

APG NEWS



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The 2013 U.S. Army Soldier Show plays APG Post Theater June 16 and 17.

Soldier Show to offer fun Father's Day entertainment

Catch the show Sunday June 16 or the June 17 matinee

Story and photo by **TIM HIPPS**
IMCOM Public Affairs

APG community members can enjoy an especially entertaining Fathers Day Sunday, June 16 at 7 p.m. at the post theater with the 2013 U.S. Army Soldier Show, a 75-minute

song-and-dance production by active duty, Army Reserve and Army National Guard Soldiers.

This year's "Ready and Resilient" tour will also perform a matinee Monday, June 17, show at 11:30 a.m. at the post theater. The event uses music to put an entertaining spin on how Soldiers and their

families maintain readiness and resiliency.

"We had to take a good look at what the Army says makes troops and their families ready and resilient and what mechanisms the country and the world in general are offering to help

See **SOLDIER**, page 10

Last-mile vanpool replacing shuttle

By **SYREETA GROSS**
Transportation Coordinator

Last-mile vanpools have replaced the Installation-run shuttle, which provided a connection from the Aberdeen train station to post. The shuttle started in March 2011 when the Maryland Transit Authority adjusted the morning MARC train schedule traveling north from Washington D.C. to better accommodate APG employees. However, due to funding cuts the service ended April 30.

Approximately, 30 employees regular-

ly ride the MARC train from points south to APG. Two trains arrive at the Aberdeen train station in the morning at 6:06 a.m. and 7:42 a.m.. In the evening, the two departure times are 5:19 p.m. and 6:33 p.m. Two vanpools provide the connection from the train station to APG at 7:42 a.m. and return to the train station at 5:19 p.m.

Vanpools consist of at least five people in a 7-passenger vehicle. The riders share the driving responsibilities as well as the cost of leasing the van which includes the vehicle, insurance and gas. The vehi-

cles vary in size with 7-passenger being the smallest and 15-passenger the largest. The two last-mile vanpools in the Aberdeen Area use 15-passenger vehicles and are currently full, but prospective riders can be placed on a wait list for future vans.

With enough interest, the opportunity exists for last mile vanpools to form for the Edgewood Area as well as meet connections with the local Harford County bus service or MARC trains arriving from

See **TRANSPORTATION** page 6

DPW environmental teams win Army, DoD awards

By **YVONNE JOHNSON**
APG News

Surpassing its already stellar record of executing a cost-effective environmental cleanup program, the Directorate of Public Work's Installation Restoration Program recently was recognized with two prestigious awards from the Secretary of the Army and the Department of Defense.

In May, the team was announced as the winner of the Secretary of the Army Environmental Award for Environmental Restoration in the Installation category. After being advanced to compete at the next level, the team then won the 2013 Secretary



Photo by Rurik Loder

26th Street Removal Action - 13,000 tons of waste, ash, and soil were removed and sent to approved landfill

See **APG**, page 10

WEATHER

Thurs.



75° | 69°

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APG civilians score in state power lifting match **PAGE 11**

SHARE program spotlights APG resources **PAGE 11**

STREET TALK

Do you have any special plans this summer?

I am excited to start my first job, an apprenticeship with the (CYSS) HIRED! program. I am interested in working with children, so I will be working at the Child Development Center.



Sarah Parker
Aberdeen High School student

I am new to the area, so I plan to take some local trips, discover the area with my Family. I also look forward to many barbeques and swimming.



Spc. James Weymouth
203rd MI Battalion (TECINT)

I will be finishing my bachelor's degree in psychology this summer. I have been taking online classes since 2009, and I am excited to achieve my goal.



Darlene Servolini
Military Spouse

I love being near the water. My Family recently moved to this area. We plan to visit local beaches. I like that summer is a little more laid back, we have more time to go swimming and kayaking.



Kevin Coggins
PEO IEW&S

OPINION

Commentary: Army strength begins with physical fitness

What is the new Army Physical Readiness Training (PRT) program? Does it work? Why did the Army stop using the old Physical Fitness Training program, which was used for nearly 20 years? How does it contribute to a Soldier's success on the Army-required semi-annual Army Physical Fitness Test (APFT)?

Questions such as these are being voiced among Soldiers, both enlisted and officers, throughout the Army.

As a graduate of the Commander's Total Fitness Course and, most recently, the first Master Fitness Trainer Course, I am a strong advocate for the Physical Readiness Training program, and its effectiveness as it pertains to training the way we fight.

Throughout the history of the military, physical fitness has been an interwoven factor in deciding the outcome of battles.

The previously used 1992 version of Field Manual 21-20, Physical Fitness Training, begins with details of how Task Force Smith, U.S. Army, was defeated by members of the North Korean People's Army during the early days of the Korean War in 1950.

As the American troops withdrew from battle, they left behind wounded troops and valuable equipment. Although the NKPA's troops were poorly equipped, their high level of physical training for the demands of war in the region versus that of Task Force Smith was a considerable factor to their success in battle.

Perfect practice makes perfect

Sgt. 1st. Class David Rispress, MFTC instructor, Fitness School, Physical Readiness Division, Fort Jackson, S.C., said one of the ongoing issues during the course was, "Soldiers came with bad habits that they bring over from their units."

He said those habits, motivational chants and performing exercises using the wrong posture, contributes to various standards being accepted in different units across the Army.

One benefit and potential downfall of the PRT system is that anyone can pick up a copy of the field manual, read it, get a basic understanding of the material and do a physical training session.

While the read-and-execute process works well in theory, the effectiveness of the program is compromised when untrained PRT leaders teach Soldiers bad habits because of a lack of knowledge.

As with any exercise program, simple adjustments in a person's posture affects what muscles and joints they are using.

For example, when Soldiers perform movements that originate from the straddle stance, they should keep their feet pointed straight ahead instead of outward. However, many Soldiers and PRT instructors turn their feet outward as they would when standing at the position of attention.

One such movement is the lateral, which is done as a part of Military Movement 1. When the exercise is performed correctly, the hip flexor muscles are properly engaged and the Soldier



Photo by Staff Sgt. Timothy Hughes

Drill Sergeant (Staff Sgt.) Reginald Smith, A Battery, 1st Battalion, 31st Field Artillery, runs a leg of the 300-yard shuttle run during the Master Fitness Trainer Course April 30, at Fort Sill, Okla. Smith, a master fitness trainer, attended the course, the first time the post hosted it since the Army reintegrated the MFTC into its physical training program last year.

develops the ability to safely move laterally. When performed incorrectly, more strain is put on the quadriceps and hamstring muscles, which assist in lateral movements but are not the primary muscle groups that are being target for development when performing the movement.

Combat Readiness vs. APFT readiness

There have been various versions of FM 21-20 from 1941 through present day. Although physical training programs have been in existence for years, it is notable that in the 1941 version, commanders were given various events by which they could measure degrees of their Soldiers abilities and adjust the intensity of their physical training programs to get them to an acceptable standard. Additionally, when a formal, standardized physical training test was added to FM 21-20, 1946, it was also used as a moral and unit cohesion booster as well as an indicator of the physical fitness level of an individual or unit.

The common theme then and now is: the Army's physical training program has never been designed to help a Soldier pass a physical training test. Moreover, the function of the physical training test has been, and is, to measure a portion of an individual's level of physical fitness.

However, the new program does include the pushup and situp drill, which is designed to help Soldiers improve on pushup and situp requirements for the APFT. Speed running and distance running are also included.

I believe that Soldiers who pass basic training and advanced individual training are capable of running at least two miles, barring an injury. Therefore, as a Soldier transitions from the toughening phase of PRT, the question should shift to: How can I train to run faster over a long distance?

Train as You Fight: Evolution of PT

The armies of the world are no longer fighting with stones and swords. Boulders have been replaced by artillery projectiles. The bow-and-arrow has

been replaced by small-arms weapons such as the M16 and AK47 rifles, and on a larger scale, ballistic missiles.

Camels, donkeys and horses are no longer the preferred method of transportation for the modern warrior. Instead, we use horseless chariots of various sorts. Even as the war in Iraq came to a close and the war in Afghanistan is scheduled to end, our military made changes in its primary vehicle, the high mobility multipurpose wheeled vehicle.

