



Commissaries plan for Tuesday furloughs

By **KEVIN L. ROBINSON**
DeCA Public Affairs

When furloughs are implemented, the Aberdeen Proving Ground commissary will be closed on Tuesdays, in addition to the Mondays that the store is routinely closed every week.

The APG commissary is one of 148 stores that are closed on Mondays and will add a Tuesday closure during the furlough. Other than the Tuesday furlough day, there are no changes planned for store operation hours.

The closures will be for up to 11 days between July 8 and Sept. 30.

The announcement comes as DeCA follows Department of Defense protocols related to the automatic federal government budget reductions, known as sequestration, which began March 1. Like most DoD activities, DeCA is mandated by the department to furlough its civil service employees. Furlough notices are scheduled to be delivered to DeCA employees by June 5.

"We know that any disruption in commissary operations will impact our patrons," said Joseph H. Jeu, DeCA's director and CEO. "Also, we understand the tremendous burden this places on our employees, who, when furloughed, will lose 20 percent of their pay."

"We determined that Monday closures would present the least pain for our patrons, employees and industry partners."

As sequestration continues, commissary customers can quickly find out about any changes to their local store's operating schedule by going to www.commissaries.com, clicking on the "Locations" tab, then "Alphabetical List-

See **FURLOUGHS**, page 11

Memorial Day Tribute praises American décor

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

The APG community observed America's most solemn holiday and received a fresh perspective on the qualities that make it unique during the Memorial Day Tribute at the Edgewood Arsenal Cemetery in APG South May 27.

Focused on the origins of America's Memorial Day holiday, guest speaker, Col. Alfred F. Abramson III, Joint Program Manager for NBC Contamination Avoidance, said that while the holiday originated as a time to decorate the graves of war dead, over the years, the word "decoration" has evolved from describing the medals bestowed on service members to defining the survivors, veterans, service members, their families and volunteers who takes time to honor the nation's fallen.

"They are truly America's decorations," he said.

"Memorial Day is much more than a day to mourn loss. It marks the beginning of summer. Though set aside as a day to honor [the fallen], it is a day to celebrate life."

Abramson noted that the decorated graves in the Edgewood Arsenal Cemetery hold the remains of Soldiers, their

See **HEROES**, page 11



(From right) Installation and CECOM Command Sgt. Maj. Kennis Dent thanks World War II veteran Paul Newcomer of Bel Air for his service to the nation after the Memorial Day Tribute at the Edgewood Arsenal Cemetery in APG South May 27.

Olympic Sports Day set July 25

By **YVONNE JOHNSON**
APG News

Team APG will host the 2nd Annual Olympic Sports Day at Fanshaw Field July 25. Though still in the planning phase, organizations should start putting teams together now for the full day of fun competition and Family events. Athletic events will include Golf, basketball, a 2-mile relay, softball, kickball, flag football, volleyball, and bowling. In the event of a tie, a tug-of-war will decide the winner. There also will be non-competitive events for the entire Family.

Opening and Closing Ceremonies are on Fanshaw Field and all other events are at other locations such as Shine Sports Field, Shore Park, the Athletic Center, recreation center and CYSS sports fields.

Activities kick off 8 a.m. and conclude with an awards ceremony on the field around 3 p.m.

The APG Olympic Sports Day is designed to promote team building and camaraderie while providing a full day of fun for the APG community. The 22D Chemical Battalion (TE) is the defending champion organiza-

tion having won the commander's cup trophy for the inaugural Olympic Sports Day in 2012.

Lead organizer for the event, Sgt. Maj. Merika Barnes of the 20th Support Command (CBRNE), said that motivation is all that's needed to make this year's Olympic Sports Day better than last year's.

"We're encouraging high energy and morale to make this day of friendly competition fun and memorable for everyone," Barnes said. "Organizations and units can benefit from the results of morale-building, team-

focused athletic competition."

Participants are encouraged to wear organization t-shirts, hats, make pom-poms, signs or like things to cheer their teams on, she added.

More information about the APG 2nd Annual Olympic Sports Day will be forthcoming as the date draws closer. For more information, check the *APG News* (www.apgnews.apg.army.mil), the APG website, (www.apg.army.mil), and APG social media sites at [facebook.com/APGMd](https://www.facebook.com/APGMd) and twitter.com/USAGAPG.

APG civilians mentor students, display Senior Capstone Projects

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

A graduating class of 48 students from Aberdeen High School's Science and Math Academy displayed and presented technical projects to peers, mentors, teachers and Family members during a Gallery Walk of Senior Capstone Projects May 21.

The projects were the result of a year-long research class, called Science Research and Technology IV, in which students work closely with a mentor who is a professional scientist, mathematician or engineer.

This year, 24 SMA students ho work as Department of Defense civilians on Aberdeen Proving Ground. The mentors volunteered their time to guide students in

See **DOD**, page 11



(From left) Stephen Lyons, an Aberdeen High School Science and Mathematics Academy student discusses his senior capstone project, "Reducing hyperspectral data to detect triethyl phosphate," with the Director of Program Integration at ECBC Suzanne Michling during a gallery walk of senior capstone projects May 21. Dr. Alan Samuels from ECBC mentored Lyons during the creation of this year-long project.

Blue Star Museum program offers free tickets

By **RACHEL PONDER**
APG News

The fourth season of Blue Star Museums has begun, with over 2,000 museums across America providing free admission to military personnel and Family members until Labor Day.

This educational program gives military personnel, including National Guard and Reserve, and up to five immediate Family members a chance to visit a wide range of museums including children's museums, fine art museums, history

See **MANY**, page 11

WEATHER

Thurs.



90° | 69°

INDEX

Pg 2 **Street Talk**
Pg 6 **Mark Your Calendar**
Pg 11 **At your service**



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



Furlough addressed at IMCOM Town Hall

page 7



Tips to stay healthy at work

page 8

ONLINE

www.apg.army.mil
apgnews.apg.army.mil
apg.armylive.dodlive.mil/
[facebook.com/APGMd](https://www.facebook.com/APGMd)
twitter.com/USAGAPG
[flickr.com/photos/usagapg/](https://www.flickr.com/photos/usagapg/)



MORE INSIDE

Public Health Command change of command **PAGE 4**

Skills to survive the furlough **PAGE 8**

APG Snapshot **PAGE 10**

STREET TALK

If money were no object, where would you go on vacation?

I would like to go to Australia, because it seems so exotic, so far away. I would like to go on a safari, see kangaroos and go surfing and scuba diving.



2nd Lt. Miguel Arvelo
25th CBRNE Co.

I would like to go on a Caribbean Cruise. I have a big Family, so I think a cruise would be very convenient because all the meals and activities are already planned. It would be a less stressful vacation. I would enjoy stopping at the islands, it would be cool.



Tamyka Lawrence
Military veteran

I would like to have a new experience and go to Italy to learn about the culture. I have never been overseas, but my husband, who is in the military, has and he tells me about the places he has been. I hope to get the chance to go overseas someday.



Jennifer Warren
JPM-NBCCA

I had a fun vacation in Florida as a kid; I would love to take my Family on a Florida vacation. I would go to Sea World, Disney World and swim with dolphins and go scuba diving.



Sgt. Antonio Bell
HHC Garrison

OPINION

A message from the Chief of Staff of the Army on sexual assault, harassment

Over the last twelve years of war, our Army has demonstrated exceptional competence, courage, and resiliency in adapting to the demands of war and accomplishing the mission. Today, however, the Army is failing in its efforts to combat sexual assault and sexual harassment. It is time we take on the fight against sexual assault and sexual harassment as our primary mission. It is up to every one of us, civilian and Soldier, general officer to private, to solve this problem within our ranks.

The Army is committed to the safety and security of every Soldier, civilian, and Family member. Our Army is based on a bedrock of trust – the trust between Soldiers and leaders that we will take care of each other. Recent incidents of sexual assault and sexual harassment demonstrate that we have violated that trust. In fact, these acts violate everything our Army stands for. They are contrary to our Army Values and they must not be tolerated.

It is up to every individual to contribute to a culture in which our Soldiers, civilians, and Family members can reach their full potential. It is imperative that we protect potential victims from ever experiencing a sexual crime. We must provide compassionate care and protect survivors after a crime has



Our profession is built on the bedrock of trust; sexual assault and sexual harassment betray that trust. They have a corrosive effect on our unit readiness, team cohesion, good order and discipline.

