a home provide extra protection against CO poisoning.

Do not install CO detectors directly above or beside fuel-burning appliances, as appliances may emit a small amount of carbon monoxide upon startup. A detector should not be placed within 15 feet of heating or cooking appliances or in or near very humid areas such as bathrooms.

CO detectors do not serve as smoke detectors and vice versa. However, dual smoke/CO detectors are also sold. Smoke detectors detect the smoke generated by flaming or smoldering fires, whereas CO detectors can alarm people of faulty fuel burning devices to prevent CO poisoning. Detectors should be replaced every 5 to 6 years.

NFPA warns to turn off generators and let them cool down before refueling with fresh gas.

Use heavy duty outdoor-rated extension cords when plugging in appliances. The NFPA also cautions that the cords should be checked for cuts, tears and that the plug has all three prongs, especially the grounding pin.

If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code (NEC) and all applicable state and local electrical codes. Attaching a generator directly to a building electrical system without a properly installed transfer switch can energize wiring systems for great distances.

This creates risk of electrocution for utility workers and others working on the lines in the area. Always plug electrical appliances directly into the generator. If using in wet conditions, get a cord with built-in GFCI protection.

When using extension cords, be sure they are the grounded type and rated for the application. Sizing the gen-cord is extremely simple. If the most powerful outlet on your generator is a 30-amps (4-prong), you'll need a 30-amp (4-prong) cord. If it's a

30-amp (3-prong) outlet, you'll need a 30-amp (3-prong) cord.

The cord should be all-weather and not frayed or damaged.

Do I need to ground my portable generator?

Article 250.34 of the NEC and OSHA 29 CFR 1926 404(f)(3)(i) which states that "the frame of a portable generator need not be grounded (connected to earth) and that the frame may serve as the ground. To put it simply, the generator and frame are grounded to each other, so if there's a short in an appliance, it will trip the circuit breaker on the generator.

What kind of generator should I get?

A portable generator is sized by wattage. Wattage needed is determined by what appliances will need to be running when the power is out. This can be determined by utilizing the wattage calculator at this net site. Average size for a portable generator for a home is 4500 - 7000 watts. (1 KW or KVA = 1000 watts) Visit the following sites for online calculators: <http://www.poweredgenerators.com/wattage-calculator.html>, or http://www.ehow.com/how_5057231_size-portable-home-generator.html to determine how to select the right size generator for your home.

Portable generators offer many options for the consumer and can be a great way to ensure you have power even in the roughest winter conditions. It is every individual's responsibility to use a product not only correctly, but safely.

Generator Safety Tips:

1. Always read and follow the operator's manual before use.
2. Use generators outdoors, away from open windows, garages, crawl spaces, vents and doors. Using a fan and opening doors and windows does NOT provide enough fresh air.
3. Use a battery-powered CO detector when running a generator.
4. Allow the engine to cool at least two minutes before refueling with fresh gas. If you do not plan to use your stored gas for more than 30 days, mix a fuel stabilizer in the fuel.
5. Maintain your generator according to the maintenance schedule for peak performance and safety.
6. Keep generator at least 15 feet away from any structures or combustible materials.
7. When using extension cords, be sure they are the grounded type and are rated for the application. Coiled cords can get hot, so always uncoil cords and lay them in flat, open locations.
8. If you are connecting a generator into your home electrical system, have a qualified electrician install a power transfer switch. Never plug your generator directly into your home outlet.
9. Protect your generator from exposure to rain. Do not operate under wet conditions.
10. Ensure power utilization of units plugged into the generator do not exceed capacity of the unit.



Carbon monoxide deaths associated with generators have spiked in recent years as generator sales have raised to new levels."

Own a pet? Know the regulations on post

Story and photo by
RACHEL PONDER
APG News

Pet owners living on post need to be aware and comply with the regulations outlined in the Picerne Military Housing Resident Responsibility Guide.

APG veterinarian Dr. Carol Bassone said owners with cats or dogs that are older than 90 days must provide immunization records to the installation's veterinary treatment facility within 10 days of arrival or acquisition.

