

# APG NEWS



www.apgnews.apg.army.mil

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## Taking a shot

An ejecting shotgun shell seems to hover in midair after Nancy Regan, spouse of a retired APG civilian, pulls the trigger under the direction of range instructor Gil Reagan during MWR's Introduction to Skeet & Trap class for women at the APG South range March 2. More than 20 female civilians, Soldiers, retirees and spouses showed up for the beginner's class led by range manager Larry Alejo and volunteer range instructors. MWR Marina manager Tim Jennings said two more similar events will be held in May because the April event is already booked. In addition to the classes, the ranges are open from noon to 6 p.m., Tuesday and Thursday; and 3 to 8 p.m. Saturday. "Come out for the camaraderie of learning the sport and just to have fun," Alejo said. View more photos of the Introduction to Skeet & Trap class at [www.flickr.com/photos/usagapg/](http://www.flickr.com/photos/usagapg/).

Photo by Yvonne Johnson



## APG workforce gathers for update on civilian furlough

By **ADRIANE FOSS**  
APG News

APG personnel gathered at several locations on APG North and South for updates on the possible furloughs expected to cut their pay by 20 percent over the next six months.

As Maj. Gen. Robert Ferrell, commander of APG and the Communications-Electronics Command, kicked off the town hall meeting at the post theater, large numbers of employees tuned in via video teleconference at Bldg. E2800 on APG South and APG North's C4ISR Meyer Auditorium.

The packed audiences were greeted by Ferrell's

pledge of transparency and an acknowledgement that while the command doesn't have all the answers, "as we get information, we will share it."

Sequestration— legislation tied to the 2011 debt ceiling crisis — was signed into law March 1 after the United States Congress was unable to agree on a way to avoid it. Sequestration refers to the \$1.2 trillion in automatic mandatory spending cuts that are intended to reduce the nation's deficit. The cuts take place over 10 years, starting this year with \$85 billion and furloughs that will affect 800,000 DoD employees.

Ferrell introduced his CECOM deputy, Gary Martin, Installation Chaplain (Lt. Col.) Jerry Owens, and

Garrison Commander Col. Gregory McClinton, all of whom presented information and answered questions on how the furloughs would affect members of the APG community.

Martin gave a brief background on the sequestration, noting that of the federal government's \$85 billion debt reduction plan for 2013, \$46 billion would come from the Department of Defense.

"For the rest of the [fiscal] year, we're talking about one day a week, for 22 weeks, which will amount to 176 non-paid hours," said Martin of the furloughs expected to be set in motion at APG and throughout the

See **OPERATION**, page 10

## Youth centers open to homeschoolers

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

Homeschoolers who are eligible for Child, Youth and School Services programs can use APG's youth centers for free.

Homeschoolers are allowed to use the centers between 9:30 a.m. and 2:30 p.m., when public school is in session. The day and time the youth centers are available will depend on the availability of staff, so parents must notify the center before they intend to use it. Students must be registered with Outreach Services' registration office, Parent Central, to use any CYSS facility.

Director of Outreach Services Myria Figueroa said that staff will not be responsible for the home schoolers' activities and supervision, so parents must plan to stay at the center, or leave their children in charge with an adult that will take responsibility for the homeschooler.

"Homeschoolers are welcome to use the gym for exercise and sports activities and



**Nancy Mahan, an art instructor from Harford Community College, works with Jamie Colopietro, a senior home school student, at the APG North (Aberdeen) youth center Feb. 27.**

the computer lab for research projects, tests and more," she said.

Currently a small home school co-op called the

LIONS, which stands for Learning in One's Natural Style, meets at the APG North (Aberdeen) youth center

See **HOMESCHOOL**, page 10

## Info, financial sessions offer furlough assistance

APG Main Post Chapel

To assist the APG community as we go through sequestration and furloughs, on Tuesday, March 12, Operation Comfort will take place at the post theater on APG North (Aberdeen) from 11 a.m. to 12:30 p.m., and from 2 to 3:30 p.m. at the C4ISR Myer Auditorium.

Operation Comfort is a venue similar to a town hall that offers hope and encouragement to individuals during this time of unique challenge and opportunity. Senior leaders, the chaplains and financial advisor SMEs will offer practical advice focusing on resources that will sustain us through this process as individuals and as a community.

Financial planning workshops, in preparation for the sequestration and furloughs will also be offered Wednesday, March 13, at 9 a.m.

See **ASSISTANCE**, page 10

## Daylong women's conference set March 13

By **RACHEL PONDER**  
APG News

The APG community is invited to attend a March 13 training conference at the Mallette Training Center, Bldg. 6008, from 8 a.m. to 4 p.m.

This free annual event is in honor of Women's History Month and hosted by the installation's Federal Women's Program Committee. Conference goers will have the opportunity to attend

one workshop in the morning and two workshops in the afternoon.

In keeping with the 2013 National Women's History Month theme—"Women Inspiring Innovation Through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics"—attendees will hear a presentation by Brig. Gen. Belinda Pinckney,

See **WORKSHOP**, page 10

### WEATHER

Thurs.



41° | 33°

### INDEX

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Pg 6 .... **Mark Your Calendar**  
Pg 7 ..... **At your service**



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

### Spring forward

It's that time again! Don't forget to turn your clocks ahead one hour, beginning at 2 a.m., Sunday, March 10, for daylight savings time. You will lose one hour, but gain more daylight as sunset will be an hour later.



**ATC pounds out 20-point win over rival AMSAA-1 March 4.**

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### ONLINE

[www.apg.army.mil](http://www.apg.army.mil)  
[apgnews.apg.army.mil](http://apgnews.apg.army.mil)  
[apg.armylive.dodlive.mil/](http://apg.armylive.dodlive.mil/)  
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[flickr.com/photos/usagapg/](https://www.flickr.com/photos/usagapg/)



### MORE INSIDE

Installation Chaplain highlights wisdom of Founding Fathers with "Keeping the Faith." **PAGE 4**

Installation Commander promises transparency during difficult sequestration process. **PAGE 2**

## STREET TALK

### What was your favorite childhood pet?

A mutt named Boot. He was a mixed collie we had when we lived in Iowa. We had him for 10-12 years.



**Ruth Mager**  
Military spouse

A beagle named Mike. We had him for 16 years and we were really attached to him. We were broken-hearted for three days when he died.



**Dave Bish**  
KUSAHC

We had a Heinz 57 mutt named Skipper and a cat named Kitty. Kitty used to chase the ball in the backyard and sit on it like an egg. We had her for 13-and-a-half years. She died of old age. We had to give the dog to our neighbor because it bit my sister, but we would go next door and visit it.



**Shirley Morse**  
CHRA

I had a lab retriever named Buddy for 10 years. We had four dogs one after each other all called Buddy and all black. Buddy died of old age and I was broken hearted when he passed.



**Alverta Newbill**  
Military spouse

# OPINION

## Team APG: Coming together to help one another through sequestration and furlough

Throughout the last decade, our Armed Forces and the men and women of Aberdeen Proving Ground have overcome a number of truly historic challenges.

You have done everything from delivering electronic warfare and armor solutions that have protected the lives of Soldiers in combat, to supporting and sustaining our warfighters as they conducted global combat operations.

Many of these achievements were completed while also executing the Base Realignment and Closure move. No matter how difficult or complex the challenge, Team APG has rolled up its sleeves and gotten the job done.

Today, however we are confronting a new challenge. As we enter an era of reduced resources and fiscal constraints, our ability to accomplish our mission, retain our incredibly talented workforce and maintain APG's quality of life programs for our Soldiers, Civilians and their Families will be tested more than ever.

As many of you have heard, on March 1, 2013, the President signed an order implementing a process called sequestration. The term sequestration refers to a mandatory reduction in federal budgetary resources.

In plain dollar and cents terms, it will require an approximate \$87 billion dollar reduction across the federal budget for Fiscal Year 2013 alone. Roughly \$46 billion of the total reduction will come from the Department of Defense.

A reduction of this size will have significant effects across our entire force.

From reduced training for our Army units, to a hiring freeze for civilian personnel, to the termination of many of our temporary civilian employees, along with the expiration of term positions, few areas will remain exempt from sequestration's impact.

In addition, in order to meet the mandated budget reductions, the Department of Defense has notified our elected leaders that DoD will be forced to initiate implementation of an administrative furlough in FY13 that will affect the vast majority of its 800,000 civilian employees.

Although, the effect of this furlough would be felt throughout our Army, the impact at APG is of special focus, as our workforce is predominantly comprised of dedicated, hard-working and highly-skilled civilians.

While some of the specifics regarding the furlough are still to be determined, most of our APG workforce will be placed on unpaid, administrative fur-



As we have overcome the challenges of the war and BRAC, we will also overcome the challenges of sequestration and we will do it together as one APG Team.

lough for a period of 22 work-days, or 176 total hours, during the remainder of FY13.