We are entrusted with ensuring the health and welfare of America's sons and daughters.

been committed. Our people must be confident that complaints will be handled quickly and decisively, and that our system will deliver justice and protection throughout the reporting, investigation and adjudication process.

Commanders, non-commissioned officers, and law enforcement must ensure that every allegation of sexual assault and sexual harassment is thoroughly and professionally investigated and that appropriate action is taken. Leaders at every level are responsible for establishing a command climate and culture of mutual respect, trust, and safety. Leaders must develop systems to “see” their units, and understand the extent to which their leadership promotes a positive command climate for all Soldiers. I urge everyone to start a conversation within

your unit or organization, among leaders, peers, and subordinates and with Family and friends to better understand one another's experiences and to develop better solutions to this problem.

Our profession is built on the bedrock of trust; sexual assault and sexual harassment betray that trust. They have a corrosive effect on our unit readiness, team cohesion, good order and discipline. We are entrusted with ensuring the health and welfare of America's sons and daughters. There are no bystanders in this effort. Our Soldiers, their families, and the American people are counting on us to lead the way in solving this problem within our ranks.

Raymond T. Odierno
General, 38th Chief of Staff U.S. Army

Alcohol and four-wheeling is recipe for disaster

Growing up in the early 1980s in Mississippi, I performed a number of unsafe activities on a daily basis—whether just for fun or because nobody knew any better.

We flew through the woods on dirt bikes, jumped off bridges into the creeks below and operated large farm equipment at way too early an age, just to name a few. I remember being 5-years-old and riding on the fender of my grandfather's tractor while he ran the disc over his field before planting crops, usually at a pretty good rate of speed. Looking back, one slip is all it would have taken for me to have been chopped to pieces.

As I got older and wiser, I saw the risks in these activities and, for the most part, avoided them altogether. Nowadays, the only real inherently unsafe activity I perform on a routine basis is riding an all-terrain vehicle—or as we call it in the South, four-wheeler riding.

Throughout my 25 years of riding, I've seen many injuries that could've been avoided had it not been for one thing—alcohol. Of course, when we were younger, my friends and I were not riding around drinking beer. As I got older, though, I saw it happening more and more. It seemed like every time we got together to ride on the weekends, everyone brought their own cooler packed with beer.

My regular riding group was comprised of folks of all ages and experience levels, including a local law enforcement detective. The one thing we had in common was the enjoyment

The whole reason I'd tried to negotiate the ravine in the first place was because my judgment was clouded by alcohol. To this day, I don't have even a sip of alcohol if I know I'm going to be riding.

of regular beer breaks. It was as much a social experience as riding experience. Nobody was ever concerned or took into account the fact that this was not only illegal, but also completely unsafe.

It wasn't until about five years ago that I realized how alcohol affected me as a rider. A friend and I were riding in a spot we had been to dozens of times, and nothing was out of the ordinary except for the fact that I'd had a few beers over the course of the last couple of hours. We came to a ravine about 20 feet deep that I had passed many times before. What was different today, though, is that all of a sudden it looked like a very good challenge to test my skills as a rider.

After stepping off my ATV to get a better look at the ravine, I decided I should have no problem negotiating to the other side. Upon the initial descent, however, my front left tire went into a hole covered with brush, and the four-wheeler began to roll forward and to the left. I immediately bailed off the side, rolled down the ravine and landed at the bottom in some thick mud and water. The four-wheeler tumbled behind me

and landed on my arm, pinning it. My buddy jumped down to help free me, and we eventually recovered my four-wheeler from the ravine.

When I got home, I realized how lucky I'd been. The whole reason I'd tried to negotiate the ravine in the first place was because my judgment was clouded by alcohol. To this day, I don't have even a sip of alcohol if I know I'm going to be riding my four-wheeler. And during our breaks, I make sure and have a fresh pouch of Levi Garrett instead of a cooler full of Bud Light.

We, as leaders, must understand the activities our younger troops are participating in during their down time. Many of you may not know that alcohol is so prevalent in recreational four-wheeling, especially if you've never been a rider. If you have a young Soldier heading out for a weekend of ATV riding, make sure he or she understands the importance or abstaining from alcohol. You might just save a life.

1st Lt. Jason Cowan
890th Engineer Battalion
Mississippi Army National Guard

APG SEVEN DAY FORECAST

Thurs



90°|69°

Fri



89°|70°

Sat



88°|73°

Sun



84°|71°

Mon



79°|60°

Tue



74°|58°

Wed



75°|60°

APG NEWS

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Leadership changes at U.S. Army Public Health Command

By **CHANEL S. WEAVER**

U.S. Army Public Health Command

Maj. Gen. Dean G. Sienko assumed leadership of the U.S. Army Public Health Command during a Change of Command ceremony at Top of the Bay May 23.

Sienko replaces Maj. Gen. Jimmie O. Keenan, who will become commander of Southern Region Medical Command, Joint Base San Antonio, Texas.

Reviewing official Maj. Gen. Richard A. Stone, Deputy Army surgeon general, congratulated Sienko and called the USAPHC “a jewel in Army Medicine.”

Keenan expressed gratitude for the opportunity to serve as the commander of the USAPHC and pride in the public health experts she led.

“Every day, you promote the health, wellness and resiliency not only of Soldiers, but also of the military families that support them. By enabling readiness, you serve as a force multiplier,” she said.

Sienko said he is looking forward to working with USAPHC team members as the organization maintains a legacy of outstanding service to Soldiers and retirees, their families and Army civilians.

“It gives me great honor to receive the colors of the Army Public Health Command,” he said. “What a tremendous gift it is for me to assume the command of an organization that has an outstanding reputation and does such good for our Army Family. Public health is my passion. I look forward to working with all of you and learning from you.”

Sienko is the fourth commander to lead the USAPHC. He heads a worldwide organization with approximately 3,500 Soldiers and civilians stationed in more than 100 countries. The USAPHC promotes health and prevents disease, injury and disability in Soldiers and military retirees, their Family members, and Army civilians, and assures effective execution of full-spectrum veterinary services for the Army and the Department of Defense.

Prior to accepting his new position,



Photo by Christina Graber

(From right) Maj. Gen. Richard A. Stone, deputy Army surgeon general passes the USAPHC colors to Maj. Gen. Dean G. Sienko as USAPHC Command Sgt. Maj. Gerald C. Ecker looks on during the USAPHC Change of Command ceremony at Top of the Bay May 23. Sienko is the fourth commander to lead the USAPHC.

Sienko served as the associate dean for prevention and public health in the Michigan State University College of Human Medicine. He is a physician board-certified in general preventive medicine and

public health.

The U.S. Army Public Health Command focuses on promoting health and preventing disease, injury and disability in Soldiers and military retirees, their

families and Army civilian employees. As well, the USAPHC is responsible for effective execution of full-spectrum veterinary services throughout the DOD.



Bruised and battered, but combatives trained

By **LT. COL. CAROL MCCLELLAND**
20th Support Command (CBRNE)
Public Affairs

It didn't matter that the sergeant was larger than the other students in the class or that he was paired with a female to practice moves. He had something in common with his classmates – bruises.

"It's very painful. It looks like I have jaundice after all these bruises," laughed Sgt. Ryan Wickenden on the last day of Modern Army Combatives Program Level I instruction. A health physics NCO with Nuclear Disablement Team 2, 20th Support Command (CBRNE), Wickenden is able to provide health protection to forces confronted by radioactive materials. Now, after 40 hours of instruction and practical application during the weeklong course, he's also able to gain a dominant body position against an opponent or perform escape movements using hand-to-hand combat moves he learned.

The Soldier, who didn't have any previous experience in combatives, said he's able to find use for everything he was taught in the course.

The course was instructed by Staff Sgt. Sean Oliver, the platoon sergeant for all the NDT's and a New Port, N.C. native. He previously taught at the U.S. Army Combatives School at Fort Benning, Ga. and wanted to bring the basic combatives course that covers basic ground fighting techniques to 20th Spt. Cmd. Soldiers.