All pets living on the installation are also required to be microchipped. In addition, residents may own no more than two dogs or cats, in any combination, per household.

Bassone said because the VTF only treats pets of Soldiers, retirees and their Families, civilian residents must get their pets immunized and microchipped at a facility off post.

Pet owners have a responsibility to get their pets checked up once a year and to stay current with all shots. Some vaccinations need to be given annually, some every three years.

"This is a big area for pets as well as people to contract Lyme disease," she said. "And if the pet spends a significant amount of time outdoors, in the woods, they need to get a Lyme disease shot more frequently."

Bassone said cats and dogs must be kept under control at all times and kept on a leash when outside. Pets are not permitted in any post recreation areas, including playgrounds, at any time. Pet owners are required to pick up after their animals in their yards and in the grounds of their neighborhood.

"Even if the owner has a fenced in yard, they are required to be outside with them," she said.

Bassone cautions against letting cats loose with-



File photo

(From left) Veterinarian Carol Bassone gives Maria Schnople's dog, Daisy, a routine checkup at the APG Veterinary Treatment Facility. All APG residents with pets must provide immunization records to the VTF.

in a fenced in yard, as they are able to climb fences and run away easily.

"APG has a large wild animal population that can harm or even kill dogs and cats," she said. "These regulations were created to keep pets safe."

She also strongly recommends having pets spayed or neutered, as male animals will run after females in heat.

"In Harford County pet owners are required to keep female animals inside when they are in heat," she said.

Bassone said animals found unattended should be reported to the APG Directorate of Emergency Services at 410-306-2222. Unattended pets will be sent to

the Harford County Animal Control Office, where they will read the pet's microchip information and contact owners immediately.

Bassone noted that certain breeds like pit bulls, Rottweilers, and Doberman Pinschers are not allowed on the installation. (See the Picerne Military Housing Resident Responsibility Guide for the full list.)

"These guidelines are something pet owners should consider before they decide to live on post," she said.

DES Chief of Operations Michael Dawson said that the bottom line is these regulations were put in place to protect both animals and residents on the installation.

All animal bites or scratch incidents to humans should be reported to the nearest medical facility, the police and the VTF. The offending animal is subject to a physical examination, quarantine and possible expulsion from post.

"Even though there have been a few incidences of aggressive animal behavior, for the most part people on the installation do a good job controlling pets," said Dawson.

Picerne Military Housing communication specialist Corrine Williams said in addition to providing records to the VTF, residents must pay a refundable deposit in the amount of \$150 per pet. Owners are legally and financially responsible for any injuries or damages caused by their pets.

For questions about on-post pet regulations, residents should contact Picerne Housing at 410-305-1075 or obtain a copy of the Picerne Resident Responsibility Guide for the full list of regulations.

Don't judge a player by his bulk

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Aberdeen Proving Ground, Md., that he had often been falsely judged by his slight build. Even members of his team perceived him as not being a "real football player."

"Some of the guys would give me a hard time," Stover said to the crowd of about 400. "I'll never forget Mike Flynn [a former Ravens NFL center] would give me a hard time out on the field saying, 'You kicker this, or you kicker that' and usually it had an F-word in front of it. But when I lined up in Cincinnati for a 50-yard game-winning field goal and nailed it, he looked at me and said, 'Man, I'll never make fun of you again. I have no idea how you just did that,'" Stover said.

"Don't ever belittle someone's job," he told the APG crowd. "Everyone has a vital role. The same goes for in your family."

In 1990 Stover was drafted by the New York Giants and received his first Super Bowl ring when the team beat the Buffalo Bills. He spent five seasons as a Cleveland Brown before becoming one of the original Baltimore Ravens when the Browns moved to Baltimore in 1996. As the Ravens kicker for the next 13 seasons, he earned a Super Bowl ring in 2000 when the Ravens beat the New

I'll never forget Mike Flynn [a former Ravens NFL center] would give me a hard time out on the field saying, 'You kicker this or you kicker that' and usually it had an F-word in front of it.