The HMMWV was first converted to an unarmored version as our wartime operations demanded. Eventually, vehicles such as the mine resistant ambush protected were integrated onto the field of battle.

Technological changes and advancements such as these are not uncommon during war because war has her own version of one-up-man ship: one side develops a technology and its enemy attempts to overcome it with something better, hence today's M1 Abrams tank versus the World War II Tiger Tank.

As technology and the tactics we use on the ground in war has evolved over the years, the physical training that we conduct has also changed. Platforms such as the MRAP are higher off the ground than the HMMWV and last-century-fielded jeeps. In a combat situation, Soldiers may have to rapidly disembark one such platform. If their bodies are not conditioned to properly land, they will likely be more susceptible to various leg, knee, foot and ankle, back and femoral neck injuries.

Master Fitness Trainer, PRT

While the MFT has several roles, at a basic level, an MFT serves as the linkage for the command between physical and medical readiness of the unit. They advise the commander on the proper planning, implementation and execution of PRT.

Implementing master fitness trainers provides an opportunity for Soldiers to educate Soldiers on the correct way to execute PRT within their units.

Staff Sgt. Timothy Hughes
Ft. Sill, Okla.

APG SEVEN DAY FORECAST

Thurs



75°|67°

Fri



76°|68°

Sat



78°|67°

Sun



79°|71°

Mon



82°|68°

Tue



82°|65°

Wed



80°|67°

APG NEWS

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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 (Bye)
Website www.apgnews.apg.army.mil

HEALTH

Regular check-ups essential for men's health

By **JAMES W. CARTWRIGHT, PH.D.**
U.S. Army Public Health Command

Did you know that June is Men's Health Month?

If you are a male, you have most likely seen a doctor out of necessity, but when confronted with specific questions about men's health you may have some shortcomings.

In searching the wisdom of the Internet on men's health, it turns out that men are pretty special when it comes to taking health risks. In fact, men are more likely than women to smoke and drink, make unhealthy or risky choices, and put off regular check-ups or seek medical care. Overall, evidence indicates that men ought to pay more attention to their health and well-being. But how much is enough?

To have a good grasp on men's health care, an analogy using cars may help. Apparently, most men understand about and relate to cars. Statements like, "Your car gets routine check-ups, so should you," and references to "Men's Health Tune-up Schedule" might be helpful, but the fact is many men neglect their car's maintenance. Delaying regular tune-ups of your vehicle, putting off check-ups, and waiting for the oil light to come on to get the oil changed is standard behavior. Why is it that worn out, bald tires are not replaced until your wife or sister notices and obsesses about your safety?

To get to the heart of the matter, what are the real reasons that men do not seek medical care? Web MD cited a number of possible reasons men avoid medical care. Among those reasons were "stigma, high cost, busy schedules, the challenge of getting an appointment, or the embarrassing possibility of the digital rectal exam." There you have it.

To the relief of many men, the U.S. Preventive Services Task Force rejected the idea that the standard annual physical exam is an effective tool for improving the health of patients. They suggest that exams needed to be tailored to the age, health risks and preferences of the patient. If you are a man, you might like this, but do not be surprised if your wife likes the car analogy better.

So, what should men do to maintain good health? It turns out that it's real-



Healthy Living

www.apg.army.mil/apghome/sites/local/ click on Well Being

ly quite simple. Most experts agree that men should do, or not do, these things: don't smoke, be physically active, know your body, eat a healthy diet, stay at a healthy weight, manage your stress, sleep well, and drink alcohol only in moderation. Note that these measures also enhance mental and spiritual wellness, which is important since men have higher suicide rates than women. In addition, it is important to partner with your physician to choose a preventive healthcare program suited to your special needs.

Many of the major health risks that men face, such as colon cancer or heart disease, can be prevented. They also are easier to treat when found early. To ensure your body continues to be fit and ready, eat healthfully, sleep well, be

physically active and follow a preventive maintenance schedule as listed below.

Here are the basics:

- Regular blood pressure screenings.
- Cholesterol screenings for all men 35 and older, or 20 and older if there are other risk factors.
- Colorectal cancer screening age 50 and older.
- Tetanus booster every 10 years for men over 50.
- Flu shots every year for men over 50.
- Prostate cancer screenings based on individual factors.
- Diabetes screenings for adults who have high blood pressure or high cholesterol.

■ Monthly self exam for irregular moles with annual visit to a dermatologist for complete exam.

■ The American Cancer Society recommends annual cancer screenings with a testicular exam.

Going back to the car analogy, when you want to take care of your car, you educate yourself by checking out informative websites on how to do that. Are you interested in learning more about men's health? Check out these informative resources:

■ Men's Health MedlinePlus, www.nlm.nih.gov/medlineplus/menshealth.html

National Institutes for Health provides overviews, current news, and prevention/screening information on specific conditions related to men's health to include cancer, low testosterone, depression and more.

HEALTH

Ways to manage stress

By **LT. COL. JUDITH A. HAMRICK**,
U.S. Army Public Health Command

Hassles. Deadlines. Short suspenses. Life today is full of stress. What is stress and how does one manage it? Stress is anything that makes one feel tense, anxious or excited. This includes good things too, like vacations and holidays. Lots of things can cause stress—short suspenses, unrealistic expectations, over-commitment of time or finances, even relationships with other people.

Stress can cause symptoms in many areas of life including physical, mental, emotional, social or spiritual. Stress can make one ill or leave one susceptible to injuries. It can cause headaches, stomach discomfort, trouble sleeping, or leave one feeling run down, irritable or forgetful.

The bad news is that people cannot avoid all stress. The good news is that some stress is healthy. It motivates people to accomplish things and to make necessary changes. It is also something a person can influence.

A person's attitude can help him or her handle stress. Sometimes one needs to gain perspective by stepping back from a problem and asking how important it is. What will it matter 100 years from now? Sometimes one needs to grieve the loss, theft, or death of a person, object, opportunity or status. Sometimes one needs to go with the flow and be flexible, accepting the things that he or she cannot change.

At other times, it helps to do something. In such times, a person must first determine what is causing the stress. Is it a shortage of time, energy, money or space? Is it a conflict of values? Is the stress coming from one's job, environment, personal relationships or personal expectations? Where is it possible to make a change?

If there are many stressors, it helps

to choose one or two areas to change. Changing too many things at once often causes more stress. Making changes that affect the biggest stressors often has the added benefit of relieving stress in other areas.

The most critical factor in dealing with stress is control. Knowledge and planning are important aspects of control. The most difficult things a person will face are the unanticipated and the unavoidable. However, one can prevent or lessen some problems by planning, and this can lower stress.

Next, one can plan ways of coping with the stress. Regular exercise, adequate sleep, a healthy diet and lifestyle and interacting with others help to keep one healthy and to regain perspective and the mental energy necessary to solve problems. Taking care of one's spirit also helps in managing stress. Many things like journaling, meditating, time management, play, hobbies, laughter and singing, can help refresh the spirit. Trying something new occasionally will help to avoid boredom.

One must put his or her plan into action in order for it to be effective. A person should allow at least three weeks for his or her plan to bring some relief. After three weeks, it helps to reevaluate one's stress level and adjust the plan as needed, by trying different ways to lower stress in the same area, or by dealing with another area that is causing stress. Those unable to find relief from their stress are encouraged to speak with a chaplain or mental health provider.

For more information on ways to manage stress, visit:

Medline Plus, <http://www.nlm.nih.gov/medlineplus/stress.html>

Mayo Clinic, http://www.mayoclinic.com/health/stress-symptoms/SR00008_D

The American Institute of Stress, <http://www.stress.org/>

Off-the-job summer safety

By **KARLA SIMON**
U.S. Army Public Health Command

How much of the on-the-job safety culture is being incorporated into an employee's home life?

The National Safety Council has launched the "Safety Starts with Me" campaign to celebrate National Safety Month, which is in June. It marks the beginning of summer, and summer is a good time to remind employees that safety is 24/7.

As soon as the thermometer hits 70 degrees, our bodies wake up and we want to do more because of the warmer temperatures and longer daylight hours. We increase our indoor and outdoor activities when we are off work. This means more home improvement projects, exercise and sports, or leisure activities that can put us at risk for injury.