The four levels of MACP are a combination of jujutsu, wrestling, judo, boxing and other



Spc. William Moss, a satellite communications systems operator with Weapons of Mass Destruction Element-2, 20th Support Command (CBRNE), and Pvt. Michael Murphy, U.S. Army Public Health Command, practice maneuvers while awaiting their final exam from instructor, Staff Sgt. Sean Oliver during Modern Army Combatives Program Level I certification April 26. Students learned 30 different techniques then had to verbalize and demonstrate 10 random techniques back to Oliver in order to pass. All 12 of the students in the class passed, Oliver said.

martial arts and are both physically and mentally demanding. Day one of Level 1 instruction starts by covering techniques, body positions, grips, and some advanced techniques like how to escape positions. By day three students react to contract drills.

"I had a boxer come in to be

the aggressor so students could feel the contact but also neutralize their opponent," Oliver explained.

Although the instructor learned martial arts before he got into Army combatives, he said anyone can do it.

"There's not a single type

of person who's interested in this training," Oliver said. "PT studs or non-PT studs, enlisted, officer, civilians, anyone who's into self defense techniques." He said he's working to get his Level 4 certification by attending a 30 day course and that he hopes to offer the Level 1

course twice a quarter to anyone at APG.

Wickenden is a believer. Never mind the bruising, he's ready to sign up for Level II. He said he ultimately would like to learn Level III and become an instructor at the combatives school.



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."

Army summer safety campaign underway

Army Combat Readiness/Safety Center

The U.S. Army Combat Readiness/Safety Center (USACR/Safety Center) commences its official summer safety campaign and encourages all Soldiers, Department of the Army civilians and Family members to remain prepared for the fun and hazards associated with warmer weather.

The campaign, which began May 24 and runs through Sept. 3, encourages every member of the Army family to stay aware, vigilant and engaged.

"We've entered the deadliest time of year (May through September) as our Soldiers, civilians and Family members tend to travel and spend more time outdoors," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, USACR/Safety Center. "Our campaign products, by design, are meant to help leaders and safety professionals engage their Soldiers, civilians and Family members on risk and risk management. Engagement and vigilance are key to reducing on- and off-duty accidents."

In August 2012, the USACR/Safety Center introduced the Know the Signs slogan as the Army's safety awareness theme.



We've entered the deadliest time of year (May through September) as our Soldiers, civilians and Family members tend to travel and spend more time outdoors.

Brig. Gen. Timothy J. Edens,

Director of Army Safety and commanding general, USACR/Safety Center.

Targeted at individual accountability and focused around training, discipline and standards, KTS encourages leaders and Soldiers to first Know the Signs, because someone always knows when a Soldier is at risk. Then, Know What's Right (know what right looks like; know the standards, regulations, guidelines and laws), and then, Do What's Right (break the cycle of an accident waiting to happen by taking action and intervening before the loss or injury).

With the majority of off-duty Army accidents currently attributed to indiscipline, this campaign also reminds Soldiers that standards apply 24/7, whether on or off duty.

To help unit leaders and safety professionals Army wide build and manage their summer campaigns, the USACR/Safety Center team developed a website hosting feature articles, posters, videos and other tools focusing on summer seasonal, as well as non-seasonal, topics.

Visit <https://safety.army.mil/multi-media/CAMPAIGNSINITIATIVES/KnowtheSigns/SummerSafety2013/tabid/2409/Default.aspx> for more information.

Why Is Bicycle Safety So Important?

Information compiled by
RON KRAVITZ
APG Safety Office

Just about every child/adult who rides a bicycle gets a scraped knee or elbow at some point, and even the most careful rider can take an occasional tumble.

Still, knowing the rules of the road and other issues of bicycle safety can keep a rider from getting hurt.

About 800 people in the United States are killed in bicycle accidents each year, most from head injuries but many more break bones or get deep cuts that require emergency medical treatment. That's why it's so important to protect yourself with the right equipment, such as a bike helmet and proper footwear while riding.

Bicycle Safety Checklist

There are many things you can do to make sure a bicycle is safe to ride. The manual that comes with the bike has a lot of information. A parent, should check the following for all the bikes that the Family rides.

- Make sure the bike is the right size. When on the bike, stand straddling the top bar of the bike so that both feet are flat on the ground. There should be 1 to 3 inches (2.5 to 7.6 centimeters) of space between the rider and the top bar.

- The bike seat should be adjusted so that after sitting on the seat with a foot on the bike pedal, the knee will be slightly bent.

- Tighten the bike's seat, handlebars, and wheels. Make sure the wheels are straight.

- Check and oil the chain regularly.

- Always check the brakes before riding to make sure they are working properly and do not stick.

- Check the tires to make sure they have enough air and the correct tire pressure.

- If there's a need to carry something while riding, attach a basket to the handlebars or a rack over the rear tire.

- Put reflectors on the bike for better visibility. Put a red reflector, 3 inches across, behind the seat. There should also be a white reflector in front of the handlebars, and other reflectors in the spokes of both wheels. A red strobe light for the rear and a white flashing strobe for the front are recommended.

- For night riding bicycles should be equipped with a suitable headlight visible at 500 feet to the front and a red reflector on the rear visible at 300 feet.

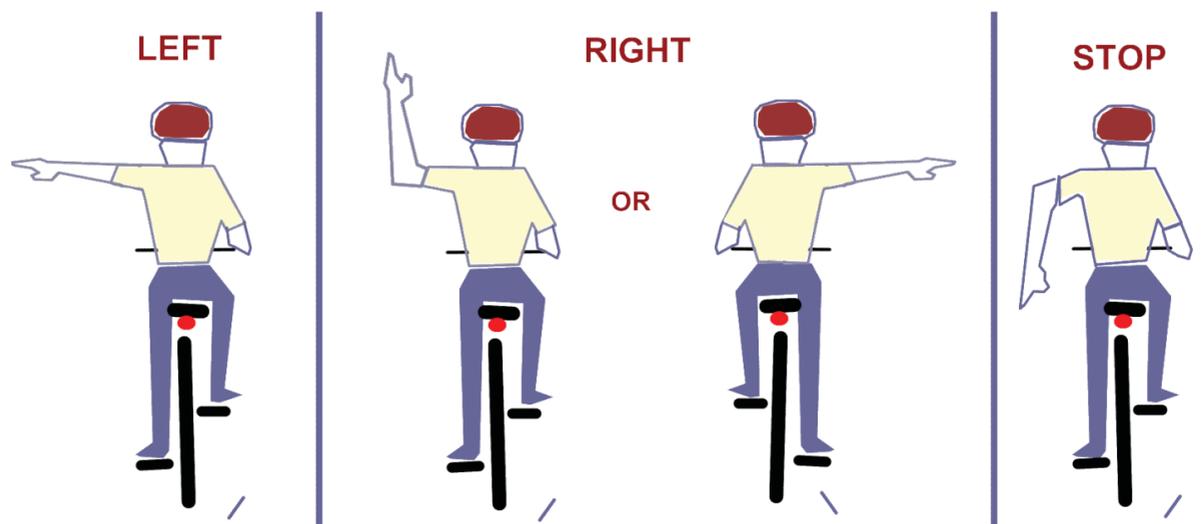
- There should also be a warning device such as a bell or horn.

What to Wear While Riding a Bike

The most important piece of protective gear is a helmet. A helmet will protect the head, and most importantly the brain. Look on the helmet for a sticker that says it meets the safety standards set by the Consumer Product Safety Commission (CPSC).

The CPSC is a part of the United States government that sets safety standards for lots of things people use; the bike helmet standards were introduced in 1999. If the helmet was made before 1999 look inside to see what year it was made. It should be replaced with a newer helmet that meets the new safety standards.

A helmet usually comes with a set of



<http://nymblog.com/bike-commuting-101-rules-of-the-road/>

Knowing and using hand signals can make bicycling safe for bikers, motorists and pedestrians.

foam pads that you can stick on the inside to help it fit your head. As a child's head grows, the pads can be changed so it will still fit properly. Always be "head smart" and never ride without a helmet. Three out of four bike accidents involve an injury to the head. Be smart and protect your head.

DOD Instruction 6055.4, APG Policy dated 24 February 2009, and APR-GR 190-5 requires all personnel riding bicycles on DOD installations to wear approved and properly secured helmets. This applies to all bicycle riders on APG and Edgewood

Wear a helmet all the time to prevent receiving an a serious brain or head injury during an accident. Today's helmets for kids/adults are actually very lightweight and comfortable. Decorate the helmet with cool fluorescent, reflective stickers or pick a really bright color that everyone on the road can see.

