



APG NEWS

Published in the interest of the people of Aberdeen Proving Ground, Maryland

www.teamapg.com

THURSDAY, APRIL 17, 2014

Vol. 58, No. 15

APG welcomes new SARC coordinator

Story and photo by **DEBORAH INCE**
APG News

Theresa Owolabi brings years of experience to her new position at APG as the Sexual Assault Response Coordinator. Owolabi has served as a unit victim advocate and a unit drug and alcohol coordinator in Kaiserslautern, Germany, as the installation sexual response coordinator at Fort Irwin, Calif., and as the victim advocate coordinator at Fort Campbell, Ky. She also worked with midshipmen at the United States Naval Academy after moving to Fort Meade, Md.



Owolabi

See SARC, page 12

APG Drug Take-Back campaign runs April 21-25

by **RACHEL PONDER**
APG News

Next week, the Army Substance Abuse Program and the Directorate of Emergency Services Community Policing personnel will join the Drug Enforcement Administration in providing the public an opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous, unused, and unwanted prescription drugs.

This is the eighth time that ASAP and DES have co-sponsored the APG Prescription Drug Take-Back Campaign. Last October, ASAP and DES collected more

See ASAP, page 12



Photo by Joel Martinez

(From left) Lt. Gen. David D. Halverson (left) accepts the colors from Vice Chief of Staff of the Army Gen. John F. Campbell, and assumes duties as commanding general of the U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management, as outgoing IMCOM commander Lt. Gen. Mike Ferriter looks on, during a change-of-command ceremony at Joint Base San Antonio-Fort Sam Houston's MacArthur Parade Field, April 8.

IMCOM welcomes new commander

By **AMANDA KRAUS RODRIGUEZ**
IMCOM

During a ceremony on MacArthur Parade Field at Joint Base San Antonio-Fort Sam Houston April 8, Lt. Gen. David Halverson took command of the U.S. Army Installation Management Command from Lt. Gen. Michael Ferriter.

Halverson, who also becomes the Army's Assistant Chief of Staff for Installation Management, or ACSIM, came to IMCOM from the U.S. Army Training and Doctrine Command, where he served as deputy commanding general for almost two years.

"When we go to war, it is IMCOM

that stays home and takes care of our families," said Army Vice Chief of Staff Gen. John Campbell, who presided over the ceremony. "So, we put our best and brightest to that task. I have full faith in this new team."

See HALVERSON, page 12

Tuskegee Airmen visit ChalleNGe cadets

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

Five documented Tuskegee Airmen visited the Freestate ChalleNGe Academy at the APG South (Edgewood) recreation center April 11.

All members of the East Coast Chapter of the Tuskegee Airmen Inc. (ECCTAI), based in the Washington D.C./Baltimore area, the Airmen shared their stories and talked about how they overcame difficult obstacles on the road to success.

Members of the APG leadership in attendance included Installation and Communications-Electronics Command Sgt. Maj. Ken-

See CHALLENGE, page 14

(From left) After lunch at the APG South (Edgewood) dining facility, Tuskegee Airman William Fauntroy, Jr., shows Cadet Aryonia Skipwith photos of the history-making Airmen. Fauntroy shared several stories with the Freestate ChalleNGe Academy cadets.



DPW has potholes covered for APG drivers

Story and photo by **DEBORAH INCE**
APG News

Life's roads can toss up many curves and potholes.

And for Aberdeen Proving Ground drivers, said potholes appear a little more frequently than most would like.

Because of the recent harsh winter weather conditions, APG is experiencing an increase of potholes on the installation, that are not only cumbersome to drive over, but are also rough on vehicles.

"It's definitely a lot worse this year because of the cold temperatures and freezing and thawing cycles," said John Fink, chief of the Operations and Maintenance division of the Garrison's Directorate of Public Works (DPW).