Some of us become do-it-yourself warriors. The lawn mower is dragged out of the shed and the grass is cut, flower beds are weeded and planted, gutters are cleaned out, siding and decks are power washed. Others try to keep their New Year's resolutions so they crank up their exercise by hitting the gym, Zumba class, weight training, and playing sports. For many people, summer vacation is a time to try new and exciting things like bungee jumping, skydiving or whitewater rafting. We tend to dive into new activities headfirst especially during the much-anticipated vacation. Quite often, we push our bodies too far too fast. Sprains, strains and falls can be minor or they can become life-altering. Staying active is part of a healthy lifestyle, but doing it safely needs to be incorporated into everyday life.

Home improvement projects: A sturdy ladder in good condition will make do-it-yourself projects easier, whether replacing light bulbs, painting a room, putting up a ceiling fan or cleaning gutters. Make sure the ladder is the right height and the right type for the job. Use nonconductive ladders for electrical work. Check your tools and equipment before using them. Look for worn handles, frayed electrical wires and broken parts. Check saws for operating safety guards; they protect hands and fingers from injuries. Take a free class at the local hardware store before beginning new projects.

Exercise and sports: Warm up first. Include some stretches into your warm up routine before exercising and playing sports. The safety equipment and sports gear you wear are key to preventing injuries. Always wear a helmet and the proper footwear made for the

We tend to dive into new activities headfirst especially during the much-anticipated vacation. Quite often, we push our bodies too far too fast.

sport you're playing, along with eye protection, mouth guards and pads for contact sports.

More sunny weather means more time outdoors spent walking, jogging, hiking, biking, kayaking and canoeing. Beware of rough terrain, turbulent waterways, and poor weather conditions before you hit the trail or launch your canoe on the river. Getting caught outdoors in bad weather can become a disastrous experience quickly. Bikers should know on-the-road quick fixes like patching a tire. Kayaking and canoeing beginners should take a boating safety course.

Vacationing and recreation: Ahhh ... the much needed vacation. Be prepared before going camping, boating, fishing, hunting or sightseeing, whether it is traveling abroad or to the nearest national park or beach. Any activity that places you somewhere that is unfamiliar or isolated requires you to practice due diligence. Your physical safety and that of your family is your main priority; having the necessary equipment and supplies is second.

Travel with the basics: These include a first aid kit, sunscreen, a charged cell phone, insect repellent, proper clothing, healthy snacks and water. For activities on the water, wear properly fitted life jackets, or personal flotation devices. Watch out for bugs, wildlife and poisonous plants. Leave your itinerary with a friend or family member and check in with them upon your return.

Bring safety home! Don't leave it at work. Use these safety tips with your Family to enjoy the summer safely and to avoid unnecessary trips to the hospital.

For more information about off-the-job-safety, the National Safety Council offers free resources at http://www.nsc.org/safety_work/otjsafety/Pages/welcome.aspx.

Para-swimmer Soldier exemplifies resilience, trains for Paralympics

Story and photo by
TIM HIPPS
IMCOM Public Affairs

Paralympic swimming hopeful Spc. Elizabeth Wasil doubles as a model of resilience and a poster Soldier for the Army Strong Bands campaign.

Wasil bounced back from triple surgery for bilateral hip injuries by plunging into a pool and learning to swim competitively. She quickly stroked her way into the U.S. Army World Class Athlete Program, which provides Soldiers an opportunity to train full-time for Olympic sports.

Now she's competing against some of the best para-athlete swimmers in the world with visions of earning a spot on Team USA for the 2016 Paralympic Games in Rio de Janeiro, Brazil.

Wasil won five gold medals in less than two hours April 14 at the 2013 Texas Regional Games at Trinity University. She took the 100-meter freestyle in 1 minute, 12.54 seconds and also won the 100-meter breaststroke (1:26.87), 50-meter freestyle (34.00), 100-meter individual medley (1:12.39) and 100-meter backstroke (1:28.84).

"I want to be that one to beat," Wasil said. "It's amazing to be in WCAP. We have great strength and conditioning coaches, like Capt. [Jason] Barber. His mindset is push me until I can't take it anymore, and I like that because a lot of people like to back off para-athletes."

"I figure I better push myself as hard as I can, and we'll find out what I can and can't do," she added with a big grin.

Wasil since competed in her second Warrior Games in Colorado Springs, Colo., where she is stationed at Fort Carson. Earlier this spring, she set a national record (3:14:14) for her division (SB9) in the long course 200-meter breaststroke at the 2013 U.S. Paralympics Spring Swimming Nationals in Minneapolis.

"In Minneapolis, I was seeded as third, 14th, 12th – I wasn't very promising in my events," Wasil said. "But then I raced them and I placed first in all of them. I had quite a bit of competition at that one. It was the first time I had a full heat of people in my same classification, so it was pretty intimidating, but it was an absolutely wonderful experience."



U.S. Army World Class Athlete Paralympic Program swimmer Spc. Elizabeth Wasil earns one of her five gold medals, April 14, 2013, at the 2013 Texas Regional Games at Trinity University in San Antonio.

Wasil already exceeded her short-range goal of returning to duty. She was serving as a medic in Katterbach, Germany, when she was injured.

"I have bilateral hip injuries that I sustained while I was in Iraq," Wasil said of the incident that is still being investigated. "I was there for five months in 2009 and 2010."

Wasil was evacuated and treated at Army Medical Center in Landstuhl, Germany, and Brooke Army Medical Center at Fort Sam Houston, Texas. Three surgeries later, she has embraced new challenges with a vengeance.

"I showed up at the pool to swim one Saturday morning, and Master Sgt. Rhoden Galloway was there," she recalled. "He asked me if I would like to learn how to swim because I didn't know what I was doing, and I said 'yes.' His wife, Shayna, started working with me, and within about a month they taught me the four basic strokes. And then I started trying out for the Warrior Games team."

Before departing for the 2012 Warrior Games in Colorado Springs, Wasil competed at the Texas Regional Games in San Antonio, where she got classified as a para-athlete.

"Had my first competition and I fell in love with it," she said. "I had good,

patient coaches."

Wasil soon thereafter met below-the-knee amputee Sgt. Jerrod Fields, a track and field Paralympic hopeful in the U.S. Army World Class Athlete Program, at the 2012 Warrior Games.

"He asked me if I had any interest in pursuing swimming full-time, and I laughed at him and I said, 'Yeah, OK,'" she recalled. "And he said, 'No, really, we have a program.' And that's when I found out about WCAP. I started entering every competition I could find within the U.S. to try to make a standard time to get into WCAP."

Wasil needed only five meets to swim WCAP qualification marks in the 100-meter breaststroke and 50-meter freestyle. Had she not participated in the Warrior Games, she would not be training for a spot in the 2016 Paralympic Games.

"They didn't know that I was classifiable, so I didn't swim against the physical-injury category," Wasil explained. "I swam open and I still medaled gold, silver and bronze against able-body females. That's when I thought: 'Maybe I can do this.'"

Throughout her recovery, Wasil yearned to return to duty.

"I kind of had a point to prove," she said. "I really wanted to be found fit for duty. Once I started winning, and once

I started doing well in the water, people started taking me more serious that I really could get to a place to where I could be a medic again.

"One of the greatest things that came out of this was July 3 of 2012, after 2 ½ years, I was finally found fit for duty to be a medic again, which is what I love. And then WCAP picked me up, so it's been an amazing year to go from such a low place to being injured and being worried about even staying near the military to being in such a central focus of it and getting to meet so many amazing athletes."

Wasil's story was touching even before she found the military.

Originally from Prescott Valley, Ariz., she graduated from Arizona Project Challenge, an at-risk youth program, at age 16. After attending Yavapai and Chandler-Gilbert Community Colleges for a year, she joined the Army at 17.

"Arizona Project Challenge has unfortunately closed its doors this past year, but it was an amazing program run by the National Guard," Wasil said. "It was a five-month at-risk program and you actually got some college education while you were there, as well. And they gave you a scholarship when you graduated. I graduated company and color guard commander and I was one of the youngest in the program."

"That's where I fell in love with the Army because I loved the structure and the mentors I had there that I had never had in my life before. It was the first place that really encouraged you to be a free thinker and to take responsibility. It was so much different than the life I was used to."

Likewise, Wasil is now a poster Soldier swimming in a world she never knew.