Make sure the helmet has the correct fit and adjustments. Any bike store will help adjust your helmet just right. A helmet should:

- Sit level on the head - not tilted forwards or backwards. (Do not wear a hat under a helmet.)

- Have strong, wide straps that fasten snugly under the chin.

- Be tight enough (with straps fastened) so that no sudden pulling or twisting can move the helmet around.

- Always be fastened while riding.

- Be replaced every five years - and immediately after a hard fall and the helmet striking the ground.

- Never be worn on a playground. It should only be worn during biking, in-line skating, or while using a scooter.

The clothes that are worn are also very important. Here are some tips to follow:

- Fluorescent-colored clothes help people see a biker better. Stay away from dark clothes like black, brown, or navy, especially when it's getting dark outside.

- Wear lightweight clothes to avoid becoming overheated, especially in the summer months.

- Be sure to pack plenty of water to drink!

- Make sure pant legs aren't loose so they don't get caught in the chain. Ensure the chain guard is in place.

- Riding gloves will protect the hands, especially if off-road biking. They can

be purchased at any bike store.

- If carrying a backpack make sure the straps are tied so they do not become tangled up in the wheel spokes. Better yet, tie the bag in a basket or strap to a rack.

- Wear shoes that grip the pedals. Never wear cleats, shoes with heels, or shoes that can easily slip off the pedals. Never ride barefoot!

In addition, APG policy requires a brightly reflective belt worn diagonally over the right shoulder and down under the left arm or an orange/green/yellow vest must be worn both day and night for visibility. If a back pack is worn a reflective vest or belt will be placed around it. The policy can be found under Commanders Policies or on the installation safety websites.

Riding Safely: The Rules of the Road

Here are some important things to know about keeping safe on the road, especially, when there's traffic on the busiest streets:

- Always ride on the RIGHT-HAND side of the street in the same direction as traffic. Never ride against traffic.

- Use bike lanes or designated bike routes wherever possible - never ride on the sidewalk.

- Always stop and check for traffic in both directions when leaving a driveway, alley, or curb.

- Watch traffic closely for turning cars, or cars leaving driveways.

- Don't ride too close to parked cars - doors can and do open suddenly.

- Obey all stop signs and red lights just as cars do. Use extra caution at intersections.

- Always walk a bike across busy intersections using the crosswalk if painted and following traffic signals.

- It's fun to bike with friends, but always ride single file on the street. Bike riding side by side in traffic or on the street is dangerous for both bikers and automobiles.

- When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.

- Never change directions, or change

lanes, without first looking behind, and using correct hand signals. Mirrors are recommended to be mounted on the handlebars to see behind.

- Know the hand signals

- If you ride your bike in the evening, or when it's getting dark, be sure to have reflectors on your bike and a battery-operated headlight.

- Only one person should be on a bike at a time - this means not allowing anyone to sit on the seat or handlebars.

- NEVER wear headphones while biking - a cyclist needs to be able to hear everything on the road at all times. (It is prohibited on DoD Installations)

Bumps in the Road

It's a good idea to watch out for certain things in the road that could cause you to lose control of your bicycle. These things to look for include:

- wet leaves
- large puddles
- changes in the road surface
- storm grates
- rocks

And look for any other debris you might find on the sidewalk or road while riding.

Paying attention to people walking and younger kids playing is also a good idea. Just as a car can unexpectedly pull out of a driveway, a child might chase after a ball that goes into the street.

When these rules are followed you're helping to make the sidewalks, park trails, and neighborhood streets safe for everyone. So strap on that cool helmet and enjoy the ride!

There is a very good net site devoted to cyclists that can be found at this <http://bicyclesafe.com/>.

References:

- National Highway Transportation Safety Administration www.nhtsa.gov/people/injury/pedbimot/bike/kidsand-bikesafetyweb/index.htm

- Maryland State Highway Administration <http://roads.maryland.gov/index.aspx?pageid=357&d=77>

MARK YOUR CALENDAR

THURSDAY MAY 30 RESTORATION ADVISORY BOARD

The next RAB meeting will be held at 7 p.m. at the Ramada Conference Center in Edgewood. The topics will be Canal Creek and the New O Field.

MCCC SCHOLARSHIPS AWARD PROGRAM

The Military and Civilian Community Club invites you to help congratulate the 2013 Scholarship recipients from 5:30 to 7:30 p.m. at Top of the Bay.

The event includes music from the Upper Chesapeake Sweet Adeline's Barbershop Quartet and a few light appetizers.

For more information or to RSVP, contact Vicky at 443-360-4458 or e-mail Karen at oliveringermany@yahoo.com

OPEN BOWLING

Open Bowling is set from 1 to 10 p.m. Happy Hour & Game Night is from 3 to 5 p.m. with \$1.50 games, \$1 shoes, \$.50 Wings, \$.50 (16oz) soda and \$1 draft beer. The May bowling special, from 5 – 10 p.m. at the bowling center offers unlimited bowling for \$10 / person, shoes included. Must have up to five people.

ASTHMA/ALLERGY SCREENINGS AND BOOTH

May is National Asthma & Allergy Month. The aim of this month is to raise awareness, care and support for those affected by asthma, a chronic disease of the lungs which causes breathing problems. More than 18 million adults and 7 million children across the nation are affected and over 500,000 Marylanders are living with the disease. It's the leading cause of health-related missed school & work days.

The CECOM Wellness Program will host a Free Asthma/Allergy Screenings and Informational Booth, sponsored by the Asthma Foundation at the Mallette Mission Training Facility lobby, Bldg. 6008 from 11 a.m. to 1 p.m.

The event is open to all!

*Any contractors who participate in CECOM activities must not invoice any government contracts for time spent at these activities.

For more information, contact Tiffany Grimes, 443-861-7910, tiffany.l.grimes.civ@mail.mil or Keosha Pointer, 443-861-7915, keosha.l.pointer.civ@mail.mil

FREE VISION SCREENINGS

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

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

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

Additional Eye Health and Wellness information offered will include:

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

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

Please Note: These vision screening procedures are NOT a complete professional examination and should not be taken as such. Only a comprehensive eye and vision examination can evaluate your overall eye health and vision status. The American Optometric Association recommends a dilated eye

exam every two years for adults under 60 years of age; adults 61 and older, every year.

Location: MTF Auditorium Lobby, Building 6008, 11:00 a.m. to 1:00 p.m.

THURSDAY THR SATURDAY MAY 30 -JUNE 1 CAST CALL FOR MURDER MYSTERY

Sign up at the APG North recreation center from 6-8 p.m. Thursday, Friday and Saturday to be a part of U.S. Army Entertainment's Murder Mystery "Murder 2 Point UH-OH," which will be performed Saturday, June 1 at 7 p.m.

Rehearsals will be held May 28, 29, 30, 31 at 6 p.m. at the APG North recreation center. Call 410-278-4011/4907 for information.

MAY & JUNE LISS GRANT WORKSHOPS

The Aberdeen Proving Ground Exceptional Family Member Program will hold LISS Grant Application Assistance Workshops in May and June. The workshops will be held 11:30 a.m. to 1 p.m. in the Meeting Room at the APG South (Edgewood) recreation center, Bldg. E4140, May 21 and June 18. Additional workshops will be held 11:30 a.m. to 1 p.m. in Room 104 at the APG North (Aberdeen) recreation center, Bldg. 3326, May 29 and June 26.

Participants will be provided LISS applications and assistance in completing the forms and should bring evidence of Maryland residency (bills), and documentation of disability (medical or educational) with them.

Registration is required for participation. To reserve seating, contact Nancy Goucher of the Army Community Service EFMP, at 410 278-2420 or e-mail nancy.e.goucher.civ@mail.mil. All military and civilians with special needs Family members are encouraged to attend.

FRIDAY MAY 31 WORLD NO TOBACCO DAY

World No Tobacco Day is quickly approaching and the opportunity to encourage military members to be tobacco-free for 24-hours is too great to miss. Visit <http://www.ucanquit2.org/facts/wntd/default.aspx> to learn more about what "Quit Tobacco- Make Everyone Proud" is doing for World No Tobacco Day.

To help spread awareness on May 31, participants are asked to change their Facebook or Twitter profile photo to the images found on the web-site to let friends and family know they are taking a huge step in becoming tobacco-free.

Help others stand up and shout out on World No Tobacco Day.