Potholes can cause a multitude of damages to

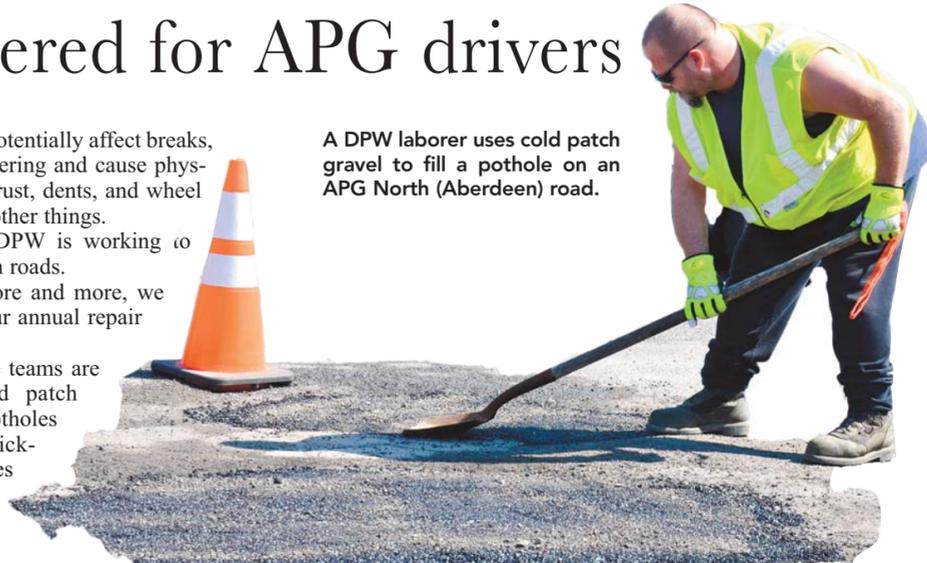
cars and trucks, and potentially affect breaks, shocks, struts and steering and cause physical damage such as rust, dents, and wheel rim damage, among other things.

Because of this, DPW is working to remove potholes from roads.

"When we see more and more, we also put those into our annual repair plan," Fink assured.

DPW maintenance teams are currently using cold patch gravel to fill in potholes on APG. This quick-and-easy fix patches the holes and makes roads driveable

A DPW laborer uses cold patch gravel to fill a pothole on an APG North (Aberdeen) road.



See POTHOLE, page 12

ONLINE

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

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WEATHER

Thursday

Mostly Sunny
chance of rain 0%



56° | 37°

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OPINION

STREET TALK

Do you do anything to conserve energy or natural resources?

We do recycling at the house and help with canned food drives.



Paul Levere
Retired Air Force

I recycle, and I'm always walking around the house turning lights off or turning off the TV when we're not using it. We also had the power company come out and change all the light bulbs.



Karyl Louthian
Retired Army spouse

We recycle and do our own mulching; we limit our water use and try to use reusable fuels as much as possible. We also change the temperatures in the house to reflect the season temperatures.



Rich Moyers
ARL research analyst/officer

We recycle at least once a week, and we are very cautious of our water supply because we're on a well. We also don't use pesticides.



Elizabeth Tuck
Retired Army spouse

I would like to do more organic gardening. I have a garden with tomatoes, yellow and red peppers, squash, eggplant, and soon, hopefully pumpkin.



Dan Tuck
Retired Army

This is only the beginning

By **RACHEL PONDER**
APG News

This week marks the last weigh-in for the Garrison Slim-Down Challenge. I can confidently say that I will not be the "Biggest Loser" but I am okay with that. I will happily congratulate whoever wins. I started out strong in the beginning of the challenge but I had some setbacks on the way. I was sick several times during the challenge and each time I gained back a few pounds.

Also, I admit I was resistant to changing some of my habits, or adopt new ones. The biggest hurdle for me was tracking what I eat. I felt like tracking my calories was a bit obsessive, so I didn't do it. But I wasn't showing any progress and by my second Army Wellness Center appointment, the health educator working with me, Erin, was able to convince me. She asked me why I didn't want to do it, and I said "Well, I guess I don't really want to know how many calories I am eating a day. That number is probably too high." So, in other words, I wanted to live in denial.