This equates to one eight-hour work-day per week from the end of April through Sept. 30 of this year.

It is important to note that the actual implementation of furlough times and dates for our individual employees will be conducted in coordination with the varied needs and mission requirements of our many different APG commands.

An administrative furlough of this kind also affects other authorized benefits and allowances. Every command at APG is working hard to provide the most accurate information regarding both the impacts of furlough and organizational implementation plans to their employees.

On behalf of all of our APG leaders, I want to ensure each and every member of the APG Team that we understand the significant personal and professional consequences of this furlough.

Our APG leaders recognize that at the individual level this is about how our APG Team members pay their bills, pay for daycare, send their children to school and save for their retirement.

This furlough is about our people and how we can come together as a team to help one another through what will be a difficult time.

We are working across commands and with our higher headquarters to identify resources to assist our employees and their Families.

Our initial priority is to ensure you have the most up-to-date information from official sources.

The Office of Personnel Management has established a furlough information link at: <http://www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance/#url=Overview>.

DoD posts the most current information on the sequestration and furlough at: [http://www.defense.gov/home/features/2013/0213\\_sequestration](http://www.defense.gov/home/features/2013/0213_sequestration).

At the Army level, answers to frequently asked questions about the furlough are posted at: <http://armylive.dodlive.mil/index.php/2013/03/today-begins-the-sequester-here-are-some-answers-to-your-questions>.

#### answers-to-your-questions.

Our APG website will also be updated with the latest local furlough information along with links to resources that can assist our employees <http://www.apg.army.mil/>.

In addition, many of our APG commands have established internal portals with furlough information specific to their mission and workforce.

Along with access to the most current furlough information, our Employee Assistance Programs (EAP) and Wellness Programs and initiatives provide a wide-range of services, to include financial seminars, to help our workforce. Our chaplain and ministry teams will also be visible and ready support systems for our APG employees.

Even with access to the most current information, and the help of our EAP and Wellness efforts, the key point of contact for our employees will remain their supervisor, organizational leadership and human resources professionals.

Communication up and down the management chain will ensure our leaders understand the key concerns of our team members and that our team members know they have someone to go to and discuss the issues they may be confronting.

My commitment to you is that we will remain transparent and open about every aspect of the furlough process and how it will affect you.

Overall, the key to working through what promises to be a challenging period ahead will be demonstrating care, compassion, and concern for our teammates.

As we have overcome the challenges of the war and BRAC, we will also overcome the challenges of sequestration and we will do it together as one APG Team.

Thank you for all you do each and every day for APG and for the Army.  
Army Strong.

#### Maj. Gen. Robert S. Ferrell

Commander, U.S. Army  
Communications-Electronics Command  
& Aberdeen Proving Ground

### Visit the web for up-to-date info:

- The Office of Personnel Management has established a furlough information link at: <http://www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance/#url=Overview>.
- DoD posts the most current information on the sequestration and furlough at: [http://www.defense.gov/home/features/2013/0213\\_sequestration](http://www.defense.gov/home/features/2013/0213_sequestration).
- At the Army level, answers to frequently asked questions about the furlough are posted at: <http://armylive.dodlive.mil/index.php/2013/03/today-begins-the-sequester-here-are-some-answers-to-your-questions>.

### APG SEVEN DAY FORECAST

Thurs



41° | 33°

Fri



41° | 33°

Sat



54° | 36°

Sun



56° | 45°

Mon



57° | 46°

Tue



50° | 38°

Wed



48° | 37°

## APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 8,900.

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

#### Staff

APG Commander ..... Maj. Gen. Robert S. Ferrell  
APG Garrison Commander .. Col. Gregory R. McClinton  
Public Affairs Officer ..... Kelly Luster  
Editor ..... Adriane Foss  
Contract Photojournalists ..... Yvonne Johnson  
..... Rachel Ponder  
Graphic Designer/Web Designer ..... Nick Pentz  
Website ..... [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil)

# OPINION

# APG is the right place to champion STEM, women

In 1987, Congress officially announced March as the month in which America would celebrate Women's History, and each year the president issues a proclamation in observance of this event.

This month, America marks the 100-year anniversary of the Women's Suffrage Parade, which played a pivotal role in garnering publicity for and advancing the women's suffrage movement.

This year's National Women's History Month theme is Women Inspiring Innovation through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics. Clearly, this theme was made for the incredible work we do here at APG.

Science, technology, engineering and mathematics are the cornerstones of what we do. In honor of women's accomplishments, APG will host its annual Women's History Month training program March 13.

Women have moved from merely playing a subordinate role in our nation's society to holding key positions in the military, educational and political arenas. One of those trailblazers will serve as this year's guest speaker.

A Soldier for 34 years and strong advocate for the inclusion of more women in STEM careers, retired Brig. Gen. Belinda Pinckney is an accomplished role model and has



“As early as 2016, women will be able to work in previously-closed military positions in combat alongside their male counterparts.”

served as an inspiration to many Department of Defense women.

She is noted for being the first woman in the history of the Army Finance Corps to be promoted to a general officer, and the first person ever to be nominated from the comptroller field. We are honored to have her as our keynote speaker during the program.

Over the years, women have had many firsts. As early as 1848, they began to voice their discontent as equals. Women began to press for the right to vote, own property, and choose their own careers. The National Woman Suffrage Association was formed in 1869 as a means of working toward achieving the right to vote for women. The efforts of the NWSA finally produced results and, in 1920, the 19th Amendment was passed giving women the right to vote.

But women didn't stop there.

They continued to advocate for an end to the disparities in men's and

women's pay and, in 1963, the Equal Pay Act was passed making it illegal for employers to pay women less than a man for doing the same job.

Last year the Department of Defense lifted gender restrictions across thousands of military positions and opened them to women.

As early as 2016, women will be able to work in previously-closed military positions in combat alongside their male counterparts.

America's history is full of stories of courageous women who've played an essential role in helping to gain equality and full citizenship rights for women.

Ask the women in your life; you'll find that your mothers and grandmothers remember what it felt like to be second-class citizens to the men in their lives.

The Department of the Army and Team APG are committed to increasing women's participation in these critical fields as well as expanding STEM edu-

cation and career opportunities. Stem careers offer women dynamic career growth opportunities and a chance to be a part of emerging technological advancements and innovations.

More emphasis is needed, however, in recruiting, retaining and developing women for technical leadership roles and this continues to be a vital component to building a workforce that better reflects the demographics of this country.

I'm happy to say that this year's observance will pay honor to the generations of women throughout American history who have used their intelligence, imagination, sense of wonder, and tenacity to make extraordinary contributions to STEM fields.

Please mark your calendars now and plan to attend this year's Women's History Month celebration. Come out and help us pay tribute to their courageous journey as we celebrate the achievements of American women, both past and present.

I am sure you will leave with a better appreciation of and respect for the contributions women have made in our society, and the important roles they played in American history.

**Maj. Gen. Genaro Dellarocco**  
ATEC Commander

## Spring forward with medicine safety

On Sunday, March 10, at 2: a.m., the community springs forward as Daylight Savings Time affords us an additional hour of day light each day.

What chores do you conduct when we spring forward? Many of us check our smoke detectors and carbon monoxide monitors. Some of us check the batteries in our flashlights, clocks and hearing aids.

ASAP Prevention Coordinator Cindy Scott suggests another chore to list.

“Check the expiration date on your prescription and over-the-counter medicines,” said Scott. “See if you have any prescriptions or OTC medicines that you no longer use or want.”

These items should be gathered and stored in a safe place until the next Prescription Take Back campaign, which is co-sponsored by ASAP and Community Policing the week of April 22-26.

“Or safely dispose of your medicines,” she said.