"In Arizona, we all swam growing up," said Wasil, who did not consider herself a competitive swimmer until last year. "My brother swam in high school, but I did not. I swam when I was much younger, just with the summer team for fun in Arizona. I guess if racing your brother and your neighbor counts, then sure."

"It's been a very strange year. I guess I owe all of it to Warrior Games because I never would have pushed as hard to become competitive. I had no idea what the Paralympic world was."

MARK YOUR CALENDAR

TUESDAY

JUNE 11 UNDERSTANDING SOCIAL SECURITY

The CECOM Wellness Program will host a Social Security Informational Session, noon to 1 p.m. at the Myer Auditorium, Bldg. 6000. Representatives from the Social Security Administration and the Government Employees Benefits Association will discuss the history of Social Security, as well as how Social Security is meant to supplement retirement income, how to earn credits, who can receive benefits, how benefit are determined, special issues for government employees, and a Medicare review.

GARRISON TOWN HALL

All members of the APG Garrison are invited to attend the Garrison Town Hall Tuesday, June 11 from 10:30 to 11:45 a.m. at the Post Theater on APG North. Attendees at APG South can join in via a VTC Connection at the EA Conference Center, Bldg. E4810.

Come and receive the latest information from the Garrison Commander. Learn about summer programs and upcoming events. A Q&A session will be held during this event. The Garrison Town Hall point of contact is Lisa McClure, lisa.a.mcclure9.civ@mail.mil, 410-278-0003.

TUESDAY

JUNE 18 NUTRITION

The CECOM Wellness Program will host a Nutrition Informational Session noon to 1 p.m. at the Myer Auditorium, Bldg. 6000. Dr. Jen Kordoniski, Optimal Spine Chiropractic, will discuss the basics of nutrition, give creative alternatives to eating fast food on the run, and provide ways to enjoy the warm weather favorites while keeping nutrition in check.

WEDNESDAY

JUNE 19 THE INVISIBLE WAR

Military and civilian employees at APG are welcome to attend the screening of the documentary film "The Invisible War" at the post theater from 1 - 4 p.m. The film addresses sexual harassment and assault within the U.S. military. Attending this screening meets the mandatory training requirement for military per FRAGO 2 to HQDA EXORD 221-12. For more information, contact 1LT Raisa Velez at raisa.v.velez@mail.mil

WEDNESDAY AND THURSDAY

JUNE 19-20 MILITARY TRANSITION ASSISTANCE PROGRAM

The Department of Defense, with the assistance from U.S. Small Business Administration (SBA), is now offering the "Entrepreneurship" Goals, Plans, Success Track to all service members and their spouses transitioning from active duty. This 2 day workshop is scheduled for June 19 - 20 and August 21 - 22 and will be offered on a quarterly basis thereafter. The SBA will provide the business fundamentals that set the foundation for Entrepreneurship. To register for either workshop contact the installation transition staff at 410-306-2322/2323/2345.

THURSDAY

JUNE 20 AVOIDING BANKRUPTCY

The CECOM Wellness Program will host a Bankruptcy Informational Session noon to 1 p.m. at the Myer Auditorium, Bldg. 6000. Michael Ches, Financial Education Supervisor, APG

Federal Credit Union, will discuss various ways to avoid bankruptcy through budgeting, and provide financial strategies and tips.

MONDAY

JUNE 24 APPLYING FOR FEDERAL EMPLOYMENT WORKSHOP

Army Community Service, in partnership with the Susquehanna Workforce Network is presenting a free workshop entitled Applying for Federal Employment on June 24 from 10 a.m. - 2 p.m. at the ACS building, 2503 Highpoint Road, APG North (Aberdeen). The workshop will offer Ways to Expand your Knowledge and Skills In:

- The Federal job search and application process
- Matching your core competencies to a job description
- Analyzing key words to apply to your resume
- Approach KSA and assessment questionnaires with confidence
- Tracking and following up on your application
- Interviewing for the job

To enroll or for questions, call Army Community Service, 410-278-9669/7572

TUESDAY

JUNE 25 ARE YOU READY FOR WARM WEATHER?

The CECOM Wellness Program will host a Warm Weather Informational Session, noon to 1 p.m. at the Myer Auditorium, Bldg. 6000. Representatives from the APG Army Substance Abuse Program and ATI Therapy and will discuss various summer heat-related topics such as the importance of hydration, injury prevention for cycling and running, and substances in warm weather.

MONDAY

JUNE 17 WID GOLF TOURNAMENT

The Mid-Atlantic Chapter of Women In Defense will host the annual Aberdeen Proving Ground Golf Tournament at the Maryland Golf and Country Club with registration starting 8 a.m. and a 9 a.m. Shotgun start. The tournament, which benefits STEM Education Scholarships, includes breakfast, a 4-person best ball, a cocktail hour, dinner and desert. Awards will be presented at 3 p.m.

For more information, visit www.widmidatlantic.org.

WEDNESDAY

JUNE 19 JOB VS CAREER CLASS FOR TEENS

Free class for youth ages 13 through 18. Topics include: what employers are looking for, how to apply for a job, tips on resume writing, interviewing experience. Class is held from noon until 2 p.m. at the Army Community Service building (behind the Aberdeen Youth Center); Bldg. 2503. Space is limited. To enroll, contact ACS at 410-278-9669/7572.

MONDAY

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APG News Survey

The Garrison Public Affairs Office would like your help in improving the installation's command information newspaper, the APG News. Visit <https://www.research.net/s/2013APG-News> through July 25 to fill out a short survey, which will help us ensure we are providing you with the information you need and want.

ABOUT THE APG NEWS: The APG News is a 12-page broadsheet printed 51 times a year with a weekly circulation of 8,900. It is distributed at Aberdeen Proving Ground North (Aberdeen) and South (Edgewood). Homestead Publishing Company out of Baltimore, Md., holds the civilian enterprise contract to print and distribute the APG News. Our readership includes approximately 13,000 Department of Defense civilians, 6,000 contractors, 2,800 troops and more than 17,000 retirees throughout the region. The APG News supports the installation command through coverage that is thorough, informative and entertaining. While the installation's civilian and contractor population outnumbers troop strength nearly 7 to 1, the APG News recognizes that the civilian-contractor population is here solely to support our Warfighters and we strive to cover stories that matter to both populations. For more information on the APG News, visit <http://www.apgnews.apg.army.mil/> or call Editor Pat Beauchamp at 410-278-7274.

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- The Federal job search and application process
- Matching your core competencies to a job description
- Analyzing key words to apply to your resume
- Approach KSA and assessment questionnaires with confidence
- Tracking and following up on your application
- Interviewing for the job

To enroll or for questions, call Army Community Service, 410-278-9669/7572

JULY 8-12 SUMMER SOCCER CAMP

Challenger Sports is partnering with British Soccer Camps. 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.

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

WEDNESDAY

JULY 17 MY MONEY, MY CHOICE CLASS FOR TEENS

Free class for youth ages 13 through 18. In this fun and interactive session, you will learn how to have a winning high school and college life by making wise choices with your money, understanding how credit works and how to achieve your goals with a budget. Class is held from noon until 2 p.m. in the Army Community Service building (behind the Aberdeen Youth Center); Bldg. 2503. Space is limited. To enroll, contact ACS at 410-278-9669/7572.

ONGOING

THRIFT SHOP 5-CENT SALE IN JUNE

The Post Thrift Shop will host a \$.05 sale in the clearance room next month starting June 5 and lasting until everything is sold. The Thrift Shop is located in Bldg. 2458. Hours are Wednesday, 11 a.m. to 6 p.m. and Thursday, 10 a.m. to 2 p.m. For more information, call 410-272-8572.

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 zidahq@comcast.net or 224-225-1202.

NATIONAL FEDERATION OF FEDERAL EMPLOYEES (NFFE), LOCAL 178 HAS RELOCATED

For many years, Bldg. E-4415 served as the union office for members represented by NFFE, Local 178. The office recently relocated to Bldg. E-4445. For directions and hours of operation, please call 410-436-3942.

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.

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.

Meet with CMU representatives on Monday, Tuesday, Thursday and Friday 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 June 6, 2013. Classes start Fall 2013.