That night I set up my online journal. Journaling online is very easy, with smartphone technology. If the food is packaged, all you have to do is put the phone up to the package and it automatically records your calories, fat, sodium and more. When you track your calories, you are more aware of what you are eating. One day I was tired and I hadn't eaten much all day. I picked up a large chocolate chip muffin but quickly put it back down when I saw that it had more than 650 calories. I did not want to put a 650-calorie muffin into my journal, so I decided to have a grilled chicken sandwich instead. Another advantage to



Ponder

online journaling is that you can have "friends" join your page, kind of like Facebook. I am friends with two ladies in my office, and we occasionally talk about our diets. That little bit of support helps.

I also cut out most fast food meals. I know that sounds like common sense, but I really did not want to give up fast food! Now, instead of picking up fast food on the way home from work, I cook lean chicken or fish and a side of vegetables. I have started to look forward to these meals, they taste better than fast food and they are guilt-free.

I am also grateful that the friendly staff at the Army Wellness Center will continue to help me on my weight loss journey. If you are struggling to lose weight, I highly encourage you to call AWC and set up an appointment. The staff at AWC will track your blood pressure, weight, body fat, inches lost, and more.

If you need weekly support, you can join a local weight loss support group and get weighed-in. I do this, and I find it very helpful, because it makes me more accountable. We share what works for us and what doesn't. We belong to the group because we want to lose weight or maintain a healthy weight, and we tell each other to "never give up."

I am thankful to each person that has helped me on my weight loss journey. Many people in the APG community have said encouraging words to me, and a few have even joined me for exercise classes in the gym. We are lucky to have so many free resources at APG, so use them! Go outside your comfort zone and try a new exercise class, you might even have a little fun.

I have 75 pounds to lose, so it will be a long journey but it will be well worth it. Above all, I want to have more energy, and just get "more" out of life. So, I encourage all of you working on your own weight loss goals to not give up. This is only the beginning.

Spring springs everything from flowers to skunk cabbage

Story and photo by **DEIDRE DERIOIA**
DPW

Now that spring is finally here, the birds are singing, the flowers are beginning to bloom, and the smell of skunk is in the air. The scent isn't from a furry black-and-white animal, but from one of the first wildflowers to make its appearance on APG, skunk cabbage.

Skunk cabbage derives its name from the pungent skunk-like odor released when any part of the plant's large leaves, which grow in a rosette shape somewhat like a cabbage, are damaged.

Skunk cabbage is one of the few plants with the ability to regulate its temperature just like a warm-blooded animal. Through a process known as thermogenesis, skunk cabbage begins to break down carbohydrates stored in its underground



Skunk cabbage

stem. This generates enough heat to melt snow and ice and allow the rapidly-growing flower to emerge above the frozen ground. The heat also spreads the odor of the flowers and attracts early spring pollinators, particularly flies and gnats, which come to eat and take refuge in the flower structure.

Skunk cabbage grows in mucky soil, along streams or springs, in woods, thickets, and bogs. Its roots have the ability to grip wet soil. The roots grow down and then contract, pulling the plant into the soil by as much as one-fourth of an inch each year. The leaf and flower stems are forced underground during this process as well, making for an increasing amount of below ground surface area and strengthening the skunk cabbage's grip on its home in the wetland.

By early summer, the leaves of skunk cabbage begin to decay. Unlike other plants whose leaves dry up and fall, the skunk cabbage's leaves dissolve into a black and slimy substance that soaks back into the ground. The round, berry-like fruits that flower during spring remain, to be eaten, to decompose, or to germinate and add a new plant to next year's skunk cabbage colony.