The FDA recommends the following 4 easy steps:

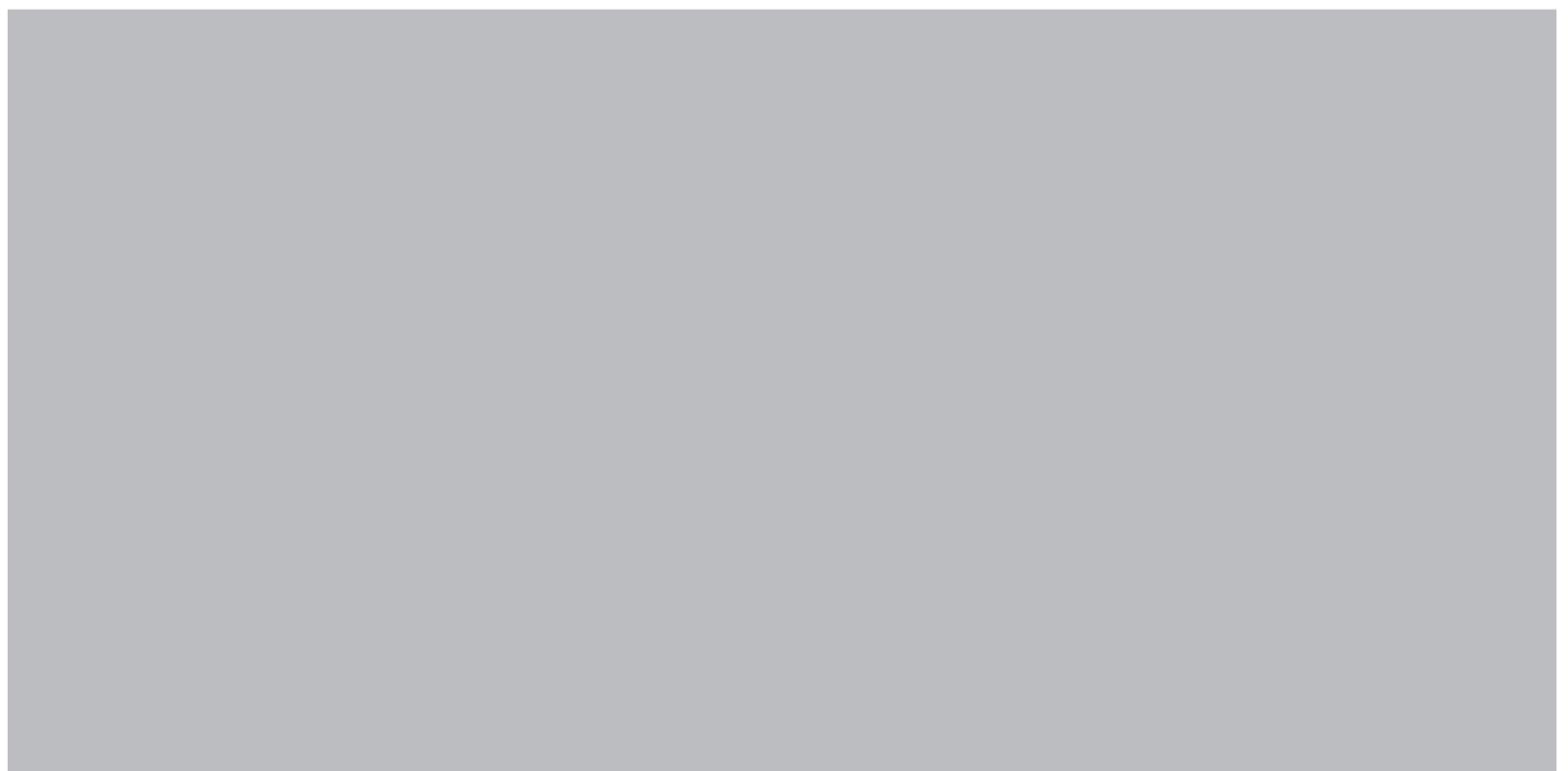
1. Remove and destroy ALL identifying personal information (prescription label) from all medication containers before recycling them or throwing them away.

2. Pour medication into a sealable plastic bag. If medication is solid (pill, liquid capsule, etc.), crush it or add water to dissolve it.

3. Add kitty litter, sawdust, coffee grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the plastic bag.

4. Seal the bag and put it in the trash.

For more information contact Scott at 410-278-4013 or Cynthia.M.Scott4.civ@mail.mil or visit [www.fda.gov](http://www.fda.gov).



# The religious wisdom of our Founding Fathers

I recently spent time researching some of the original writings of the founders of this great American experiment—our republican democracy.



I will not embellish their original words; I am not sure I can. I hope you will read the words slowly and solemnly, out loud perhaps, to a friend or fellow Soldier.

In our current political and economic uncertainty, reflecting on their words seem especially appropriate, and may serve to remind us that truly, God governs in the affairs of men:

### George Washington

“Of all the dispositions and habits which lead to political prosperity, religion and morality are indispensable supports. In vain would that man [or woman] claim the tribute of patriotism, who should labor to subvert these great pillars of human happiness, these firmest props of the duties of men and citizens... Let it simply be asked where is the security of property, for reputation, for life, if the sense of religious obligation desert the oaths, which are the instruments of investigation in Courts of Justice? And let us with caution indulge the supposition, that morality can be maintained without religion. Whatever may be conceded to the influence of refined educa-



tion...reason and experience both forbid us to expect that National morality can prevail in exclusion of religious principles...Tis substantially true, that virtue or morality is a necessary spring of [government by the people].”

### John Adams

“We have no government armed with power of contending with human passion unbridled by morality and religion. Avarice, ambition, revenge, or gallantry would break the strongest cords of our Constitution as a whale goes through a net. Our Constitution is made for a moral and religious people. It is wholly inadequate to the government of any other.”

### Sam Adams

“He who is void of virtuous attachments in private life, is, or very soon will be void of all regard for his country. There is seldom an instance of a man guilty of betraying his country, who had not before lost the feeling of moral obli-

gations in his private connections.”

### Ben Franklin before the Constitutional Convention

“In this situation of this assembly, groping as it were in the dark to find political truth, and scarce able to distinguish it when presented to us, how has

it happened, sir, that we have not hitherto once thought of humbly applying to the father of lights to illuminate our understanding? In the beginning of the contest with Great Britain, when we were sensible of danger we had daily prayer in this room for the divine protection. Our prayers, sir, were heard, and they were graciously answered. All of us who were engaged in the struggle must have observed frequent instances of superintending providence in our favor. To that kind of providence we owe this happy opportunity of consulting in peace for the means of establishing our future felicity. And have we now forgotten that powerful friend? I have lived, sir, a long time, and the longer I live, the more convincing proofs I see of this truth – that God governs in the affairs of men.”

### Joseph Story

“The promulgation of the great doctrines of religion, the being, and attri-

butes, and providence of one Almighty God: the responsibility to him for all our actions, founded upon moral freedom and accountability; a future state of rewards and punishments; the cultivation of all the personal, social, and behavioral virtues – these can never be matters of indifference in any well-ordered community. It is, indeed, difficult to conceive how any civilization can exist without them.”

### Thomas Jefferson

“Erase all thought and fear [respect] of God from a community, and selfishness and sensuality would absorb the whole man. Appetite knowing no restraint would absorb the whole man and poverty and suffering having no solace or hope, man would trample in scorn on the restraints of human laws. Virtue, duty, principle would be mocked and scorned as unmeaning sounds. A sordid self-interest would supplant every other feeling, and man would become... a companion of brutes.”

Timeless words of wisdom, I only regret that my children are not exposed to more of such quotations as a part of their education in civics, government, and literature.

May God bless America, and may we be worthy of such blessings.

### Chaplain (LTC) Jerry Owens

APG Installation Chaplain



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.”

## Holy Season worship schedule

17 Feb ~ 31 Mar 2013

### APG North Chapel (Aberdeen) CATHOLIC

- 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 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 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 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 through 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

PASSOVER: 25 Mar to 2 Apr (Community Seder 26 Mar)

POC: Col. Jonas Vogelhut, 443-619-2304

# Army at APG developing next gen smartphone technology

## ECBC partners with UCLA, Holomic to design technology for pathogen detection

ECBC news release

The U.S. Army Edgewood Chemical Biological Center (ECBC) at APG is developing a cell phone-based, wide-field fluorescent imaging of microbeads for pathogen detection.

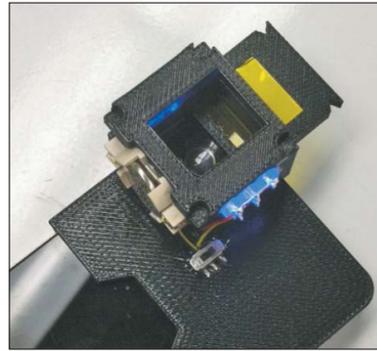
In simpler terms, developing technology to collect a sample, analyze the results, geotag the location of the sample on Google Maps, and send the results to a laboratory for further review—all from the same Smartphone used to play video games.

Scientists at ECBC worked with a team at the University of California, Los Angeles (UCLA), to adapt its prototype of a plastic, clip-on “microscope” to fit an Android phone, commonly used by the Army.

This device clips directly over the camera of the Smartphone and operates just like a microscope. The user collects a sample, slides it into the device, and snaps a picture using the camera in the cell phone. An application, or app, downloaded to the phone will “read” the sample and analyze the results quickly, generating a clear positive or negative detection of the test agent.

The UCLA team is developing the hardware and the software for the device, with ECBC’s team providing the diagnostic and detection assays that it will utilize.