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

BUILD COMMUNICATION & LEADERSHIP SKILLS WITH TOASTMASTERS

The Gunpowder Toastmasters Club is now accepting new members! Visit a meeting and discover how this supportive, all-inclusive group can help you:

Meetings are held the first, third and fifth Mondays of each month from 11:40 a.m. - 12:40 p.m., normally in Bldg. E4516 (Chemical Demilitarization Training Facility), APG South (Edgewood). Visit the website below to confirm location and for directions to the building.

Membership is open to all individuals age 18 and older. Affiliation with Aberdeen Proving Ground not required.

For additional information, visit <http://2562.toastmastersclubs.org/> or www.facebook.com/pages/Gunpowder-Toastmasters/356397067713760



MORE ONLINE

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

Transportation alternatives available

Continued from Page 1

Perryville. Harford Transit provides bus service throughout Harford County including the Teal Line which provides a direct link to and from Cecil and Harford counties.

Using mass transit not only provides an environmental benefit by reducing carbon emissions from single-occupancy vehicles, it also provides a monetary benefit. Riders can significantly reduce their monthly commuting expenses by not bearing the entire cost of their commute alone and sharing the expense by using mass transit, vanpools or carpools. Also, active military and federal employees are eligible for the Army Mass Transportation Benefit

program (MTBP) which provides up to \$245 to commute using trains, buses or vanpools. To apply for the MTBP, contact Debbie Zellman at debra.l.zellman.civ@mail.mil or 410-278-6430. Many contracting firms also offer this tax-incentive in the form of a flexible benefit program; contact your human resource representative for details.

APG in collaboration with the Chesapeake Science and Security Corridor has a commuter transportation center to help. The Center is located in the Aberdeen rec center, building 3326 and in the Edgewood rec center, building E4140. The Transportation Coordinator, Syree-

ta Gross, regularly staffs the Center in the Aberdeen Area from 11-1, Tuesday-Friday and she is in Edgewood on Mondays, and any other time by appointment. Gross is also available to set-up on location to be readily available for employees. Contact the coordinator at 410-278-5491 or at atgrides@harfordcountymd.gov.

For the latest information and a chance to win tickets for an Aberdeen Ironbirds baseball game, follow the Center on Facebook at [facebook.com/APG-CSSC](https://www.facebook.com/APG-CSSC) Commuter Center or Twitter @ FindYourRide or www.apgyourrideisere.com

Suggestion program

Continued from Page 1

para 4-4a., the Army Suggestion Program has been suspended.

Government employees are still encouraged to offer ideas to improve present policy, processes, and protection of life during routine conduct of their daily business.

A few other programs where you may submit suggestions are as follows:

■ Supply and Maintenance Assessment and Review Team (SMART): <https://smart.lia.army.mil/index.cfm>

■ Securing Americans Value and Efficiency (SAVE): <http://www.whitehouse.gov/save-award>

■ Interactive Customer Evaluation (ICE): <http://ice.disa.mil>

For more information, contact Marjorie A Sexton at marjorie.a.sexton2.civ@mail.mil

Army explores futuristic uniform for SOCOM

By **ROGER TEEL**
RDECOM Public Affairs

Army researchers are responding to a request from the U.S. Special Operations Command for technologies to help develop a revolutionary Tactical Assault Light Operator Suit.

The Tactical Assault Light Operator Suit, or TALOS, is an advanced infantry uniform that promises to provide superhuman strength with greater ballistic protection. Using wide-area networking and on-board computers, operators will have more situational awareness of the action around them and of their own bodies.

The U.S. Army Research, Development and Engineering Command, known as RDECOM, is submitting TALOS proposals in response to the May 15 request.

“There is no one industry that can build it,” said SOCOM Senior Enlisted Advisor Command Sgt. Maj. Chris Faris during a panel discussion at a conference at MacDill Air Force Base, Fla., recently, reported Defense Media Network.

The request, currently posted on Federal Business Opportunities, is looking for technology demonstration submissions from research and development organizations, private industry, individuals, government labs and academia to support the command-directed requirement issued by Adm. William McRaven, USSOCOM commander.

“[The] requirement is a comprehensive family of systems in a combat armor suit where we bring together an exoskeleton with innovative armor, displays for power monitoring, health monitoring, and integrating a weapon into that -- a whole bunch of stuff that RDECOM is playing heavily in,” said Lt. Col. Karl Borjes, an RDECOM science advisor assigned to SOCOM.

TALOS will have a physiological subsystem that lies against the skin that is embedded with sensors to monitor core body temperature, skin temperature, heart rate, body position and hydration levels.

Scientists at the Massachusetts Institute of Technology are currently developing armor made from magnetorheological fluids -- liquid body armor -- that transforms from liquid to solid in milliseconds when a magnetic field or electrical current is applied. Though still in development, this technology will likely be submitted to sup-



RDECOM photos

The Defense Advanced Research Projects Agency is working on the Warrior Web Project, which has many of the attributes of the Army's Tactical Assault Light Operator Suit concept.

port TALOS. “RDECOM cuts across every aspect making up this combat armor suit,” Borjes said “It’s advanced armor. It’s communications, antennas. It’s cognitive performance. It’s sensors, miniature-type circuits. That’s all going to fit in here, too.”

SOCOM demonstrations will take place July 8-10, at or near MacDill Air Force Base.

The request asks participants to submit a white paper summary of their technology, describing how TALOS can be constructed using current and emerging technologies. A limited number of participant white papers will be selected and those selected will demonstrate their technologies.

The initial demonstration goal is to identify technologies that could be integrated into an initial capability within a



The future warfighter uniform will incorporate new helmet technologies, sensors, communication devices, hearing protection and more.

year. A second goal is to determine if fielding the TALOS within three years is feasible.

Army science advisors, such as Borjes, are embedded with major units around the world to speed technology solutions to Soldiers’ needs. The Field

Assistance in Science and Technology program’s 30 science advisors, both uniformed officers and Army civilians, provide a link between Soldiers and the RDECOM’s thousands of subject matter experts.

CECOM civilian is recipient of prestigious Louis Dellamonica Award

By **MARISSA ANDERSON**
CECOM Public Affairs

The CECOM Software Engineering Center at Fort Lee congratulated, William R. Clement, Jr., 2012 recipient of the Army Materiel Command's Louis Dellamonica Award for Outstanding Personnel of the Year, awarded in honor of the oldest and longest serving Department of Defense employee, who retired at age 94.

The annual award recognizes outstanding achievements that significantly contribute to AMC's mission and objectives. Each year AMC selects employees, military and civilian, below the rank of general officer and senior executive service, who meet the established guidelines and embody the attributes of integrity, leadership, teamwork, innovation, and professionalism, exemplified by Dellamonica during his 65-year career as an AMC general engineer.

Ricky Daniels, director of the SEC-Lee, Tactical Logistics Directorate, nominated Clement because of his tireless motivation to improve and enhance the systems he supported, his ability to effectively communicate with his team and pay exceptional attention to customer service.

"Bill [Clement] stands out because of



William R. Clement, Jr. - 2012 recipient of the Army Materiel Command's Louis Dellamonica Award for Outstanding Personnel of the Year

his loyalty to his own style of leadership, and his respect for the skills of his team and the organization. He is confident and instills confidence through his calm and steady demeanor," said Daniels. "He is an accomplished communicator with the ability to hear and consider the views and recommendations of his team, other teams and most importantly – every customer."

"I was humbled by the recognition," said Clement, who recently retired from SEC after 48 years of combined military and civilian federal service. "It was totally unexpected...I was appreciative that I was even considered."

During his career, Clement served in a variety of positions, including being a computer specialist, logistics management specialist, project officer, chief of installation and director of logistics. In his more

recent assignment at SEC-Lee TLD, he served as chief of Plans, Operations and Portfolio Integration, where he managed 17 tactical logistics, business, and installation information management systems.

"Professionally, I want to express gratitude for a very rewarding career and I am especially proud to be a member of the team responsible for providing enduring world class logistics management information systems (hardware & software) to our soldiers across the Force," said Clement.

Stephen F. Kovacs, former acting director of the SEC, spoke highly of Clement's accomplishments. "His leadership successes spanned the breadth of the SEC-Lee TLD's missions with impressive performance supervising mission delivery, facilitating the expansion of the direc-

torate's capabilities, marketing enhanced capabilities to capture new business, and always putting our customers first."