Weekly Activities for Month of the Military Child

APG North (Aberdeen) youth center

Thursday, April 17: Sports Team Day
Friday, April 18: Purple Up!
Monday, April 21: Poetry Monday
Tuesday, April 22: Purple Party Day
Wednesday, April 23: Save the Elephant Day

APG South (Edgewood) youth center

Thursday, April 17: Power Hour
Friday, April 18: Make Your Own Sundae
Monday, April 21: Power Hour
Tuesday, April 22: Earthy Colors Day
Wednesday, April 23: Favorite Card Game

APG North (Aberdeen) Child Development Center

Thursday, April 17: Rainbow Roses
Friday, April 18: Sensory Bottles

Monday, April 21: Fiesta Craft
Tuesday, April 22: Fiesta Craft
Wednesday, April 23: Fiesta Snack

APG South (Edgewood) CDC

Thursday, April 17: School Picture Day
Friday, April 18: Funny Hat Day
Monday, April 21: Helicopter Visit
Tuesday, April 22: Earth Day
Wednesday, April 23: Patriotic Colors Day

Bayside CDC

Thursday, April 17: Ice Cream Social
Monday, April 21: Clean Your Community Day
Tuesday, April 22: Earth Day
Wednesday, April 23: Wear Green Day

APG SEVEN DAY FORECAST

Thurs



56° | 37°

Fri



55° | 42°

Sat



64° | 41°

Sun



62° | 43°

Mon



65° | 51°

Tue



65° | 50°

Wed



72° | 52°

APG NEWS

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298-7274; send a fax to 410-278-2570; send e-mail to Editor patricia.g.beauchamp.civ@mail.mil or contact Assistant Editor Yvonne Johnson, 410-278-1148, Reporter Rachel Ponder, rachel.e.ponder2.ctr@mail.mil or 410-278-1149 or Reporter Deborah Ince, dinceapgg@gmail.com or 410-278-8759. Deadline for copy is Thursday at noon for the following Thursday's paper.

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Spring Technology Expo set for April 23

By **RACHEL PONDER**
APG News

See the latest in technology at the Spring Technology Expo from 9:30 a.m. to 1:30 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, hosted by the Edgewood Chemical Biological Command/Corporate Information Office.

More than 75 vendors with state-of-the-art technologies and innovations will be on hand. ECBC/CIO has hosted this event every year since 2000 with Federal Direct Access Expositions, a company based out of Ellicott City, Md.

“On average, 450 to 600 people attend the APG Spring and Fall Technology Expos,” said Mark Flemister Exhibit Sales and Vendor Relations for FDAE.

Flemister said the expos are held twice a year at APG, due to popularity and because technology is always changing.

“Come see the latest and greatest computer, networking and printing equipment that is currently available,” he said.

Flemister said the expo gives customers a chance to interact directly with businesses. The event will include technology briefings and hands-on demonstrations. Briefings will be taught by information



Photo by Yvonne Johnson

(From left) Steve Yosh, director of sales for NCS Technologies, Inc., talks multi-client stations with Australian Army Lt. Col. Matthew Kitchin, who is serving with the Communications-Electronics, Research, Development and Engineering Center, during the 2013 Spring Technology Expo at the APG North (Aberdeen) recreation center.

technology subject-matter experts who will offer APG employees technical solutions relevant to challenges they might face while supporting their missions.

Representatives from SMS will give a presentation on cyber security at 9:30 a.m. At 10:30 a.m., Chatsworth Products will present “Data Center Containment in Dollars and Sense.”

“This presentation will illustrate the compelling energy efficiencies and operational savings available by deploying IT equipment in aisle or cabinet containment configurations,” Flemister said.

At 12:45 p.m., NCS Technologies will give a presentation on laptop computing called “Zero Client Laptop supporting Virtualization: Break Mobile Computing Security Barriers Laptop Computing with No Boundaries.”

The Spring Technology Expo is free and open to DoD civilians and contractors with access to APG. Refreshments will be available. Pre-register online at <http://www.fdaexpo.com/register.php?id=138>. For more information contact Mary McCully, ECBC/CIO Acquisition Team at 410-436-2625 or FDAE toll-free at 877-332-3976,



Rhonda Simons Family Child Care Director

Rhonda Simons is the APG Family Child Care director. She has been in this position since December 2013. Before coming to the FCC program, she worked on and off at the APG South (Edgewood) Child Development Center since 1990, taking breaks in service to help raise her children.