“This takes the place of a standalone microscope and automates the process, which is perfect for soldiers or clinicians who are in a remote area without access to a laboratory,” said Patricia Buckley, a research biologist with ECBC’s Research and Technology Directorate and the



Courtesy photos

**Scientists at ECBC worked with a team at the University of California, Los Angeles (UCLA), to adapt its prototype of a plastic, clip-on “microscope” to fit an Android phone, commonly used by the Army.**

**This device clips directly over the camera of the Smartphone and operates just like a microscope. The user collects a sample, slides it into the device, and snaps a picture using the camera in the cell phone. An application, or app, downloaded to the phone will “read” the sample and analyze the results quickly, generating a clear positive or negative detection of the test agent.**

ECBC lead for this project. “Computing in Smartphones has grown to be so complex that it can actually replace the computer for these devices.”

ECBC has also partnered with Holomic, LLC, a small business in California, to develop a second hardware add-on that can take existing assays in the field and integrate them into the Smartphone technology, making the results more user-friendly and available for archival within the biosurveillance community.

This embodies the same concept of building an electronic database that can be clearly

read and interpreted by any individual with access.

Usually there is a need for diagnostic and detection equipment that is then linked to a computer for analysis.

Both of these technologies utilize equipment that is already in the soldiers’ repertoire, significantly reducing the need for additional heavy, expensive equipment and removing the need for a separate computer to run all of the various components.

One of the most significant effects of this technology is that the results from either device can be stored in the phone and later added to a biosurveillance

cloud database, allowing for an electronic archive of data that is available to anyone with access to the cloud.

This is especially important because of the ability to tag the location from which the sample was taken, allowing for further surveillance and monitoring of that area.

The anticipated end-user for the technology is both military and civilian.

“This is ideal for the soldier out in the field, in a remote area without a cell tower nearby. He or she can still capture the data and store it until it can be sent back to the command post,”

said Buckley. “It can also be valuable for clinics or hospitals in underdeveloped areas which may not have sophisticated testing equipment. They are more likely to be able to afford a device like this, which combines the ease and reliability of testing with the ability to communicate the results to a larger facility or organization.”

The team is focused on biological diagnostic tests, with a current focus on testing blood and urine for *Salmonella typhimurium*, a causative agent for food poisoning. In the near future, the team plans to add testing for four additional pathogens.

The ECBC, UCLA, and Holomic teams will continue to develop these projects, fully funded by either the Joint Science and Technology Office of the Defense Threat Reduction Agency or the Chemical Biological Medical Systems Joint Project Management Office, with plans to begin field tests of the prototypes throughout the country to determine their accuracy and ability to send and receive data.

“The coolest thing about this technology is that it’s taking a common test that’s done often in a laboratory and applying what we do here: reduce the size, reduce the cost, and reduce the weight. All with a package that is already being used by civilians and Soldiers everywhere,” said Buckley. “It’s an exciting testament to the work we do here at ECBC in support of our mission.”

For more information about ECBC, visit <http://www.ecbc.army.mil/>.

# MARK YOUR CALENDAR

## TSP AND FURLOUGH

The Thrift Board published a fact sheet addressing some of the questions you may have about your TSP contributions if you are furloughed as a result of sequestration. It also details alternatives for accessing your TSP funds should you face financial hardship as a result of being furloughed. Visit <https://www.tsp.gov/PDF/formspubs/oc13-7.pdf>

## THURSDAY

### MARCH 7

#### NATIONAL PRAYER LUNCHEON

Tickets are still available for the installation's National Prayer Luncheon—an annual military tradition allowing the APG community to come together and pray for our military and our nation.

The event will take place at Top of the Bay from 11:30 a.m. to 1 p.m. Tickets must be picked up at the AA chapel between 8:30 a.m. and 4:30 p.m. and donations are payable at the door only.

Donations support chapel ministries for APG Soldiers, DoD civilians and Family members and the chapel emergency fund.

Special music will be provided by the Aberdeen High School choir and band. For more information or reservations, call 410-278-4333.

## FRIDAY

### MARCH 8

#### KEYSTONE CLUB

This free class for high school students meets every other Friday from 7-9 p.m. at the APG North (Aberdeen) youth center, Bldg 2522. This unique leadership development experience provides opportunities for young people ages 14 - 18. Youth participate, in and out of the club in activities in three focus areas: academic success, career preparation and community service. With the guidance of an adult advisor, Keystone Club aims to have a positive impact on members and community. Participants may bring up to two non-DoD friends. For more information, call 410-278-4995.

## SATURDAY

### MARCH 9

#### SKI TRIP

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.

## PRE BALLET & TAP

Introduction of basic concepts of ballet, adding focus on posture and control. Tap is introduced to assist improvement with pattern recognition, listening, and memory. Classes are at the APG North (Aberdeen) youth center, Bldg 2522 from 10 to 11 a.m. for ages 5 to 7. Cost is \$45. Call 410-278-7479/7571 to schedule an appointment to register. For more information, contact Lauren Kateley at [lauren.e.kateley.naf@mail.mil](mailto:lauren.e.kateley.naf@mail.mil) or 410-278-4589.

## 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 March 10.

For information about the free submission process, visit [www.gifilmfestival.com/rememberingkorea](http://www.gifilmfestival.com/rememberingkorea).

## MONDAY

### MARCH 11

#### FIRST LEGO LEAGUE

The First Lego League Robotics Club will hold a meeting from 4:15 to 5:30 p.m. at the APG South (Edgewood) youth center, Bldg. E1902. The group will work on FLL "Problem" for Fall 2013 and will learn more about programming the robots to complete

# Chapel News

Father John Campoli, a priest of the Voluntas Dei Institute (a secular institute of pontifical right) will lead several special Lenten programs at APG March 10-13

Campoli, who is renowned for his renewal and healing ministries, will provide services at APG as follows:

#### SUNDAY, MARCH 10

- Mass at APG North (Aberdeen) main post chapel, 8:45 a.m.
- Mass at APG South (Edgewood) main post chapel, 10:45 a.m.
- "What is Faith?" at APG North, refreshments follow, 6:30 to 8 p.m.

#### MONDAY, MARCH 11

- All events at APG North
- Penance Service, 11 to 11:30 a.m.
- Mass, 11 to 11:45 a.m.
- "Living, Forgiving, Faith," seminar, refreshments follow, 6:30 to 8 p.m.

#### TUESDAY, MARCH 12

- All events at APG North
- Noon Luncheon, "What Sustains Us

Through Difficult Times?" seminar, 11:30 a.m. to 1 p.m.

- Special Men-Only meal, 5:30 to 6:15 p.m.; RSVP to Gerri Merkel at 410-278-2516 by March 10.

- Special Men-Only, "Living Faith in a Secular World" seminar follows. Sacrament of Reconciliation and refreshments follow.

#### WEDNESDAY, MARCH 13

- All events at APG North
- Lenten Luncheon hosted by Protestant congregation, noon to 1 p.m.
- "If I Could Touch Him," Healing Service; refreshments follow; 6:30 to 8 p.m.

These events are open to the APG community. Nursery services are available for all evening presentations. For more information or to register for the Men's Only Meal, contact Geri Merkel, director of religious education, at 410-278-2516 or e-mail [caroline.j.merkel.civ@mail.mil](mailto:caroline.j.merkel.civ@mail.mil).

For more information about Campoli visit his website at [www.hislovesministries.com](http://www.hislovesministries.com).

the tasks. There could be a Saturday commitment to showcase robotics projects at various youth events. Youth and parents must make a commitment to attend the club meetings and help work on projects.

## 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.

## BCBS REP VISIT

A claim representative of Care First Blue Cross Blue Shield will visit APG from 9:30 to 11:30 a.m. in Bldg. 314, Room 151E to discuss claim problems and plan coverage. The rep will be available from 12:30 to 1:30 p.m. in Bldg. E4516 (CDTF). No appointment is necessary. For more information, contact Teri Wright at 410-278-4331 or [Teresa.l.wright28.civ@mail.mil](mailto:Teresa.l.wright28.civ@mail.mil).

## 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](mailto:teresa.d.rudd.civ@mail.mil) or 410-436-5501.

## THURSDAY

### MARCH 14

#### SLEEP DISORDERS

Need to learn more about sleep disorders? Sleep problems, including snoring, sleep apnea, insomnia, sleep deprivation and restless legs syndrome, are common among millions of Americans. It's important to understand why sleep is necessary for optimal health. Join Dr. Thomas Burk, Medical director of Sleep Med, Inc., as he discusses different types of sleep, symptoms, causes and treatments for sleeping disorders at Myer Auditorium, Bldg. 6000 from noon to 1 p.m.