FRIDAY NIGHT OPEN RECREATION FOR TEENS

The APG North youth center invites high school students to its free Open Recreation for teens Friday night from 6 p.m. to midnight. Teens are invited out to meet new friends, shoot hoops or just play pool. Bring up to two non-DoD friends to join in the fun. For more information, call 410-278-4995.

KEYSTONE CLUB

This free class for high school students meets every other Friday from 7-9 p.m. at the APG North youth center. This unique leadership development experience provides opportunities for young people ages 14 - 18. Youth participate, both 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, the 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.

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

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



SATURDAY JUNE 1 MATCH PLAY QUALIFIER

Ruggles Golf Course Saturday and Sunday from 8 a.m. to 2 p.m. Pick lowest round. Lowest 64 scores advance. Full handicap. \$25 a person includes prizes and food during first round.

COMMUNITY YARD SALE.

The APG South recreation center will be the location for the APG Community Yard Sale 8 a.m. – 1 p.m. This is the perfect event to get rid of unnecessary items taking up space in the house or garage. Tables and chairs will be provided. All items being sold must be clean and in working condition. To reserve a table: Inside the recreation center ballroom, pricing is \$20 for one 6-ft table and \$35 for two tables / On the patio, pricing is \$15 for one 6-ft table and \$25 for two 6-ft tables. For more information or to reserve your space, call 410-278-4011/4907.

FEW SCHOLARSHIP DEADLINE

The Maryland Tri-County Chapter of Federally Employed Women (FEW) presents their annual \$500 scholarship called the "2013 Dottie Dorman Working Woman's Scholarship."

This scholarship is presented to a deserving woman to offset college expenses incurred in pursuit of her continuing education. To qualify a nominee must: (1) Be a female federal employee working in the Baltimore, Cecil or Harford County area. (2) Currently be pursuing college-level education studies. (3)

Prepare a short essay (not to exceed one typewritten page) summarizing educational plans and explaining how this scholarship will be used. Indicate in the essay whether currently receiving federal aid for education, whether involved in a reduction in force, and what the promotion potential is in applicant's current federal position. (4) Provide your name, home and work address; home and work telephone number; home and work e-mail address; (5) name and telephone number of current supervisor (to confirm federal employment); and (6) name of nominee's educational institution. All applications should be submitted to the Maryland Tri-County FEW Scholarship, c/o Karen Jobes, 130 Remington Circle, Havre de Grace, MD 21078 no later than June 1st. The winner will be announced during the APG Women's Equality Day observance and awards ceremony in August. For more information, call Karen Jobes, 410-278-6755.

MONDAY JUNE 3 FIRST LEGO LEAGUE AND ROBOTICS CLUB

First Lego League Robotics Club meetings will resume at the APG South youth center from 4:15 to 5:30 p.m. The group will work on FLL "Problem" for Fall 2013 and will learn more about programming the robots to complete 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 club projects. Ages 8-14. Cost is free. Register with Child, Youth and School Services. Call 410-278-7479/7571 to schedule an appointment. For more information, email renee.a.main.naf@mail.mil or call 410-436-2862.

TUESDAY JUNE 4 MEN'S HEALTH

June is Men's Health Month and the CECOM Wellness Program will host a Men's Health Information Session noon to 1 p.m. at the Myer Auditorium, Bldg. 600. Dr. P. Sean Van Zeal, Chesapeake Urology, will discuss various men's health issues such as low testosterone and erectile dysfunction.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

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.

WEDNESDAY & THURSDAY JUNE 19-20 MILITARY TRANSITION ASSISTANCE PROGRAM

The Department of Defense, with assistance from the 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 two-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.

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 Kordon-ski, 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.

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**MORE
ONLINE**

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

Sequester furlough duration and impact focus of IMCOM Town Hall

By **ROBERT DOZIER**
IMCOM

Senior leaders at the U.S. Army Installation Management Command headquarters addressed the issue of an 11-day furlough for civilian personnel at their town hall meeting in the Fort Sam Houston Theatre.

Lt. Gen. Mike Ferriter, IMCOM commander, and IMCOM Command Sgt. Maj. Earl Rice explained the effect of this action on employees throughout the installation management community and offered a look ahead as we close out this fiscal year and look to the next.

"The nation is in budget trouble and when the Budget Control Act and sequestration hit us, the Army knew they had to balance things like the size of the Army, and can we keep the world a safe place," said Ferriter. "The Army is determined to fund readiness first because we don't want our Soldiers deploying without training."

IMCOM has a major role in readiness and resilience of the force and is sharing in budget sacrifices. Compared to fiscal 2012, the IMCOM budget has been reduced by 21 percent.

"We're okay thanks to the great work of many, including those sitting in this room," said Brig. Gen. Curt Rauhut, IMCOM director of resource management (G8). "We will be able to meet our mission and still tell a compelling story to Department of the Army headquarters, particularly the long-term effect of a 55 percent reduction in sustainment, restoration and modernization."

"As a command, we are getting better at what we do and despite all that we face, we've been able to maintain without a reduction in force at headquarters," said Ferriter. "Everywhere we save money and bend on the way we are doing things, it helps us move forward."

The number of furlough days has been reduced from 22 down to 11 through the end of the fiscal year. Furloughs will save \$1.8 billion from the overall military budget.

"With the memo from the Office of the Secretary of Defense, we are preparing for sending notices as soon as we

"As a command, we are getting better at what we do and despite all that we face, we've been able to maintain without a reduction in force at headquarters. Everywhere we save money and bend on the way we are doing things, it helps us move forward."

Lt. Gen. Mike Ferriter
IMCOM commander



Photo by Neal Snyder

can," said Karen Perkins, IMCOM director of human resources (G1). "We are going to begin training our supervisors so they will be able to address all your questions one-on-one."

Notices will likely be distributed between May 28 and June 3, to meet the required 30-day notice before furloughs begin. Notices will identify both the "reply" official, who will receive the employee's response, and the "deciding" official, who will respond to any employee protests to the furlough.

Technically, a furlough is an adverse action, because of its effect on the employee.

"An adverse furlough action does not reflect poorly on an employee's conduct or performance," said Perkins. "It is the technical name of the furlough that impacts the employee adversely. Every employee has the right to respond or challenge any adverse action to the Merit System Protection Board." All nonap-

propriated fund employees are exempt from sequestration furloughs.

"Furlough is big business," said Ferriter. "It hurts you and we know it. It was a Defense Department all-in and we didn't get a vote, but we know whoever you are and whatever you do, every piece of paper we touch is a Soldier or Family action. HQ DA knows the adverse effect if we are not there.... What you do makes a difference."

"I love being on this team," said Rice. "Look at what this team has done. Just think how the number of furlough days have been reduced from 22 to 11, how we've put your message through to HQ DA and they are listening. Our Soldier's sacrifice is to give it all. Keep driving our cause because what you are doing makes a difference."

"Our position in the Army is very strong," said Ferriter. "We continue to evolve when we need to because people matter so we will continue to lead

through these changes."

IMCOM has announced that headquarters will move to a four day work week during the furlough period; however, each garrison commander will make their own scheduling decisions locally.

Those garrisons under collective bargaining agreements have consulted directly with their union officials in preparation for furloughs. Employees who are members of a union are encouraged to consult with them for any updates and guidance.

After final furlough decision notices are sent, employees may appeal the agency's decision to the Merit System Protection Board within 30 days from the effective date of the furlough.

Decisions regarding the termination of temporary and term employees will be made at the local garrison.

For more information on how sequestration and furloughs affect the IMCOM workforce, go to <http://www.imcom.army.mil/Organization/G1Personnel.aspx>.

Oklahoma Guard Soldiers respond to killer twister in their own backyard

By **SGT. DANIEL NELSON JR.**
145th Mobile Public Affairs Detachment

For members of the 63rd Civil Support Team, their mission following the killer tornado, May 20, was more personal -- they knew people directly affected and some Soldiers even lived in the devastation path.

"We get to serve our community at home," said Sgt. Warren Williams, a unit member. "There are a lot of other agencies coming from other locations, but this is personal for us."

The 63rd CST was among the 163 total Guard personnel who responded to the huge twister, which killed at least 24 people, including nine children, according to official tallies.

The 63rd CST, consisting of 22 full-time active Guard reserve Soldiers, specializes in conducting search-and-rescue operations, atmospheric monitoring for hazardous materials and searching for physical hazards such as live downed electrical lines.