Matt Stover Former pro placekicker

York Giants.

At a 20th Spt. Cmd. (CBRNE) prayer breakfast for about 50 people earlier that morning, he highlighted another Super Bowl opportunity in 2010 when he played for the Indianapolis Colts.

He said he missed a 51 yard field goal attempt that would have tied that game with the New Orleans Saints when the Colts came up short. He showed the film that depicted the kick that went left of the field goal and Stover, who immediately after raised both index fingers in the air and looked upward to the heavens.

The television commentator said to an estimated 100 million people watching, "Matt Stover, a deeply spiritual man, does that every time, make or miss." The clip ended with Stover sitting on the

bench, dejected.

After the game and back on the bus feeling bad, Stover said he checked his texts and discovered 30 to 35 messages from friends repeating what NFL announcer Jim Nantz said.

"I began to cry because I knew it wasn't about me. God gave me the opportunity to glorify Him," said the 45-year-old Stover, who still holds the record as the oldest participant and scorer to play in a Super Bowl at age 42.

The kicker announced his retirement in May 2011 and was inducted into the Ravens' Ring of Honor that same year. While no longer playing in the spotlight on the field, he mentors younger Ravens players, encouraging them to think about life after professional football.

Stover sat in the stands during this

month's Super Bowl between the Ravens and San Francisco 49ers.

"I'm not going to say I wouldn't have wanted to be in that Super Bowl. I was in the stands with my heart elevated up to here," Stover said pointing under his neck. "Not as much as Justin's [Tucker, current Raven's kicker] though. But the NFL career is just a quick start in life. If you get ten years in, you win. But what are you going to do afterward?"

He encouraged the audience to plan for life after the military as well.

This man of faith participates in numerous charities like the Fellowship of Christian Athletes, Boy Scouts and many other youth organizations in his home state and the Baltimore community. He created the Matt Stover Foundation, Inc. to pool professional athlete's donations with funds from other individuals and organizations to provide financial support to under-funded educational, religious and other charitable organizations.

"He was so inspiring, humble, and engaging all at the same time. His message is so applicable to so many and I feel privileged to have met him," said 20th Spt. Cmd. contractor and long time Ravens fan Pam Silcox, who attended the breakfast.

Hero2Hired sets up in Exchange lot March 4

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active duty, veterans mired in the job hunt, and military Family members seeking employment can take advantage of the Hero2Hired Mobile Job Store services, which will be set up from 10 a.m. to 2 p.m. Monday, March 4.

Hero2Hired is a Yellow Ribbon reintegration program that connects job-seeking vet and Family members with meaningful employment. The H2H Mobile Job Store (MJS) is an extension of that program.

MJS is an expandable mobile center with three computer stations that connect job seekers to the H2H.jobs website, a multimedia system stacked with job assistance programs, and a lounge area where MJS staff members can answer questions and provide assistance.

Retired Col. William "Butch" Hensel, executive director, Maryland Employer Support of the Guard and Reserve (ESGR), said H2H MJS is one of several initiatives put in place to combat the steady increase in the number of service members who come home to no jobs.

Recalling when he left the service as a mechanic, Hensel said times have changed.

"I didn't know how to write a resume or sit down to an interview. This walks you through the process. It's non-threatening when a computer is asking you questions but it helps you think fast and prepares you for the real thing.

"We're showcasing a very unique system," he added. "You have nothing



Courtesy photo

During a visit to Fort Stewart, Ga., H2H Employment Transition Coordinators assist service members with building their profile.

to lose and everything to gain by attending."

The MJS is offered to each state with ESGR program, he said, noting that the unit will stop at seven sites in Maryland.

Hensel, retired Sgt. Maj. Wayne Bowser, and an H2H rep will walk Soldiers and spouses through the H2H process, Hensel said.

"It's a very unique system offering

one-on-one assistance," he said, adding that employers are also welcome to attend and can post job openings for free. The MJS is equipped with a built-in resume creator and a computerized interview assistant.