## TUESDAY

### MARCH 19

#### SPEND LESS, EAT BETTER (NUTRITION) INFO SESSION

Eating better does not equate to a higher cost. Learn how to eat healthier, cut out the wrong foods and buy the food that will make you feel better now and will prevent high medical costs in the future. Choosing frozen over canned is just one simple way to make a healthier selection. Attend this nutrition session on how to make healthier selections within your budget. Location: Myer Auditorium, noon to 1 pm.

## TUESDAY

### MARCH 26

#### FINANCIAL PLANNING INFO SESSION

Could there be five steps to better financial future? Find out as Susan

Manning, Business Development Specialist, Freedom Federal Credit Union discusses: How to set realistic financial goals for you and your family, How to identify your "spending leaks", How to track where your money goes, How to develop a spending plan, How to avoid the pitfalls of overspending, and How to manage your tracking and spending system. Location: Myer Auditorium, noon to 1 pm.

## 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.

## SATURDAY

### APRIL 13

#### D.C. CHERRY BLOSSOM FESTIVAL

The National Cherry Blossom Festival is an annual two-week event that celebrates springtime in Washington, D.C. as well as the 1912 gift of the cherry blossom trees and the enduring friendship between the people of the United States and Japan.

Attend one of Washington's most exciting traditions. Cost is \$32 per person and the bus departs Aberdeen at 7:30 a.m. and returns at 7:30 p.m.

The parade runs 10 a.m. - noon, rain or shine. Enjoy this longstanding Washington tradition featuring floats, balloons, marching bands and other family entertainment.

Space is limited. Reserve your seats today.

## WEDNESDAY & THURSDAY

### APRIL 10-11

#### SPRING-TASTIC DATES

The 2013 "Spring-Tastic" Bazaar has been rescheduled for April 10-11 from 10 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center, Bldg 3326. There will be live entertainment by Matt Kineke. The event features arts and crafts, home décor, bags and purses, jewelry, gift items, baked goods and more! Free Samples! Door prizes include a Kindle Fire 8.9. Visit <http://apgmwr.com/images/events2/2013SpringBazaar3.pdf> for information, or call the MWR Leisure Travel Office at 410-278-4011.

## 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](mailto: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](mailto: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](mailto:edenmillnaturecenter@gmail.com). Visit [www.edenmill.org](http://www.edenmill.org) for information.

## ONGOING

### ASIAN PACIFIC HERITAGE

It's time to start planning APG's annual Asian Pacific Islanders Heritage observance. We are calling on the community to help develop a program for this event. Volunteer to participate and be prepared to discuss your ideas at the CECOM conference room, Bldg 6001, Suite C1 - 110, Room C1106, from 2:30 to 3:30 p.m. on the following dates: March 19, April 9, 23, and 30, May 7 and 14. For more information, contact CECOM/Installation EO Tracy Marshall at 443-861-4366 or [tracy.y.marshall.mil@mail.mil](mailto:tracy.y.marshall.mil@mail.mil).

### CAC/ID CARDS AND DEERS SECTION TEMPORARILY SERVICE REDUCTION

The Aberdeen Proving Ground Common Access Card/Identification Card and DEERS section in building 4305 is closed for normal business March 25 through March 26 for upgrades to the Real Time Areal Time Automated Identification System (RAPIDS). Extreme emergencies will be handled on a case-by-case basis.

Anyone anticipating a need for services should make plans to visit the office prior to March 25. The following sites are also available for urgent matters during this temporarily service reduction.

- Fort George G. Meade, 301-677-9568
- US Coast Guard Yard of Baltimore, 410-636-3763
- Air National Guard 175th Wing Baltimore, 410-918-6204

The office will reopen for normal business March 27. For more information call 410-306-2303.



**MORE ONLINE**

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

# This year's Military Saves Week challenges Families to set goals

By **C. TODD LOPEZ**  
Army News Service

U.S. service members around the world, along with their spouses and children, are challenged to take a pledge to save money in their home budgets -- to "set a goal, make a plan, and save automatically."

As part of "Military Saves Week 2013," which began Feb. 25 and ran through March 2, service members and their families can visit <http://militarysaves.org> and take the pledge, said Barbara Thompson, the Defense Department's director of family policy and children and youth.

Thompson said this is the seventh year of Military Saves Week, which is cosponsored by the Consumer Federation of America. The week focuses on helping military Families learn to save money, and to ensure they have the tools needed to reduce their debt and save for the future.

## Tools available

Thompson said tools available to military Families include the certified financial managers at military family centers that provide education and budgeting and counseling to service members and their families.

Military banks and credit unions on installations, she said, also are required to provide financial management educational tools to service members and families. Additionally, the Military OneSource program, accessible 24/7 online or via telephone, allows service members to get referrals for up to 12 sessions of financial counseling.

During a "DoD Live" bloggers roundtable Feb. 26, Marine Corps Sgt. Maj. Bryan B. Battaglia, senior enlisted advisor to the chairman of the Joint Chiefs of Staff, and his wife, Lisa, answered questions about their own efforts to be financially responsible, the challenges faced by service members, and the importance of military leadership in helping young troops make the right financial choices.

Mrs. Battaglia said that she and her husband are like every other military Family. They've moved more than 16 times in 27 years, she said, and they've



faced family emergencies and shaped their lifestyle to be based on one income.

"As part of building a family, we, like others, sat down as a team and drew up a budget, adjusted it over the years, and saved where we could," she said.

Early on, Mrs. Battaglia said, her Family socked their money away in U.S. savings bonds as a way to guarantee a bright future.

"We saved for many years and built a nest egg," she added. Today, the Thrift Savings Plan is available to service members, and the Battaglias said it's a good decision to participate.

As additional cost-saving measures at home, Mrs. Battaglia told the bloggers, she's been making lunch for her husband every day for longer than she can remember. "Call me old-fashioned," she said. "Not only does it promote nutritional fitness, but the money that we saved over the course of time is huge."

She also said that the sergeant major cuts his own hair, saving as much as seven dollars each week.

## A little adds up

"You add it up -- 52 weeks at seven or eight dollars a week, plus tips," she said. "These are just a couple ways that we still save to this day."

Mrs. Battaglia said her advice to service members is to live within their means, and, if possible, to have one person in the family manage finances.

Though their Family can afford more expensive things now, Mrs. Battaglia said, they have built financial discipline into their household, and now the money they still choose to save in small places can be used in other places for more

important things. "Financial fitness should be in every household," she said.

Sergeant Major Battaglia said young military families can be tempted to live beyond their means and can complicate matters with impulse buying. But the financial instability that comes with succumbing to temptation and irresponsible spending can have implications beyond the bank account, he added.

"Financial instability brings tension within a relationship and a marriage," he said. "Financial fitness plays a big role in more than just being healthy in the wallet. We would like to teach a behavior within society, which once was, 'It's OK for young military couples to have second-hand furniture.' ... The cinder block with the piece of wood or the electrical spool that got sanded down and varnished as a coffee table really worked just fine as furniture for a young family like we [were], just starting out."

The sergeant major also touched on a dangerous pitfall for young troops short on cash -- the payday lenders, loan sharks and "questionable sales people that are ready to latch on to service members and families as soon as they enter into the military."

Battaglia emphasized that services must educate their troops to not be tempted by payday lenders and others "who are out to make a profit at any expense, and especially at a service member's expense."

As an example, Battaglia said that in his youth -- at a time when there was no direct deposit of military pay and service members were paid in cash -- service members who ran out of funds might be tempted to go to a payday lender.

"There were 'sharks' out in the local community who would loan you \$150, let's say, hypothetically speaking -- and the following payday when you got paid, you had to pay them \$250 back," he said.

"So those loan sharks were hungry and active back then, and my senior [non-commissioned officers] kind of steered me away from those folks."

To protect service members from those threats, Battaglia said, it's important that military leaders provide counseling to their subordinates, and in some cases, be involved or be available in the decisions junior service members make that could dramatically affect their financial standing.

"When a young trooper is preparing to buy a first car, I think a leader must be involved," he said. "Even when a young trooper is preparing to have a child for the first time, I think a leader must be engaged, and when a young trooper is preparing for marriage, a leader just has to be there. Each one of those real-world instances are investments, and major expenses -- and if they are not done correctly, they could be catastrophic."

## Starting young

Thompson said that financial education needs to start young, and military children are reaping the benefit of that philosophy.

"We feel it's important to start with our military children," she said. "So many of them enter the military or are considering entering the military. So part of Military Saves includes our youth centers and our school-age programs. And I'm of a personal belief that we start with our preschoolers on basic money management."

Starting young on responsible money management education is important, she said, because many people entering the service are already in debt. She said that her office is working to develop a program for those who have been recruited into the military, but who have not yet started basic training, to help them deal with financial issues before they actually put their uniform on for the first time.