Many of the unit members have previously deployed and responded to other natural disasters including the search and rescue mission following a tornado in Piedmont, Okla., nearly two years ago.

Taking a similar path as a deadly May 3, 1999, tornado, which claimed the lives of 44 people, this most recent tornado is thought to have been even



Courtesy photo

Sgt. Warren Williams, with the 63rd Civil Support Team, Oklahoma National Guard, searches debris in Moore, Okla., in response to the May 20, 2013, EF-5 tornado that struck the town, leveling hundreds of buildings and killing dozens of people.

more destructive, with estimated damage costs rising above \$1 billion.

The communities of Newcastle, Moore and parts of south Oklahoma City are soon to begin the process of rebuilding once again, returning the debris ridden neighborhoods to what they once were.

"These are people we know, there are people in the unit

who have been affected by this personally, so it's satisfying to be out here helping our fellow neighbors," Williams said.

First responders from across the country have converged on Oklahoma City and Moore to assist with the search and recovery effort. The efforts of the Soldiers and first responders have resulted in more than 100 survivors being rescued from

the storm shelters where they sought refuge from the storm.

Although the mission for the 63rd CST is far from complete, the commitment of service to community that has been demonstrated by the Oklahoma National Guard has greatly affected the success in the joint operation between military and local law enforcement on site.

"We work with the National Guard all of the time; it's a really good pairing," said Joe Holley, head of Tennessee Task Force 1 and an emergency medical services physician. "The military is great at the logistics part of a mission, and we have some special capabilities different from what the military that tie together in order to get the job done."

How are we doing? E-mail comments and suggestions for the APG News to the editor at usarmy.apg.imcom.mbx.apg-pao@mail.mil

AFCEA and APG Leadership Invest in STEM Education

By **BOB DIMICHELE**
CECOM

“Investing in the future” was the theme of the annual scholarship event of the Aberdeen Chapter of the Armed Forces Communications-Electronics Association.

Over the past three years, the Aberdeen AFCEA Chapter has provided \$106,000 in grants to teachers for toolkits that help educate students in science, technology, engineering and mathematics (STEM) disciplines as well as college scholarships to local high school students who pursue degrees in STEM.

Gary Martin, deputy to the Commanding General of the U.S. Army Communications-Electronics Command, served as the keynote speaker. He said, “Today there is a growing awareness of the importance and need for a workforce educated in the fields of Science, Technology, Engineering, and Mathematics (STEM)...These disciplines underpin new scientific discoveries, solutions to complex problems, creation of innovation, and they drive new economic opportunities.”

Aberdeen Proving Ground employs Maryland’s third largest workforce, and is Harford County’s largest employer with more than 20,500 military, civilian, and contractor employees. Therefore, Martin said, “Aberdeen Proving Ground and the industry that supports its mission are critically dependent on a strong STEM workforce. Scientists, engineers, information technology professionals, test engineers, analysts, and acquisition professionals are focused on developing new and innovative solutions to protect, enable, and sustain a world class military force.”

The individuals being honored today reflect the talent, motivation, and dedication resident in our students and teachers.

Gary Martin - Deputy to the Commanding General of the
U.S. Army Communications-Electronics Command

According to Martin, this region of the I-95 corridor is blessed with a community that comes together in a partnership of federal and local government, public school systems, institutions of higher education and industry to engage in STEM programs that fuel an interest in STEM and promote enriching experiences for our future scientist and engineers.

For example, AFCEA’s partnership with local public schools to enhance the STEM educational experience for students and to prepare them as the next generation of a technical workforce includes: scholarships, tools, equipment and mentors.

The chapter provided science teacher toolkit grants of \$2,000 each to two local science teachers. Gareth A. Davis, Jr., a science teacher at the Science and Math Academy in Aberdeen, Md. Davis has used the toolkit grant to buy a 3-D printer for the high school. Russell Kovach, a biology teacher at C. Milton Wright High School, used his grant to purchase equipment that allows the school’s biology and biomedical engineering students to genetically modify bacteria.

Offering his appreciation for the two teachers’ contributions to STEM education, Martin said, “I commend you both for all you do for the advancement of science and mathematics in our public

school systems. You are making a very positive impact each and every day.”

The AFCEA Chapter also presented college scholarships of \$1,000 per year for four years to each of four students. Mauricio Tassano currently attends C. Milton Wright High School and plans to study mechanical engineering at the University of Pennsylvania. Matt Mellarkey is currently a senior in the Science and Math Academy at Aberdeen High School and plans to study mechanical engineering at University of Maryland Baltimore County. Kourtney Rutkowski is a senior at C. Milton Wright High School and plans to attend UMBC for environmental engineering. Micah Jaffe is a senior at the Science and Mathematics Academy and plans to attend the University of Pennsylvania to pursue a degree in either engineering or mathematics.

The AFCEA Chapter also provided a scholarship to John Goodman who graduated from C. Milton Wright High School and is currently attending Harford Community College. This is a new scholarship program for the chapter that assists students in community colleges transition to STEM studies at a four-year institution. Goodman received \$2,000 to attend the University of Maryland at College Park to major in computer science.

“The individuals being honored today reflect the significant talent, motivation, and dedication resident in our students and teachers. Students and teachers, after all, are the most important factors that contribute to the development of a robust foundation of students entering STEM related fields of study,” Martin emphasized.

Each awardee was recognized with a large mock check with the scholarship or grant amount indicated on it with a presentation by Martin, Maj. Gen. Robert S. Ferrell, the commanding general of the U.S. Army Communications-Electronics Command, and Alyssa Ranson, outgoing chapter president.

Incoming chapter president Mike Bowen closed the event by calling attention to the chapter’s new challenge coin. Its motto is “Investing in the future.” He said the coin and its motto should serve as a prompt for each of the industry and government attendees to reflect upon their personal paths and those who invested time and talent to help them achieve their goals.

To the students and teachers present, he closed by simply saying, “The chapter is proud to be investing in you.”

AFCEA is a non-profit membership association composed of military, government,

industry and academia whose purpose is to advance professional knowledge in the fields of communications, information technology, intelligence, and global security. The Aberdeen Chapter has more than 450 members and meets on a monthly basis. More information about the organization can be found at: www.afcea-aberdeen.org.



Photo by Graham Snodgrass

Donna Doganiero, U.S. Army Public Health Command Occupational Health Sciences Portfolio director, shared cooking and shopping suggestions with USAPHC employees during the first in a series of “surviving the furlough” brown-bag lunches.

USAPHC employees share skills to ‘survive the furlough’

By **JANE GERVASONI**
U.S. Army Public Health Command

The U.S. Army Public Health Command has begun a series of “surviving the furlough” brown-bag lunches for its employees.

Over the course of the fiscal year, these courses will help employees stretch their budget dollars through such courses as preparation of frugal gourmet meals, bargain shopping and couponing, basic budgeting, container gardening, canning and preserving, and budget-savvy pet care. The courses are taught by USAPHC employee volunteers.

Donna Doganiero, USAPHC Occupational Health Sciences Portfolio director, taught the first in the series of planned sessions focused on strategies for eating well on a budget.

“Preparing for this session reminded me of college and grad school, when money was always tight,” said Doganiero. “Being of Italian descent, I have always enjoyed cooking and how food brings people together, and developing ideas for planning and preparing meals within a budget encouraged me to relook how I cook.”

Cooking is something that Doganiero does very well according to the employees who attended the brown-bag session.

“Donna made some wonderful and inexpensive black and red bean soup and some delicious cupcakes for us to try,” said Shirley Eller, G-6 Information Management secretary.

Besides providing some inexpensive foods to sample, Doganiero also gave some tips on saving money at the grocery store.

“Buying the large economy size is not always the least expensive option,” she said. “If you can’t store the economy size or if you end up with leftovers that go to waste, you have not saved money.”

She also explained how to use unit pricing to decide which size of a product is the least expensive.

Doganiero urged employees to make use of the Internet to compare prices at local stores, and explained how to look for grocery bargains.

“This was a combination of practical common sense reminders and inexpensive gourmet tips like adding almond extract to a boxed cake mix to enhance the flavor,” said Karen Deaver, USAPHC statistician.

“These sessions are opportunities to get together and see a different side of the people we work with,” Deaver added. “It is great that the command is putting these sessions on—it’s a little thing that shows we are all in this together.”