Each visitor to the H2H MJS receives a jobseeker packet loaded with application and resume tips, and interview do's and don'ts. Helpful tips include how to find jobs using USA-

Jobs and RESUMIX.

After leaving APG the center moves on to Fort Detrick on Tuesday, March 5; the Patuxent Naval Air Station on Friday, March 8; and to Camp Fretterd National Guard Armory in Reisterstown, Saturday and Sunday, March 9 - 10.

In conjunction with the H2H event, APG Army Community Service will host an Employment Resource Day & Expo for job seekers inside the Main Exchange lobby area adjacent to the parking lot.

Job training, educational, recreational and other resource information will be available. Participating organizations include Harford County Government Department of Human Resources; Maryland Department of Labor, Licensing and Regulation, Division of Workforce Development & Adult Learning; Susquehanna Workforce network; APG Civilian Personnel Advisory Center and veteran representatives; APG Nonappropriated Fund Human Resources; ACS Employment Program; Burris Logistics; the Army Substance Abuse Program; Morale, Welfare and Recreation; Freedom Federal Credit Union and others.

This event is open to active duty military, retirees, veterans, National Guard, Reserve and their Family members.

For more information, contact Marilyn Howard, ACS employment readiness program manager, at 410-278-9669/7572 or marilyn.e.howard.civ@mail.mil.

Dropoffs make giving convenient

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Baltimore Federal Executive Board, Girl Scouts of Central Maryland and the U.S. Postal Service.

"Harvest for the Hungry is a way for the whole community to help provide food for fellow citizens in need," said APG Garrison Headquarters and Headquarters Company Commander Capt. Maritzabel Mustafaa. "A lot of times people want to help but don't know how. By dropping off canned goods at one of the collection points they will be able to help in a very big way."

The Harford Community Action Agency (HCAA) is the local redistribution organization for the Maryland Food Bank. HCAA distributed more than 650,000 pounds of emergency and supplemental food last year to needy Harford County families. Its food pantry serves an average of 800 families each month and its food bank distributes food in bulk to at least 60 other Harford County churches and organizations that feed hungry people.

Mustafaa said APG community members who wish to contribute to the food drive can place canned or packaged non-perishables in containers at designated points on post.

Collection Point locations are at:

- APG North (Aberdeen) Commissary, Bldg. 3400; Child



Photo by Claudette Murray

Community members can drop off canned and packaged goods at any of the many collection points on APG North (Aberdeen) or South (Edgewood).

Development Center, Bldg. 2485; Athletic Center, Bldg. 3300; Ruggles Golf Course, Bldg. 5600; Main Exchange, Bldg. 2401; and the Express (Shoppette) Bldg. 2514

■ APG South (Edgewood) Child Development Center, Bldg. E1901; Hoyle Gym, Bldg. E4210; Exton Golf Course, Bldg. E1260; and the Express (Shoppette) Bldg. E4010

Suggested items include:

- Canned: meats, fish, beans, vegetables, soups, fruits, juices, sauces,

evaporated milk, beans, stews, infant formula

- Packaged: breakfast cereals, oatmeal, rice and rice cakes, pasta, powdered milk, macaroni and cheese, pudding and custards, pancake mix, nuts and seeds

- Bottled: salad dressing, peanut butter, jelly, syrup, sauces,

For more information, contact 1st Lt. Raisa Velez, HHC Garrison, at 410-306-2813 or raisa.velez@us.army.mil.

Trusted Traveler

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ing access to APG, will ease traffic congestion on adjoining highways and provide allow trusted travelers to vouch for Family members and guests.

Trusted Traveler may be suspended in accordance with installation Force Protection Condition criteria as determined by the installation senior commander or as directed by higher headquarters authority, and in support of the installation Random Access Measures program.

The program was approved at APG by the installation's senior leader, Maj. Gen. Robert Ferrell, based on recommendations from Ferris and Garrison Commander Col. Gregory McClinton.

Tell them you saw it in the
APG News

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/>.