Thompson recommended the "Money as You Grow" website, developed by the President's Advisory Council on Financial Capability, as a useful tool in communicating to children of varying ages, in language understandable to them, the importance of how to use and manage money.

# ATC floors AMSAA, 53-33

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

Aberdeen Test Center grabbed an early lead that it never surrendered while pounding out a 20-point win over rival AMSAA-1 during intramural basketball action at the APG North (Aberdeen) athletic center March 4.

Sitting even with a .500 record in a tough division, ATC is holding out hope for a slot in the post-season tournament, which kicks off March 18.

"Right now we're just trying to control a much as we can," said Glen Richardson, who co-captains the team with teammate Kevin Brink. "We're taking better shots and playing better ball."

Brink said the team members have been playing together for five years and are as familiar with each other as they are with some opponents.

"Tonight we had good height advantage," he said. "We like how we're coming together."

Team ATC led 23 - 17 at the half. Though AMSAA-1 had occasional offensive and defensive bursts there was no denying its larger rival.

"They had too many big guys," said AMSAA-1 Coach Andrew Loncarich. The team is not doing great record-wise, then they're primarily "here to have fun," he said.

"We're one of the older groups, out here to compete but also out here for the exercise. If the game is close, that's a good game," he said.

The APG North and South intramural basketball season concludes March 14 and the post-season tournament that concludes with the post championship begins March 18. For a full schedule contact the APG North athletic center at 410-278-7933; APG South's Hoyle Fitness Center at 410-436-7134 or visit the APG MWR website at [www.apgmwr.com](http://www.apgmwr.com).

View more ATC/AMSAA-1 basketball photos on the APG Flickr site at [www.flickr.com/photos/usagapg](http://www.flickr.com/photos/usagapg).

**Player-coach Andrew Loncarich of AMSAA-1 14, stays close to ATC's Joe Wilson, 23, during first half action of their March 4 matchup in the APG North (Aberdeen) athletic center. ATC prevailed 53-33. The intramural basketball regular season runs through March 14 and post-season play kicks off March 18 followed closely by the post championship and then on to intramural volleyball. For more information, call Terry Allen at 410-278-7933 or visit [www.apgmwr.com](http://www.apgmwr.com). View more photos of the AMSAA-1/ATC game at [www.flickr.com/photos/usagapg](http://www.flickr.com/photos/usagapg).**



Meet **Becca Motil**, a contract Yoga instructor from Beyond Fit, who teaches Yoga in the Family and Morale, Welfare and Recreation fitness program on post.

Motil has practiced Yoga for 30 years and is certified in YogaFit. She has also studied with instructors who specialize in different styles of yoga, like Anusara, Ashtanga, and Iyengar.

"From my first yoga class, I was struck by how good I felt by the end of the class," she said. "After practicing yoga for a number of years, I wanted to share it with other people. Yoga combines exercise and meditative breathing to strengthen your body, improve your flexibility and balance, and relieve



**Becca Motil** Yoga instructor

stress. I tell people it's like giving yourself a massage."

Motil has conducted Yoga classes on post for two years. Yoga and other fit-

ness classes are free for all authorized FMWR patrons. She also teaches at Father Martin's Ashley, an alcohol and drug addiction treatment rehabilitation

center, and the Unitarian Universalist Fellowship of Harford County.

Motil said that her classes are taught at the beginner and intermediate level.

"I teach variations on poses," she said. "Everyone works at their own level. Yoga is not competitive."

Yoga classes are held every Wednesday, 11:30 a.m. to 12:30 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, Erie Street. For more information about FMWR fitness classes visit <http://www.apgmwr.com/recreation/fitnessclasses.html>, or call 410-278-2621/3404. To contact Motil, e-mail her at [Rmotil@aol.com](mailto:Rmotil@aol.com).



# Tax services further modified

Special to the APG News

As a result of the recent Army-wide hiring freeze and overwhelming influx of clientele seeking income tax preparation assistance, the APG Tax Program staffing, hours of operation, and level of service has been further modified to reduce client wait times.

As of March 5, tax preparation consists of simple tax returns and will be prepared by appointment only.

Appointments will not be scheduled over the phone. Clients will be required to visit Client Services Division (CSD) in Bldg. 4305, third floor, room 317, on Tuesdays, Wednesdays and Thursdays from 8:30 to 10 a.m. for a complete review of the individual's tax documents.

## Appointments

Upon review of all documents, CSD staff will provide the individual with a scheduled appointment or referral to other professional tax agencies. Appointments will be made on a first-come, first-scheduled basis until no appointments are available.

No appointments will be scheduled in April. Beginning April 2, tax preparation for simple tax returns will resume on a walk-in basis on Tuesdays, Wednesdays and Thursdays from 8:30 a.m. to 1 p.m. An early cut-off will be in effect daily.

The tax program will conclude April 11.

Most individuals who have simple returns with only the following sources of income will be eligible for service: wages, pension, interest and dividends,

unemployment compensation, student loan interest, and social security payments.

In limited circumstances, child and dependent care expenses and some itemized deductions on Schedule A may also be eligible. Excessive deductions or schedules and forms will not be eligible due to length in preparation and limited appointment times.

## State jurisdictions

Assistance with local and state tax returns from other state jurisdictions will also be limited. For example, if income was earned in more than one state, assistance will not be provided for the multi-state returns, or state returns when residing in one state while working in another.

Qualifying active duty service members, retirees, and family members who are eligible to receive simple tax preparation must first complete a series of required documents. These documents can be picked up at the CSD office or accessed online at [www.apg.army.mil](http://www.apg.army.mil), Services, APG Income Tax.

## Helpful documents

These documents are extremely helpful in gathering the information necessary to file an accurate return and must be completed prior to receiving service. An income tax provider list is also available as a courtesy to those individuals who will not be eligible for service.

Inquiries regarding income tax services may be directed to the CSD staff attendant at 410-278-1583.

# Workshop topics address APG needs

Continued from Page 1

vice president of Business Development for Owen Software Ltd., a company whose focus is growing future leaders in STEM careers.

Teresa Rudd, the program's chair and executive assistant to the technical director of ECBC, said the conference provides an opportunity to network and enhance your knowledge base.

"Every year the FWP receives feedback from conference attendees," she said. "This helps the committee select workshop topics that are specific to the needs of the APG workforce."

This year's workshops include:

**Interviewing Techniques** from 8:45 to 10 a.m., presented by Sharmella Riggs of the Naval Air Systems Command in Patuxent River, Md. Riggs will share tips and strategies on how to prepare for a successful government interview. Riggs provides career and workforce development training and coordinates program management, acquisition, financial and technical training for her organization.

"Because there are fewer job openings, we need to maintain and grow our skills in acquiring government positions," said Rudd. "You need to be ready for an interview if the opportunity presents itself."

**Mentoring is for Everybody** from 1 to 2:30 p.m.,

presented by the technical director of ECBC, Joseph Wienand. This interactive session will discuss the benefits of mentoring from the standpoint of the mentor and the mentee.

**The Polished Professional** from 2:40 to 4 p.m., presented by ATEC's director of Human Resources and Equal Employment Opportunity and Equal Employment Officer Victoria Dixon, this workshop will define and discuss what attributes are needed to become a polished employee. Attendees will listen and participate in this class as she uses humor and everyday experiences to help attendees learn effective strategies covering professional appearance, good character and superior communication skills.

"Attendees will learn how to present themselves as a confident expert in their field," Rudd said. "They will learn how to make themselves more marketable."

**Preparing a Successful Resume** from 1 to 2:30 p.m. presented by Tami Woodruff and Nadine Johnson of CPAC. This class is geared toward preparing for a job search, assisting individuals in preparing a strong resume, uploading supporting documents, creating and saving job searches and keeping accounts up to date.

"The USA staffing system is fairly new. We wanted to make sure the employees at APG have a chance

to attend the training, in case an internal position came open," said Rudd. "With the hiring freeze, this is one way that government workers can advance in their careers."

During the lunch break from 11:45 a.m. to 1 p.m., attendees will have the opportunity to visit local vendors and business accessible to APG. Attendees are invited to bring their own lunch to eat in the cafeteria or purchase lunch from one of the area eateries, including Subway, UFood Grill and Tim Hortons.

Rudd said attendees should receive their supervisor's permission to attend the daylong event. Men and women are highly encouraged to participate and can attend for all or part of the day's activities.

A shuttle bus will pick up attendees on APG South (Edgewood) at the Express (formerly known as the Shoppette) recreation center and the chapel at 9 and 10 a.m. and will return at noon.

For more information and to register, visit [www.apg.army.mil/APGHome/sites/local/fwp.cfm](http://www.apg.army.mil/APGHome/sites/local/fwp.cfm), or call Rudd at 410-436-5501. Attendees can also register the morning of the event.