When asked to describe his impacts in his work place, Clement stated that he believes in focusing on the "personal" in personnel. "I attempt to know their families, the special events, and their likes and dislikes...I am able to foster a family environment," said Clement, "I have always done my best to facilitate a stress free environment."

Clements offers the following advice to those seeking leadership positions.

"The most successful leaders are those that inspire men to follow them willingly... if you inspire men to follow you and do your bidding, every gap will be filled, to include the unexpected and latent discoveries."

Army, Marines partner again to update Tactical Imagery Production System

By **AMANDA ROMINIECKI**,
CERDEC Public Affairs

The U.S. Marine Corps has partnered with Army researchers to overhaul tactical multimedia capabilities that support its information operation activities overseas.

Building upon prior successful collaboration, the U.S. Army Research, Development and Engineering Command's communications-electronics center, or CERDEC, is working closely with the Marine Corps Combat Camera Program, or COMCAM, to update the Tactical Imagery Production System, or TIPS, to make the most of significant technology advancements.

After a successful interim program review hosted by CERDEC's Command, Power and Integration Directorate, or CP&I, in April, the project is set to deliver the first new TIPS to the Marines in June.

TIPS processes raw imagery and video collected from the tactical battlefield by the COMCAM teams to provide intelligence and situational awareness data to the Marine Expeditionary Force Combat Commander for command and control decision making. The system provides commanders with timely imagery and multimedia products which facilitate operational analysis, planning, training and documentation.

Further contributing to the Marine Corps' ability to achieve and maintain information dominance, TIPS is also a hub for the consolidation of intelligence, surveillance and reconnaissance information, serving as a source of accurate, actionable intelligence for the commander.

In 2005, CERDEC CP&I outfitted 13 TIPS for the Marine Corps. Eight years later, the first TIPS has returned to CERDEC CP&I to be updated with advancements in technology that have evolved since 2005.

"We are taking the old TIPS and gutting it completely," said Jack Ruroede, CERDEC CP&I TIPS team lead. "Everything will be smaller and lighter. More importantly, [the new] TIPS will have a smaller footprint, meaning it will use less power. It's going to end up being much cheaper [to run in theater]."

CERDEC CP&I's Prototype Integration Facility, or PIF, specializes in the integration of Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance, or C4ISR, technologies across various platforms, and the in-house capabilities offered in the PIF cut program costs and turnaround time, attracting multiple customers like the Marines, Ruroede said.

In 2009, CERDEC collaborated with the Marine Corps on an additional project for a calibration facility, or CAL-FAC, which involved the integration of complex, precise calibration instruments into a new facility, similar to the TIPS project.

"CERDEC is very familiar with what TIPS needs to be able to accomplish," said Gunnery Sgt. Ernest Hagewood, a program analyst for Combat Camera. "CERDEC'S ability to provide support ranges from technical, engineering, fab-



Photo by Chief Warrant Officer Clinton Runyon U.S. Marine Corps

Sgt. Joshua Greenfield works on a photographic product inside TIPS at Camp Leatherneck, Afghanistan, in May 2011. In 2005, CERDEC CP&I outfitted 13 TIPS for the Marine Corps. Eight years later, the first TIPS has returned to CERDEC to be updated in alignment with significant changes in technology.

rication, installation and testing--they are able to provide expert advice as well as making themselves available to meeting our needs."

The PIF provides equivalent service to Army customers such as Program Manager Warfighter Information Network -- Tactical, Program Executive Office Intelligence, Electronic Warfare and Sensors and Special Operations Command, said Joe Ryan, CERDEC CP&I Prototype, Integration and Testing division chief.

The 2005 iteration of TIPS consisted of three ISO units, two of which contained the functional pieces of TIPS while the third contained support equipment. The new TIPS will be contained to just one ISO unit, allowing for the creation of two new TIPS for every one original.

The new TIPS houses commercial-off-the-shelf products that reflect vast technology advancements since the original TIPS design almost a decade ago. These include cutting edge video editing equipment and software, all-in-one color printers that also scan and copy, a large scale poster printer and scanner, a National Security Agency certified shredder and other multimedia equipment.

The CERDEC TIPS development team is made of engineers from the PIF along with engineers from CERDEC's Space and Terrestrial Communications Directorate, or S&TCD, who provide the networking and configuration expertise. As potential equipment is identified, the S&TCD engineers verify that the equipment will meet the system requirements. They also provide field support for TIPS from S&TCD labs, which maintains a subset of the TIPS equipment. This teaming has proven successful not only with both versions of TIPS but with

many other projects as well, Ryan said.

New advances in technology cut down on both space requirements and energy costs. Special LED light fixtures will use longer-lasting light bulbs that can also safely use non-LED bulbs if they are unavailable. The new printers and computers are more efficient, further cutting energy consumption.

"The biggest energy savings comes from the use of the new [environmental control unit] ECU," Hagewood said. "The old ECU drew almost twice as much power than the newer version. Additionally, because we are reducing the number of shelters per system, we are further reducing the energy consumption by 50 percent right from the start."

TIPS is also an on-the-move capability. The unit is condensed by two-thirds for travel between locations. Various components like light fixtures and electrical wiring can be easily removed and reattached to the walls, as the outer walls of the unit collapse, and the remaining appliances like printers and shredders fit, when pushed together, within one-third of the normal operating space.

"This redesign will lighten our impact on Marine Air Ground Task Force to maintain operational tempo, gain intelligence and enhance decision making within command and control functions at all war fighting levels," Hagewood said.

This is in accordance with the USMC Commandant's Planning Guidance released in 2010, calling for the continued and improved ability to execute distributed operations, provide command and control, and conduct persistent engagement missions while allowing the USMC to operate lighter and faster through reduced energy consumption.

To ensure all updates are practical, CERDEC CP&I engineers are in con-

stant communication with COMCAM Marines who will be using the updated TIPS. Weekly phone calls ensure the end users will find each aspect of the design useful and better than before.

"This is one of the beautiful things about this program," Ruroede said. "We get early input from the end user as we're developing it, rather than deploying it and finding out its impractical."

Small changes have been made to the program as a direct result of this continued dialogue between CERDEC engineers and COMCAM Marines. A specific video-editing keyboard has replaced a traditional computer keyboard, giving Marines the option to more easily maneuver video footage, frame by frame.

The new TIPS will also have a more effective cooling system, said Hagewood. Previously, TIPS had an unbalanced cooling system that resulted in a significant temperature difference on either side of the unit. Based on requests from the Marines, TIPS will distribute air more efficiently.

The original plan called for Mac computers, but has been changed to PCs in order for TIPS to connect to the greater Marine Corps network.

"The original TIPS didn't connect to the network," Ruroede said. "We are doing our due diligence to make sure the new TIPS passes all certifications in order to be connected to the wider network, making it even more useful to the Marines."

The redesign began in October of last year. Based on the current schedule, the first of the new TIPS will be delivered to the Marines in June of this year and the second in September, with the intent that all TIPS would return to CERDEC between 2014 and 2020 to be updated.

Soldier Show returning to APG soon

Continued from Page 1

with resilience,” said Soldier Show Artistic Director Victor Hurtado. “And helping with readiness because you know there’s a good chance that you’re going back out again, so you better be ready.”

“The show is very much about illustrating not only ways to get away and be resilient, but also illustrating overarching solutions to certain issues that are facing the military today, like [the Army’s Sexual Harassment/Assault Response and Prevention Program], Gold Star, Blue Star and Survivor Outreach Services,” Hurtado said.

The show’s troops are focused on accomplishing the mission and providing quality entertainment at the same time.

“The material makes sense with the messaging, and it also makes sense to them,” Hurtado said of the 15 Soldier-performers and seven Soldier-technicians that comprise the cast and crew. “We’re also going to be entertaining. We’re going to be singing songs just because they are on the radio.”

Hurtado believes this cast has the ability to outperform many of their predecessors.

“There is no comparison, but what I will say is that there is a huge amount of promise in this cast,” Hurtado said. “And I never use the word ‘promise’ lightly. Promise and potential are two very different things.

“Potential is what allows you to prepare,” he explained. “Promise is what opens up the doors.”

Hurtado promises there is something for everyone who watches the show. Tributes are paid to the 150th anniversary of the Emancipation Proclamation, the 75th anniversary of “God Bless America,” the 60th anniversary of the Armistice of the Korean War, and the 50th anniversary of the beginning of the Vietnam War. This year also marks the

“This is not a cast of characters. This is a cast with character. I tell them that everything that makes them a pain in the neck is everything that makes them amazing performers.”