SPINNING COMES TO APG SOUTH

Participants stretch before a spin class taught by Guy Fraser (not pictured) Feb. 14 in Hoyle Gym's new fitness studio, located on the second floor. Classes are free for all FMWR patrons. For more information, visit <http://apgmwr.com/recreation/fitness-classes.html>.

Photo by Rachel Ponder

PRACTICE MAKES PERFECT

Cierra Singleton does a back arching exercise during a teen speed and agility class at the APG South (Edgewood) youth center Feb. 14. Coach Darrell Diamond said most teens in the class run track and field at school. Another speed and agility class will be held at the APG North (Aberdeen) youth center this summer. For more information, call CYSS Sports Director Bill Kegley at 410-306-2297.

Photo by Rachel Ponder

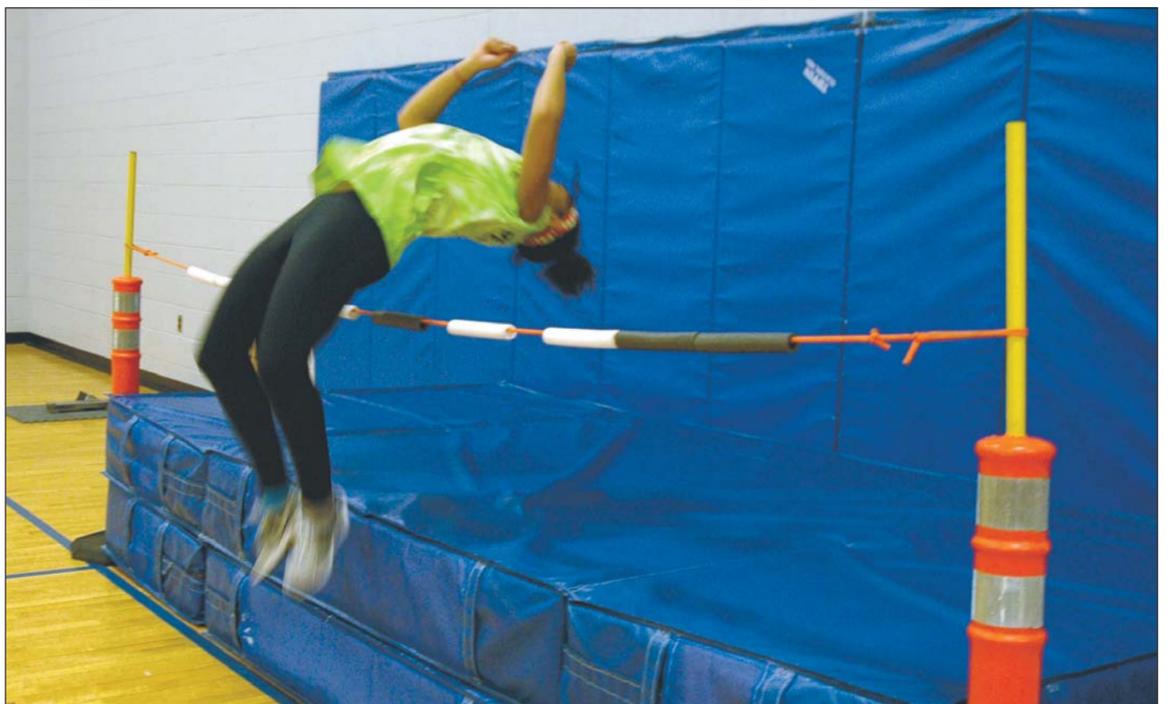


Photo by Terri Kaltenbacher

GUIDED MEDITATION

Gen Kelsang Chogden, principal teacher at the Kadampa Meditation Center-Maryland, explains the health benefits of meditation to APG News reporter Rachel Ponder at a CECOM wellness program lecture in the Myer Auditorium Feb. 14. The Buddhist nun led the audience in a guided meditation demonstration used to calm the mind and relieve stress.

Photo by Rachel Ponder

LET THERE BE LIGHT

Andy Ledford, a City Light & Power employee, changes a parking lot light Feb. 15. City Light & Power is a privatized high voltage company working with the installation's Directorate of Public Works.