Because space is limited in some workshops, participants are encouraged to register early.

# Operation Comfort, financial planning set

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DoD in late April.

"We're talking about 20 percent of your pay, and that's not insignificant," he said. "Everybody has a different level of ability to accommodate a 20 percent reduction in pay. Individual issues and challenges you're dealing with, we would certainly like to, to the extent we can, have managers be aware of where you're having trouble so we can help find ways to address the challenges."

Owens said the workforce is encouraged to participate in mini town halls and financial assistance sessions March 12-13.

## Operation Comfort

On Tuesday, March 12, Operation Comfort will take place at the post theater on APG North (Aberdeen) from 11 a.m. to 12:30 p.m., and from 2 to 3:30 p.m. at the C4ISR Myer Auditorium. Operation Comfort is a venue similar to a town hall that offers "hope and encouragement to individuals during this time of unique challenge and opportunity," said Owens. Senior leaders, chaplains and financial advisors will offer practical advice, focusing on resources to "sustain us through this process as individuals and as a community."

## Financial planning

Financial planning workshops, in preparation for the furloughs will be offered Wednesday, March 13, at 9 a.m. at the C4ISR Myer Auditorium, at 11 a.m. at the APG North (Aberdeen) main post chapel, and at 2 p.m. at the APG South (Edgewood) main post chapel. The workshops will help individuals plan a strategy to meet their financial



Photo by Rachel Ponder

Cathy Towne, an APG South (Edgewood) resident, raises a concern during the March 5 town hall on civilian furloughs.

challenges. Representatives from local financial institutions will lead workshops on personal budget strategies and common sense financial advice. Attendees can also coordinate for one-on-one financial counseling with the financial advisor of their choice.

For information on Operation Comfort and the financial planning events, call the main post chapel at 410-278-4333.

McClinton addressed installation services during the town hall and noted that child care and security forces would not

be affected by the furlough.

As for rent rates in on-post housing, he said Picerne Military Housing is in talks with their corporate headquarters to find out what options are available for residents.

McClinton then opened the floor for questions, which were answered by garrison directors and Martin.

He also reminded the audience that as updates become available, the information will be distributed.

Community members can also check

for updates at the following sites:

- Office of Personnel Management website with Furlough information: [www.opm.gov](http://www.opm.gov) (Click on "F" under the "A-Z Index" then "Furlough")

- DoD web page with latest sequestration information: [http://www.defense.gov/home/features/2013/0213\\_sequestration/](http://www.defense.gov/home/features/2013/0213_sequestration/)

- U.S. Army web page with FAQ and Sequestration Resources: <http://armylive.dodlive.mil/index.php/2013/03/today-begins-the-sequester-here-are-some-answers-to-your-questions/>

- Aberdeen Proving Ground website: <http://www.apg.army.mil/>

- Employee Assistance Program (provides confidential evaluation, counseling assistance, and referral services for DA civilian employees, retirees, and family members of active duty military and civilian employees): Bldg. 2477 / Phone 410-278-5319 / Email [Robinstine.stokes.civ@mail.mil](mailto:Robinstine.stokes.civ@mail.mil)

- Online Help with Job Stress: <http://www.defense.gov/specials/stressawareness03/job.html>

- Federal Employee Education and Assistance Fund's Emergency Assistance Program (providing emergency loans to help employees who fall behind on basic living expenses due to unforeseen emergencies such as leave without pay, government pay error, death or illness in the family): [www.feea.org/about-us/what-we-do](http://www.feea.org/about-us/what-we-do)

# Homeschool co-op hoping to grow

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ter every Wednesday for art classes.

LIONS co-op coordinator Jeanne Colopietro said the group shrank in size—from about 30 students to only a few—after several homeschooling Families moved away. She said that she would like to see the group grow so that more classes could be offered at the youth center. Parents volunteer to teach classes that are a particular interest to them.

"We offered Latin, health, gym, music, literature, physics and more," she said, noting that co-ops build unity, networking power and resources. "I would love to grow the program back to where it used to be."

Colopietro, whose husband is retired military, said she thinks that homeschooling is a good option for military Families that frequently move.

"It can be difficult for children who

frequently change schools, because every school system is different," she said. "Homeschooling brings stability."

Kathleen Santana, whose son Joseph has participated in the co-op for five years, said the small student-teacher ratio has improved her son's education.

"It's important that children have a chance to interact with peers in a small environment," Santana said. "They get individual attention from the instructors."

Colopietro said unlike most homeschooling co-ops, there is no fee to join the LIONS because use of the facility is free. Parents are responsible for buying books and materials. The art class, taught by an instructor from Harford Community College, is offered to students for a small fee.

Colopietro's daughter, Jamie, is a senior and said participating in the co-op helped pre-

pare her for taking classes at Harford Community College and for college interviews.

"It was a way that I could demonstrate that I can work in groups and that I can listen to teachers who are not my parents," she said.

Renee Main, the facility director for the APG South (Edgewood) youth center, said although no home school co-op group meets at the APG South facility, she is willing to accommodate any homeschoolers who wish to use the center, with prior notice.

Parent Central is located in Bldg. 2503. Office hours are Monday to Friday, 7:30 to 10:30 a.m. for walk-in registration, and 10:30 a.m. to 4:30 p.m. for appointments only.

For more information, call 410-278-7571/7479 or visit [www.apgmwr.com/family/youth\\_outreach.html](http://www.apgmwr.com/family/youth_outreach.html).

For more information on the LIONS co-op, call Colopietro at 443-243-2861.

# Assistance

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at the C4ISR Myer Auditorium, at 11 a.m. at the APG North (Aberdeen) main post chapel, and at 2 p.m. at the APG South (Edgewood) main post chapel.

The workshops will help individuals plan a financial strategy to meet this immediate challenge. Representatives from local financial institutions will lead workshops that will include personal budget strategies and common sense financial advice.

There will also be an opportunity to coordinate for one-on-one financial counseling with the financial advisor of their choice.

For more information, call 410-278-4333.

## March is National Nutrition Month

# Making healthy choices is a life-saver

Wellness is defined as “the quality or state of being in good health especially as an actively sought goal.”

Individually, you may consider wellness as being physically fit while someone else may consider wellness as eating well and maintaining a healthy cholesterol level. The cookie cutter approach of wellness, especially related to eating right, is no longer applicable.

It is time to adapt to the understanding that there is a great deal of diversity in our eating habits and all foods can fit into a healthy lifestyle.

March is set aside each year as a time to increase education and public awareness of the benefits of good nutrition. The theme for March 2013 is “Eat Right, Your Way, Every Day” stressing the importance of recognizing individual lifestyles, traditions, preferences and medical concerns when planning meals.

Our Soldiers are poised to become the leaders in wellness as part of the Performance Triad. Nutrition has been identified as one of the three fundamentals of the Performance Triad by The Army Surgeon General, Lt. Gen. Patricia Horoho.

With the intent of boosting Soldiers’ health and improve endurance, the Performance Triad focuses on three areas: sleep, activity and nutrition. The Performance Triad isn’t beneficial just to our Soldiers but benefits everyone over the course of a lifetime.

Seven to eight hours of sleep each night is the goal for all individuals. In regards to nutrition, sleep quantity and quality have been shown to effect regulation of the hormone ghrelin, known as the hunger hormone that controls appetite.

## Healthy Living

[www.apg.army.mil/apghome/sites/local/](http://www.apg.army.mil/apghome/sites/local/) click on Well Being

Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage <http://www.apg.army.mil/> and click on the Community Health icon at the bottom right, or scan the QR code (at right) with your smart phone or enabled device. To suggest health-related topics for the Health Living series, email [adriane.c.foss.civ@mail.mil](mailto:adriane.c.foss.civ@mail.mil) or call 410-278-7274.



Inadequate sleep may increase your appetite, especially cravings for foods high in carbohydrates. Inadequate amounts of sleep may also increase the amount of calories you consume by more than 250 calories per day.

Many people associate the word ‘exercise’ with running on a treadmill as sweat sprays from their brow. The focus should shift from regimented exercise to physical activity.

Physical activity can and should become a part of your daily routine and can easily be worked into your usual habits. Activity should be non-negotiable, just as is going to work, paying bills and feeding your family.

Some simple ways to increase your activity each day include using the restroom on a different floor of your office and take the stairs to get there. Stand up during a commercial and walk in place. During a 30 minute show this could be nearly 10 minutes of clocked activity.

### Did you know?

**Family members and retirees can call 410-278-5475 to schedule an appointment with Kirk Clinic dietitian Angela Lang to determine ways you can improve your own nutrition.**

Most people have difficulty committing to 30 to 45 minutes of continuous activity but splitting your activity into 10 minutes increments may increase compliance and commitment to improving activity levels.