Tips to stay healthy at work

By **LISA YOUNG**
U.S. Army Public Health Command

Do you want to feel better and more energized at work? Simple changes to at-work habits can have a positive impact on staying healthy. Whether trying to manage a chronic condition or maintain a healthy lifestyle, the tips below can make a difference in your overall health and make your workday more enjoyable.

Eat better at work: Pack your lunch and keep healthy snacks on hand. Skipping breakfast decreases metabolism, so if you don’t have time to eat breakfast, pack your breakfast as well. Healthy snacks can help you resist the sugary foods that often plague the office. Good alternatives are cut-up vegetables, fruit slices, light popcorn, low fat whole-wheat crackers with peanut butter, and low fat soup in a cup.

Burn calories at work: Make office exercise a part of your daily routine by adding active activities or 10-minute “exercise blasts” to your office routine. Multiple increments of exercise can add up to the 30 minutes of moderate exercise per day that is recommended for health benefits.

■ Look for opportunities to stand, such as while talking on the phone. Walk to other offices as a substitute for local e-mails and phone calls.

■ Organize a walking group or schedule walking meetings. Do laps inside your building or take your walking meetings outdoors.

■ Take a one-minute “cardio burst” to march or jog in place, do jumping jacks, simulate jumping rope, or walk up and down the stairs.

■ Turn breaks into a short fitness routine. Store resistance bands or small hand weights in a desk drawer. Try these exercises:

* Arm curls: Hold weights at your sides, palms facing upward, bend your elbows, bring your hands up. Keep your arms by your side, lower your hands slowly and repeat.

* Side leg lifts: Stand straight, lightly brace yourself on a desk. Tighten your abdominal muscles and the muscles on your outer thigh. Raise your leg to the side, knee straight, foot flexed. Do 12 repetitions, and then repeat with the other leg.

* Oblique crunches: Sit up straight in a chair; clasp your arms behind your head with your elbows back. Tighten your abs as you bring your opposite knee up toward your opposite elbow. Alternate sides.

* Quad lifts: Sit in a chair with your abs contracted, extend your leg with your foot up, knee straight. Raise your

thigh off the chair, lower and repeat. Alternate legs.

Stretch more at work: For people whose jobs require them to sit for long hours, taking a few minutes to do stretches can relieve stress, increase productivity and make you feel better. Fit these stretches, along with relaxed breathing, into your schedule.

■ Neck stretches: Close your eyes. Let your chin drop down to your chest until you feel a stretch along the back of your neck. Slowly bring your shoulders up toward your ears, and then relax them down. Take the right ear to the right shoulder, then roll your head forward and then the left ear to the left shoulder. Keep the shoulders relaxed and do not hurry. Take three to five rolls and then switch directions for another five rolls.

■ Back stretch: With both feet flat on the floor, bring your hands onto your knees. On an inhale, arch the back and look up toward the ceiling. On the exhale, round the spine and let your head drop forward. Repeat for five breaths.

■ Seated forward bend: Push your chair back from your desk. Bring both feet flat on the floor. Interlace your fingers behind your back. Straighten your arms, drawing the interlaced fingers down. Fold at the waist, bringing your interlaced hands over your back. Rest your chest on your thighs and release your neck.

■ Seated spinal twist: Sit sideways in your chair, feet flat on the floor. Twist toward the back of the chair, holding the back with both hands. Repeat the other way.

By following these simple tips to eat better and move more during the work day you can improve your overall health. If you are interested in learning more ways to make the active choice the natural one, here are some resources:

■ Best healthy snacks in your supermarket, Web MD, www.webmd.com/food-recipes/features/the-best-healthy-snacks-in-your-supermarket

■ Exercise at Your Desk, Web MD Fitness & Exercise, www.webmd.com/fitness-exercise/features/exercise-at-your-desk

■ Exercises recommended by experts whose jobs involve studying motion and preventing obesity, www.washingtonpost.com/wp-srv/special/health/workout-at-work/

■ Mayo Clinic Desk Stretches: How-to video collection, www.mayoclinic.com/health/office-stretches/MY00921

■ Break Pal – Fitness at Your Desk (daily Web-based exercise reminders), www.breakpal.com/

APG SNAPSHOT

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



Photo by Rachel Ponder

APG GARRISON SAFETY OFFICE HOSTS BIKE SHOW

(From left) Jim Conlon, from CERDEC and Bob Hansen, from Cape Fox Government Services, participate in a slow ride contest, which tests the rider's ability to balance on a motorcycle, during a bike show hosted by the APG Garrison Safety Office at the installation's motorcycle range May 23.



Photo by Rachel Ponder

GREEN THUMB

(From left) Rodney Williams waters onion and romaine lettuce plants as Jaden Lindsay looks on at the APG South (Edgewood) youth center garden. Other plants in the garden include cabbage, broccoli, radishes, green beans, marigolds, rosemary, sage, thyme, peppermint, strawberries and more. The center's garden is an ongoing 4-H project that began last year.



Photo by Rachel Ponder

RESIDENT APPRECIATION

Alex Swails and Patrick Cassidy observe rabbits at the petting zoo during the Resident Appreciation Celebration hosted by Corvias Military Living May 23. Other activities included face painting, karaoke, dancing. Residents were also treated to a meal of hot dogs, hamburgers and watermelon.



Photo by Rachel Ponder

READING PROGRAM

Nelder Smothers, MWR library employee, reads to Phillip Johnson, 4, during Children's Story Time May 21. The library hosts this event every Tuesday at 11 a.m. to promote reading comprehension. The APG Library will also host a Children's Summer Reading Program from June 17 to July 19. The first 20 children to register will receive weekly prizes and incentives. For more information call 410-278-3417/4650.



PAST MEETS PRESENT

(From right) Senior installation and CECOM commander Maj. Gen. Robert S. Ferrell converses with a volunteer in period dress and a militia man from the Fort McHenry Guard Fife and Drum Corps during the War of 1812 Bicentennial reception at the Havre de Grace Decoy Museum May 4. Thousands of spectators swarmed the picturesque town during the May "Attack on Havre de Grace" commemoration weekend, marking the official kickoff of year-long War of 1812 activities for the Maryland Chesapeake Campaign.

Photo by Capt. Jonathan Fredritz

Many museums free to Soldiers, Family members

Continued from Page 1

and science museums and nature centers. The program grows every year, with more than 450 new museums registering as first-time participants this year, and is made possible through collaboration among the National Endowment for the Arts, Blue Star Families and the Department of Defense.

“Blue Star Museums is something that service members and their Families look forward to every year, and we are thrilled with the continued growth of the program,” said Blue Star Families CEO Kathy Roth-Douquet during a recent press event at the Smithsonian American Art Museum in Washington, D.C. “Through this distinctive collection, service members and their Families can connect with our national treasures and enjoy an unparalleled opportunity to visit some of the country’s finest museums for free.”

Tory Harris, from the Please Touch Museum in Philadelphia, said that Blue Star Museums gives military Families an opportunity to relax, have fun, and learn together.

It’s a great way to give back to military workers and their families for all they do each day.

Jessica Williams

Title Baltimore Museum of Industry

“The Please Touch Museum shares the Blue Star Museums commitment to making the arts accessible,” Harris said. “We truly believe that having grandparents, parents and children together enjoying our exhibits, toy collections and the amazing history of this building promotes happiness and fosters well-being among the Family.”

Elizabeth Ricci, from the Havre de Grace Maritime Museum, said that the museum decided to participate in the program because of its close proximity to APG. Havre de Grace Maritime Museum includes military-related exhibits, including the Navy’s influence in the War of 1812.

Dana Kirn, from the B&O Railroad Museum, said that many military Families have taken advantage of the Blue Star Museum program.

“Current exhibits that might interest military Families is the ‘War Came by Train’ commemorating the 150th anniversary of the American Civil War,” Kirn said. “The museum has the largest collection of Civil War locomotives and rail cars in the world as well as a rare small artifacts collection.”

Kirn added that the museum’s affiliates, the Ellicott City Station and Mount Clare Museum House, also participate in the Blue Star Museum program.

Jessica Williams, from the Baltimore

Museum of Industry, said that visitors enjoy learning about Baltimore’s industries and inventions, and touring the newest exhibit “Maryland Lottery: 40 Years 40 Stories,” which features historic news articles, creative marketing and advertising concepts, unique game artifacts and more.