Victor Hurtado - Soldier Show Artistic Director

30th anniversary of the modern era of the U.S. Army Soldier Show.

“Every American, military-affiliated or not, will be able to see themselves in the show,” Hurtado said. “The fact that the show is entertaining someone is already taking them away [from their mindset], but the messaging is going to inspire. We know they are coming to be entertained, but further, the content in the show is designed to hopefully be a time-released pool of inspiration.”

He is convinced this cast is perfectly suited for that role.

“This is not a cast of characters,” Hurtado said. “This is a cast with character. I tell them that everything that makes them a pain in the neck is everything that makes them amazing performers. They are very giving and generous. Unless I’m off on my observations, which I don’t think I am, they are a generous performing cast. They are not so introspective or doing it for themselves.

“I think almost every single one of them understands what it is to leave everything you have on that stage. And then get back on the bus and be resilient, so that you have more to leave at the next place. There is definitely a good variety of vocal instruments, character, and a general overwhelming desire to leave something with the audience. They are really embracing the messaging, as well. They really are.”

From the opening song, “Let’s Go” by Calvin Harris, the direction of the show is set.

“There’s a lyric in there that we’ve taken almost all of our cues from, and it says it’s not about where you’ve been, it’s about where you’re going,” Hurtado said.

The complete lyrics:

It’s not about what you’ve done

It’s about what you doing

It’s all about where you going

No matter where you’ve been

Let’s go!

“To me, as the artistic director and the writer of the show, that’s where I’m taking my cues from,” Hurtado said. “Resilience is about the now. And readiness is about getting ready for the future. Not much you can do about the past. We’re not painting a rosy picture, but resilience, again, is about moving on.”

Hurtado explained how performers will bring the message to life on stage.

“We touch on resilience while being deployed,” he said. “The day-to-day things you’ve got to do to get you through the first day and to the next day. To not just get you through the day you’ve had, but to the next day. There’s got to be a way to recharge quickly because you don’t have a whole lot of time.

“So what are those mechanisms?” he continued. “Camaraderie, playing a song

with other Soldiers, interacting in some sort of group activity that just kind of takes place, actually having some communication with your girlfriend or boyfriend back home, there is Wi-Fi now, so having some sort of communication.

“We touch on R&R [Rest and Recuperation leave] from deployment, not necessarily coming all the way home: maybe meeting in Europe or somewhere else,” Hurtado said. “We touch on family time back home, not necessarily having to go somewhere. It’s more about getting away, and not having to go somewhere to get away, that you can get away while you’re still at home and spend family time. SARGE may be giving suggestions for movies to watch with the family.”

SARGE, or Speech Activated Reconnaissance Gathering Entity, is to the Soldier Show what Siri is to an iPhone, an application that delivers information to electronic devices, such as cell phones, pads and tablets. Soldiers throughout the show will lean on SARGE for information about how to deal with everyday life, and like a good Soldier, SARGE always delivers.

“He is representative of a knowledgeable entity that would be able to lead people in a purposeful direction,” Hurtado said. “He has the Army answers and the human answers.”

Hurtado does not want to reveal too much about the show, insisting this is one not to miss.

“The mechanism is really brilliant, so if we give too much of it away, they are going to be expecting it,” Hurtado said. “Arguably and humbly, I will say this is going to probably go down as one of the more well thought-out shows, and there are a lot of reasons for it.”

APG environmental efforts recognized

Continued from Page 1

of Defense Environmental Restoration Award.

According to Army.mil, Aberdeen Proving Ground was, “once considered an ‘environmental disaster,’ with some of the most dangerous remediation sites in the U.S.,” due to its history of chemical development and testing.

“Today, a complete transformation has taken place at APG,” the site states.

Cindy Smith, chief of DPW’s Environmental Planning and Sustainability Branch, said the credit goes to her team members. They include team leader Rurik Loder, who started as an intern in 1991, and include Jeffrey Aichroth, Allison O’Brien, Teresa Deshong, Karen Jobs and retiree Ruth Golding.

Smith thanked her team members as well as DPW director Tom Kuchar for their tireless work and support of the program which has a dual role.

She said that restoration on APG is guided by employing accelerated and innovative strategies, forging strong partnerships with regulators and the public, reducing risks to human health and the environment, implementing green solutions through dynamic program management techniques and focusing on cost effectiveness while supporting the Army’s mission.

“We’ve tried to show not only the importance of cleaning up the environment but getting it ready for future use and development for mission accomplishment,” she said, adding that the team also works with engineers so they can plan future construction.

Loder, who oversees is involved in all aspects of the program, said the accomplishment is due to the continuity.

“The key concept is when you have people familiar with the program. We always strive to be the best and we pride ourselves on our work. To be recognized like this is the ultimate recognition.”

He added that team members brain-

“We’ve tried to show not only the importance of cleaning up the environment but getting it ready for future use and development for mission accomplishment.”

Cindy Smith - DPW’s Environmental Planning and Sustainability Branch, chief

storm with each other about ways to save money.

Most importantly, the Army and the Environmental Protection Agency work together toward established goals, he said.

“We are on the right track. Interaction with the community is of prime importance and we accomplish that with our monthly Restoration Advisory Board meetings which establish a common bond working toward the same threshold.

“It’s a win-win situation when we can save money too. We have the Garrison commander’s support, the RAB board and contractors working along with us. This recognition is for them too.

Loder said that if all goes well three more sites will be closed by the end of the year. The team currently is providing support for land-clearing operations near the former Maryland Boulevard picnic area.

On May 28, the Secretary of the Army award was presented via Video Teleconference at the Garrison headquarters. Presenting the award was Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment.

Glenn Wait, deputy to the Garrison commander, Kuchar and Smith accepted the award on behalf of the team members who were gathered alongside them.

“The best part of my job is thanking those whose efforts on the part

of the Army benefit ongoing missions to restore training ranges and test fire missions,” Hammack said. She credited the APG team with saving \$3.8 million through collaborations with state regulators and maintaining a “proactive approach to forming a lasting alliance that will provide lasting benefits.”

The DOD award is scheduled to be presented in July.

Scope of APG Environmental Restoration Program

The APG Environmental Restoration Program team is managed and executed within the Directorate of Public Works. The scopes of the team’s efforts include the Installation Restoration Program (IRP) for pre-1985 contamination; the Military Munitions Response Program (MMRP) for area related munitions cleanups; and the Compliance Restoration Program (CRP) to address post-1985 contamination.

The team consists of a program lead, four project officers and on intern.

The ERP management approach is to focus on high risk areas, streamline contract actions and maintain close communications with stakeholders in a professional and transparent manner.

Team accomplishments

Accomplishments achieved within the nomination period include:

- Completing five Records of Decision and six Remedial Action Completion reports

- Through federal and state regulatory partnering, APG developed an innovative solution when white phosphorous (WP) was discovered during a removal action which increased disposal costs from \$418,000 to \$4.5 million. Using the sun’s energy to facilitate the oxidation of the WP, the revised cost of the project was \$729,000, saving the Army \$3.8 million.

- Consolidated eight contracts into performance based contracts resulting in cost savings of \$7 million over the lifetime of the contract; accelerated regulator review/approval process; segmenting the contracts to include small businesses resulting in more than 12 jobs within the community; and reduced procurement efforts and a streamlined contracting process.

- To meet cleanup objectives, APG implemented a remedy modification at an existing GWTP. A cost savings of more than \$300,000 will be realized when cleanup objectives are met.

- APG hosted DOD’s Environmental Security Certification Technology Program (ESCTP) which funded scientists to study innovative technologies to address chemicals in wetland environments on the installation. Preliminary estimated costs to remediate the 200 acre site exceeded \$30 million. If successful, remediation cost savings to the Army will be in the millions of dollars.

- To address site multiple contamination sources while minimizing risks from ordnance and chemical warfare materials (CWM) APG implemented innovative technologies and green solutions which are resulting in a minimum of \$1 million remedial cost savings while making 57 acres of previously restricted land available for sustaining the Army’s mission.