Ask yourself, “Am I making the best food and drink choices everyday to care for my body in the best possible way?” If the answer is no then you should consider

the importance of basic nutrition guidelines and the benefits of this year’s theme, “Eat Right, Your Way, Every Day.”

‘Eat Right’, with a variety of different foods, ‘Your Way’ including the foods that you enjoy with the convenience that fits into your lifestyle, ‘Every Day’ to realize that diet isn’t a short term commitment but a lifestyle to promote long term health.

Your goal should be not to start a fad diet to lose a few quick pounds, but to eat a balanced diet with a variety of fruits, vegetables, whole grains and lean meats and enjoying the occasional snack or dessert item that you enjoy.

For guidelines about food choices you should follow the MyPlate guidelines as a basis of a healthy diet (<http://www.choosemyplate.gov>). The purpose of MyPlate is to encourage adequate intake of fruits and vegetables as the foundation of a healthy diet and adding in smaller amounts of whole grains and lean meats.

To “Eat Right, Your Way, Every Day,” focus on physical activity as part of your normal habits and getting adequate sleep you position yourself for a future of strength and wellness.

Active duty Soldiers, Family members and retirees are welcome to schedule an appointment with Angela Lang, MS RD LDN, the Kirk U.S. Army Health Clinic Dietitian to determine ways you can improve your own nutrition. For appointments call (410) 278-5475.

**Angela K. Lang**  
MS RD LDN

## Eat right, your way, every day

By **TARA C. DOMBECK**  
U.S. Army Public Health Command

Whenever you think about eating a healthy, well-balanced diet, you may think that you have to give up foods and restaurants you enjoy and that you must eat a boring regimen of meals every day.

That can be discouraging, especially if you have certain cultural, ethnic and lifestyle practices that you include in your eating habits. However, eating healthy does not mean you must give up your preferences and tastes in foods; you can make small adjustments to your diet while still enjoying the foods you love.

March is National Nutrition Month and the theme for the month is “Eat Right, Your Way, Every Day.” This theme encourages everyone to continue following their food preferences, lifestyle, culture and health practices, but to make healthy food choices within those preferences and practices.

Good nutrition is also one of the Army surgeon general’s top priorities for building and sustaining good Soldier and family member health through the “Performance Triad.” Nutrition, along with a focus on healthy activity and sleep, is one of the three legs of the triad.

Choosing to eat a healthy diet has many benefits, including enhancing fitness and performance. As well, consuming a healthy, well-balanced diet may reduce a person’s risk of developing certain chronic diseases, including high blood pressure, Type 2 diabetes, and some types of cancer, as well as obesity. Many Americans do not meet the recommended guidelines for a well-balanced diet, which includes each of the five major food groups: fruits, vegetables, grains, proteins and dairy products.

If you have decided to choose a more healthy diet, here are a few simple tips you should follow every day, no matter what your food preferences are:

- Add more fruits and vegetables to your diet each day: Place fruits and vegetables in highly visible places on your kitchen counter, pack fruits and vegetables in a cooler to take with you when you are on the go, and choose steamed vegetables as side items when eating at your favorite restaurant (rather than choosing vegetables cooked in butter and oil or covered in sauces, which add extra calories from fat).

- Eat more whole grains: Choose whole wheat breads and pastas and whole grain rice rather than white varieties of these items.

- If you enjoy meat as part of your diet, choose low-fat options, such as lean cuts of beef and chicken, and certain types of fish (such as salmon and trout). If you do not eat meat, you can get protein from beans, soy products, nuts and seeds. Eggs are a good source of protein, but you should limit the amount of egg yolks you consume to no more than one a day since they contain cholesterol and saturated fat.

- Choose low-fat and low-calorie dairy products, such as skim milk, rather than whole milk; limit the amount of cheese you consume.

- Decrease your intake of salt and high sodium foods. Check labels for low-sodium items.

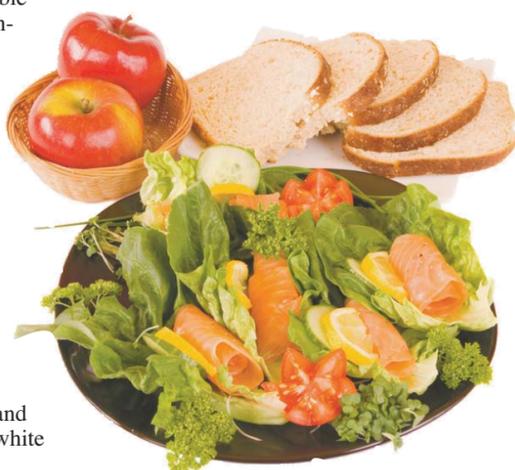
- Make better beverage choices by drinking plenty of water every day, and choosing calorie-free beverages, 100 percent fruit juices, and fat-free milk.

- Pay attention to portion sizes. Many people eat more than the recommended serving size of foods, so choose smaller portions. Stop eating when you feel satisfied.

- Always practice food safety by washing your hands before preparing and eating food and by keeping raw meat and fish separate from fruits and vegetables when preparing meals.

Eating right does not mean that you must give up your food preferences. Eating right, your way, every day means taking small steps that will make a big impact on your health no matter what your lifestyle and cultural preferences are.

For more information about eating a healthy, balanced diet, visit the Academy of Dietetics and Nutrition, <http://www.eatright.org/> or Operation Live Well, [http://www.defense.gov/home/features/2012/0812\\_live-well/](http://www.defense.gov/home/features/2012/0812_live-well/).



## Preventing tick bites prevents diseases

By **ELLEN STROMDAHL**  
U.S. Army Public Health Command

Ticks are better at finding you than you are at finding them.

Ticks must have a blood meal (you) to live. They are aware of you, so, in order to prevent tick bites, you must learn to be aware of them!

Ticks in the United States can carry many diseases including Lyme disease, Rocky Mountain spotted fever, ehrlichiosis, anaplasmosis, babesiosis, viral diseases and others. But most ticks are not infected with human diseases, and infected ticks have to attach to you and remain on you for a long period of time (one to three days) in order to transmit most diseases, including Lyme.

If you prevent tick bites, or remove attached ticks promptly, you can prevent tick-borne disease:

### Tips for preventing tick bites

1. Recognize tick habitat. Ticks stay in, or on the edge of, shady, brushy areas. They must stay in a moist microclimate or die. Dry environments kill ticks. You won’t encounter them in a well-mowed lawn or a bright sunny location; they need layered shade and moist air.

2. Use repellent. For maximum protection, use DEET repellent on your skin, and permethrin repellent on your clothing. Permethrin-treated clothing is the best defense against tick bites. When ticks touch the treated fabric, they try to get away as quickly as possible. If they stay on the treated fabric, they die. Look for permethrin clothing spray in hunting sections of stores (use according to the label), or buy permethrin-treated clothing, which is available from major outdoor clothing suppliers.

3. Check your belongings. Ticks can come home with you on your shoes and clothes. If you have been in tick habitat, leave your shoes outside and don’t leave your clothes near your bed. You’ll be giving ticks the whole night to find you. Ticks may survive on clothes in the washing machine, but a cycle (hot) in the dryer will kill ticks.

4. Know tick seasonality. Just as you can learn where to expect ticks, you can learn when to expect a species or life stage. Spring and summer are the periods of peak tick activity, but the adult stage of the blacklegged or deer tick occurs on winter days when the temperature is above freezing. Different species are present in different regions of the U.S., and tick seasonality will likewise be different in different regions.

5. Check yourself for ticks. If you’ve



File photo

been in tick habitat in tick season, check for ticks. Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.

6. Remove ticks promptly. Remove with tweezers; no burning or soap, gasoline, Vaseline, or other chemicals. Wash and apply antibiotic ointment to the bite. Most tick bites cause irritation and itching immediately; this does not indicate disease transmission. Rashes that are symptoms of diseases like Lyme disease appear two to three weeks after the tick bite.

7. Save the tick for identification and testing. Military personnel and Department of Defense civilians should take the tick to their military medical treatment facility for pathogen testing by the U.S. Army Public Health Command’s DOD Human Tick Test Kit Program.

For more information on ticks and preventing tick bites, visit

- U.S. Army Public Health Command’s DOD Human Tick Test Kit Program, <http://phc.amedd.army.mil/topics/envirohealth/epm/Pages/HumanTickTestKitProgram.aspx>
- Environmental Protection Agency, <http://cfpub.epa.gov/oppref/insect/>
- University of Rhode Island, <http://www.tickencounter.org/>

- U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov/ticks/>
- Physician’s Reference Manual from the Massachusetts Department of Public Health, <http://www.mass.gov/eohhs/docs/dph/cdc/lyme/tickborne-diseases-physician-manual.pdf>