“It’s a great way to give back to military workers and their families for all they do each day,” Williams said.

The free admission program is available to any bearer of a Geneva Convention common access card (CAC), a DD Form 1173 ID card, or a DD Form 1173-1 ID card. For a complete list of participating museums, visit www.arts.gov/bluestarmuseums. All summer, Blue Star Museums will share stories through social media. Follow Blue Star Museums on Twitter, Facebook, and read the Blue Star Blog, <http://bluestarblog.arts.gov/>, for profiles of participating museums, stories about military Families, and tips on getting the most out of a visit.

Furlough forces Tuesday Commissary closures

Continued from Page 1

ing,” finding their store and clicking on “local store information.” Patrons are reminded that because sequestration is so fluid, DeCA’s plan for this budget-cutting measure is subject to change.

DeCA decided on Monday closures after weighing the potential disruption to patrons and suppliers of having rolling furloughs, where closure dates would differ from store to store. Universal Monday closures are less disruptive to shoppers and the agency’s industry partners – vendors, suppliers and distributors – who deliver products daily to DeCA’s commissaries.

Store staffs overseas include a mix of U.S. and local national employees. Because they are not U.S. government employees, local national employees are not subject to this furlough actions. Select locations overseas will open if they have an adequate local national staff. However, if an overseas store is closed, its local national staff will report to work and perform other store-related duties.

In January, DoD released guidance to allow defense components to plan for potential budget cuts by reducing operating costs. In line with that direction,

DeCA later executed the following budget-cutting measures:

- A hiring freeze on all outside hires
- Curtailment of official travel for all conferences, training and any other events and activities considered noncritical to the agency’s mission
- Cancellation of the agency’s May Worldwide Case Lot Sales for all commissaries. Instead, stores are conducting smaller-scale events such as outdoor sidewalk sales
- Curtailment of all overtime and compensatory time unless deemed

mission-critical

- Review of contract services to restrict any increases
 - Curtailment of all monetary awards unless legally required
 - Postponement of all Guard and Reserve on-site sales scheduled after July 8 until further notice.
- “We are in this together,” Jeu said, “and though limited in our ability by circumstances we cannot control, I assure you we will do all we can to mitigate the impact of sequestration on our patrons, employees and industry partners, and on our mission.”

DoD civilians at APG mentor AHS students

Continued from Page 1

an area of interest. Many students chose a field of study they plan to pursue in college.

“Without mentors the students would have no senior projects,” said SMA Program Specialist Sarah Voskul. “The mentors are key. They are the experts in the field that guide student work and research. Having the experience of completing a senior research project with a mentor in the scientific community is one of the things that set the SMA apart.”

Throughout their high school careers SMA students are introduced to a variety of research and career options in biotechnology and medical sciences; computational sciences and mathematics; geosciences and environmental sciences.

“The SMA is both a challenging and

rewarding program,” Voskul said. “Students are pushed to do their very best and leave with skills that set them up for success in college. To be successful a student must be willing to work hard and accept that it may take some time to figure out an assignment. Our graduates often tell us how easy their transition into college was because of the rigor of the assignments we had them do in high school.”

Dr. Vicky Belivaqua from the U.S. Army Edgewood Chemical Biological Center, said that she enjoyed working with Laura Robusto, on a project called “Analysis of microorganisms in concentrated and nonconcentrated samples from the Susquehanna River.” Belivaqua said that five ECBC employees worked with Robusto, giving her the experience of

working on a team project.

“The capstone project gives students a chance to work on a problem that might not already have an answer,” Belivaqua said. It gives students a chance to develop their research skills, test a hypothesis. Students can come up with fresh ideas you don’t expect, so working with students helps us too.”

“Being in the SMA program helped me develop my confidence and presentation skills,” Robusto said.

After the gallery walk, there was a program celebrating SMA’s class of 2013, where certificates, coins and special awards were given. The following students received special awards:

Special Awards

- The Dr. Bill Richardson Award for

Maintaining a Creative Vision for the Future to Andrew Montgomery

- The Robert L. Johnson Award for Excelling at Perseverance and Problem Solving to Micah Jaffe

- The Brian Simmons Award for Character and Integrity to Sarah Morris

- The C. Warren Mullins Award for Demonstrating Outstanding Leadership Potential to Maggie Weese

- Dr. Dennis L. Kirkwood Award for Demonstrating an Exceptional Work Ethic to Dianna Kitt

- The Donna M. Clem Award for Exemplifying the Spirit and Purpose of the SMA to Blaise Curtis

For more information on the SMA, visit www.scienceandmathacademy.com/.

Heroes honored at Memorial Day ceremony

Continued from Page 1

wives, infants and government civilians who once lived and worked on APG and charged listeners to “remember them as well as others” and to continue to decorate their homes, neighborhoods and towns on Memorial Day.

“Continue to celebrate freedom,” he said. “Every service member and Family member has a military story. A decoration is our way of gracing someone’s memory and service with honor.”

The ceremony included music by the U.S. Army Field Band brass quintet from Fort George G. Meade. Garrison Chaplain (Lt. Col.) Jerry Owens delivered the invocation and benediction; the RDECOM color guard posted the colors, and Soldiers of the 22D Chemical Battalion, led by Staff Sgt. Wilson Phillips,

It’s just right that we honor those who gave all for us. If not for them we wouldn’t be standing here now.

Jerry Morgan - Vietnam-era veteran

rendered a firing salute. Ladies Auxiliary members from American Legion Post 17, Veterans of Foreign Wars Post 5337, and the Corpus Christi Council conducted the traditional Placing of Wreaths.

Guests included Installation and CECOM Command Sgt. Maj. Kenis Dent, Gary Martin, deputy to the CECOM commander and Glenn Wait, deputy to the Garrison Commander.

Robert Carter of JPEO CBD was the

master of ceremonies.

Attendees at the program expressed appreciation for Abramson’s speech and the overall ceremony.

“I thought his speech was outstanding and a great way to encourage people to continue honoring our Soldiers,” said 22D Chemical Battalion Command Sgt. Maj. Montonya Boozier.

Vietnam-era veteran Jerry Morgan and his wife Kathy, members of Post

17 in Edgewood, said they attend yearly because “it’s the right thing to do.”

“I appreciate the ceremonies every year and I liked this one very much,” said Kathy Morgan.

“It’s just right that we honor those who gave all for us,” Jerry Morgan added. “If not for them we wouldn’t be standing here now.”

An emotional Paul Newcomer, a World War II veteran and Bel Air resident said he has attended APG’s Memorial Day Tribute for the past six years.

“I think it’s very important that we have these kinds of ceremonies,” he said. “That was a great speech. I keep coming because I love my country.”

View more photos of the APG Memorial Day Tribute at flickr.com/photos/usagapg.

As chief of the Office of the Staff Judge Advocates’ Client Services Division, Eric Feustel supervises staff members who provide Legal Assistance; Personnel, Tort and other Claims Processing; Real Estate Expense Reimbursement review and Income Tax Services to the APG community.

Feustel also briefs service members and civilians new to the installation during the Garrison’s quarterly Newcomer Briefings at the APG North (Aberdeen) recreation center. The next Newcomer’s Briefing is scheduled for 1 to 3 p.m., July 24.

In addition to his responsibilities at APG, Feustel is an adjunct professor in the Business, Computing and Tech-



Eric Feustel Chief, Client Services Division, OSJA

nology Division at Harford Community College, and he holds a reserve commission as a lieutenant colonel in the Army Reserves. A graduate of the University of Maryland Law School, Feustel has been practicing law in the state since 1997.

He said that all CAC ID card holders are welcome to attend a quarterly legal speaker series. Subjects, times and dates will be listed in the APG News along with other important legal issues on an as-needed basis.

“People” are what make his occupation so rewarding, Feustel said.

“The best part is working with a professional and dedicated staff and serving the very best clients in the world. I particularly enjoy meeting the legal needs of the installation’s deploying service members and civilian employees.”

The Client Services Division is located on Susquehanna Avenue in Bldg. 4305, 3rd floor, room 317. Hours are 8:30 a.m. to 1 p.m., Monday through Friday. Clients should call ahead to confirm the availability of certain services.

For more information, call 410-278-1583 or visit the Client Services Division website on the APG Garrison homepage at <http://www.apg.army.mil>.