SHARE program shines light on available resources across APG

ECBC Communications

Many subject matter experts, resources and assets across the installation spark innovative research efforts and perform sound testing capabilities to accomplish mission critical objectives for the U.S. Army.

Tapping into these areas across APG organizations has become even easier thanks to a new digital bulletin board tool available to government employees.

Seeking Help through Available Resource Exchanges, or SHARE, is a community-based project developed from this year's APG Senior Leadership Cohort.

In February, Steve Norman, Peter Emanuel and Ron Pojunas from U.S. Army Research, Development and Engineering Command's chemical and biological center, graduated from the program, which was created to build a self-sustaining leadership community among high potential GS-14/15 and equivalent level managers.

SHARE was one of the capstone projects that resulted from the cohort. It is a web-enabled milBook product facilitating the exchange of goods and services in a collaborative effort to accomplish APG missions.

"There's a lot of talent on APG that we really aren't taking advantage of," Norman said. "This board came about as an electronic media where you can advertise resources."

Norman is the Environmental Mon-

There's a lot of talent on APG that we really aren't taking advantage of. This board came about as an electronic media where you can advertise resources.

Steve Norman - Environmental Monitoring Laboratory branch chief, ECBC's Chemical Biological Application and Risk Reduction Business Unit

itoring Laboratory branch chief for the U.S. Army Edgewood Chemical Biological Center's Chemical Biological Application and Risk Reduction Business Unit.

"For example, if you are in need of two chemists to work on a certain project, you would put the duration and specifications of this detail on the web-based bulletin board," he said. "Someone who may have two chemists that are available can respond to the request, exchange contact information and begin the process to execute the detail. That requirement then comes off the board."

Similarly, an organization can advertise resources they may have available in order to attract potential customers across APG and make visible their assets that have traditionally remained hidden on a grassroots level. SHARE's digital platform turns available resources into highly visible prospects for organizations to capitalize on, whether it is reducing costs, cutting down the time needed to generate contracts or complet-

ing a project in a more efficient manner.

"In this time of sequestration, we're trying to do more with less," Norman said. "If you have folks that are available who aren't fully engaged, you now have an opportunity to advertise their core competencies with the hope that they may be needed to support other organizations. This also prevents the organization receiving the support from the laborious process of generating contract vehicles to accomplish a task or procure a resource."

As the largest employer in Harford County with more than 21,000 civilian, military and contractor employees, the garrison supports military intelligence, medical research, engineering and computer technology achievements. Home to 11 major commands that support more than 80 tenants, 20 satellite and 17 private activities, using existing capital enables organizations to work more collaboratively, effectively manage the ebbs and flows of a given workload and raises awareness of the buyer and seller existence.

Bike show highlights safety, skills

Story and photo by
RACHEL PONDER
APG News

To celebrate motorcycle safety month, the APG Garrison Safety Office hosted a bike show on the installation's motorcycle range May 23.

Along with valuable safety information delivered by H. Mike Allen and the staff of the Garrison Safety Office, participants received free safety inspections and took in information and displays for new and potential riders. Attendees also participated in a slow ride contest, which tests the rider's ability to balance on a bike.

Allen said that he has seen a decrease in motorcycle accidents in the military population since 1986, when he began working for the Garrison Safety Office.

"Commanders are getting more involved," Allen said. "They know who is riding, and make sure they receive the proper training."

Motorcyclist Sgt. 1st Class Christopher Cox, from the 20th Support Command (CBRNE), said that events like the Bike Show are important to raise awareness, promote safety.

"I enjoyed practicing riding techniques," he said. "This event gives local riders an opportunity to share what we enjoy."

Motorcycle instructor Bob Hansen, from Cape Fox Government Services, strongly recommends classes for new motorcyclists. For active duty military, classes are required every three years and are offered on post. Civilians can take classes off post through



Sgt. 1st Class Christopher Cox, from the 20th Support Command, rides during a bike show hosted by the APG Garrison Safety Office May 21

local schools, like Harford Community College.

Hansen said that motorists can safely share the road with motorcyclists by eliminating distracted driving, driving at a safe distance, and remembering to look behind their left and right shoulders when making lane changes and turns, in addition to using mirrors.

"Treat us like human beings," Hansen said. "Not just a vehicle."

Jim Conlon, from CERDEC, said that he has been riding and participating

in motorcycle clubs for over 30 years. Conlon said that he has seen some risky behavior from other motorcyclists.

"There are some behaviors that are tempting, like driving in the shoulder of the road or lane splitting. Don't do it. Don't give motorcyclists a black eye," Conlon said. "And you don't have to prove you are brave by getting close to cars."

For more information and to obtain a copy of the APG Command Motorcycle Safety Policy e-mail horace.m.allen.civ@mail.mil, or call 410-306-1081.

APG civilians score big in state power lifting match

By **YVONNE JOHNSON**
APG News

Four members of Team APG challenged themselves and excelled at a recent powerlifting competition in Columbia, Md.

Michael Bennett, of the U.S. Army Research, Development and Engineering Command G3; Kelly Knapp of RDECOM's legal office; 1st Lt. Faith Evans, of the 22D Chemical Battalion (TE); and Nathan Cook of the U.S. Army Public Health Command all medaled in their respective divisions during the 2013 Maryland U.S.A. Powerlifting Equinox Open held April 20-21.

Bennett has led APG Soldiers and civilians in training and competition statewide and regionally since he was a first sergeant with the former 143rd Ordnance Battalion and then a sergeant major with the former U.S. Army Ordnance Center and Schools, once located on the installation. He said the team members worked hard during regular group workouts at Hoyle Gym in APG South (Edgewood) and that the results surpassed their expectations.

"I told them that if they have the drive and determination to be the best they can be the results will take care of themselves," Bennett said. "They should all be proud of what they accomplished."

The competition consisted of three events; deadlift, bench press and squat lifting. Evans set the Maryland state bench record in her weight class with a 175-pound bench press. Weighing in at 138 pounds, Evans said she has been lifting weights since she was 18.

"This was my first competition and it was a good learning experience," she said. "I would tell other women interested in lifting to make sure you have a good foundation and form, learn the correct techniques early, get plenty of rest and don't be afraid to go heavy."

Knapp, a civilian paralegal and a lifelong lifter, said she began lifting seriously a year ago.

"I never squatted before so I had to learn real fast but there was enough time to learn it correctly," she said.

She placed second in the 165-pound weight class with a 226-pound squat, 137-pound bench press and a 303-pound deadlift, which didn't count for technical reasons, though her 265-pound lift did.

"I plan to make it count next time," she said. "My goal is to set a few state records."

In the men's division, Cook won third place in the 198-pound weight class with a 441-pound squat, 314-pound bench press and a 540-pound deadlift while Bennett came in first in the 220-pound weight class, setting state bench press and deadlift records in the 50-54-year-old age group with a squat of 502 pounds, a 425-pound bench press and a deadlift of 683 pounds.

View results at <http://www.marylandpowerlifting.com>.

As the APG Garrison historian and cultural resource manager, and a part of the Directorate of Public Works' Environment Division, Mark Gallihue monitors environmental functions on the installation as they relate to the National Historic Preservation Act and advises the Garrison commander, directorates, tenants and construction operations as to the historical value of buildings and/or archeological sites. Because of the installation's proximity to the Chesapeake it has a lot of archaeological potential, Gallihue said, noting, "I try to keep activities from digging up intact archeological sites."

Gallihue, who was recently appointed to the Harford County Preservation Board, came to APG in 2000. A historian by training, he is a graduate of Dickinson College in Carlisle, Pa. and holds a master's degree in History from Temple University in Philadelphia.



Mark Gallihue Garrison Historian/Cultural Resource Manager

Gallihue said the best part of his job is sharing the excitement of the history of APG.

"Many people are interested in history as a hobby and this gives people a chance to take a fresh look at where they work and what they do," he said.

When not working, Gallihue said he enjoys gardening and that he "tries to stay fit."

He said that those interested in APG history should start with the history page in the APG Garrison website at <http://www.apg.army.mil/apghome/sites/local/>.

Gallihue's office is located in the Garrison Headquarters Bldg. 305. His hours are 7 a.m. to 4 p.m. For more information, call 410-306-2282 or e-mail mark.t.gallihue.civ@mail.mil.



Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit <http://ice.disa.mil>. Click on "ARMY" then "Aberdeen Proving Ground."