The FCC is an extension of the Family and Morale, Welfare and Recreation’s Child, Youth and School Services program. FCC provides reliable, responsible child care in small group settings.

“Some children thrive in a small group

setting,” she said. “It is an extra option.”

FCC-certified homes are located in APG housing areas and off post in Harford County (Aberdeen, Edgewood, and Belcamp).

“The ultimate goal is to have enough homes to meet the needs of our community,” Simons said.

Simons’ responsibilities include overseeing the FCC program and ensuring providers follow the policies, procedures and guidelines set by the Army. Simons said that FCC providers are required to have the same training as CDC and

youth center staff members.

All FCC providers complete an intensive screening process. They undergo background checks and comprehensive training that includes cardiopulmonary resuscitation (CPR), automated external defibrillator (AED) and first aid certification; sanitation and food handling; safety and fire emergency procedures; sudden infant death syndrome (SIDS) and child abuse awareness; nutrition and more. Simons oversees two FCC staff members, who assist with quarterly home inspections and coordinate required trainings.

The FCC program offers flexible care options, including full-time, extended hours, part-time and hourly care. Twenty-four hour, night and weekend care is offered to Families with mission-related needs.

Simons credits FCC providers for their dedication to the program. In addition to following the CYSS Creative Curriculum, each provider plans special

activities throughout the year. These activities include trips to parks, libraries, pools, child-friendly restaurants and other outings.

“We have a phenomenal group of providers,” she said. “I would put my own child in the program, without a shadow of a doubt.”

Simons holds a bachelor’s degree in early childhood education from Ashford University. This fall, she plans to pursue a master’s degree in early childhood education.

Raised in a military Family, Simons said she understands the special needs of the military community.

“The training program that the Army offers is a higher standard. I believe in that, and I believe it is a good foundation to have in our programs.”

Simons’ office is located on the second floor in Bldg. 2503. Simons can be reached at 410-278-7477 or email rhonda.a.simons.naf@mail.mil Monday through Friday from 7:30 a.m. to 5 p.m.

Community meeting focuses on housing renovations, road upgrades

By **DEBORAH INCE**
APG News

The Community Voice Committee, or CVC, held its second meeting of the calendar year April 8 in the Garrison Main Conference Room.

The committee, which meets bimonthly, is led by Garrison Commander Col. Gregory McClinton and Garrison Command Sgt. Maj. James Ervin.

“This is part of the colonel’s efforts to gather representatives of the APG community and have a roundtable discussion on issues that affect the quality of life on post,” said Staff Action Officer Karen Dern of the Office of the Garrison Commander.

Topics discussed included safety, Directorate of Public Works (DPW) projects, aggressive driving, and public affairs updates.

During each meeting, the committee agrees on closed issues from the previous meeting, receives updates for ongoing issues, and examines current issues provided prior to the meeting. Members are also given the opportunity to submit new issues for future review.

Organization reps brief issues

Installation Safety assured members that as the weather continues to warm, DPW will continue mending potholes and re-painting crosswalks.

Kirk U.S. Army Health Clinic announced that an Army-wide program consisting of a 24-hour nurse advice line is still in the testing phase throughout the Army, but patients can still call 410-278-KIRK and ask to speak to a nurse.

The Garrison Public Affairs Office announced that the new web portal is still under development, and they will continue to run message boxes in the APG News for aggressive driving. Updates on the web portal and imple-

“People like it when they can come and sit down and discuss issues concerning them. They feel like their needs are being heard by the head of the Garrison. ... I think it helps build the community in general because everyone can come together. They have a voice and feel they have a say.”

Karen Dern

Staff Action Officer of the office of the Garrison commander

menting a new mass notification system will be presented at the next CVC meeting.

DPW also announced that there was a site visit on April 14 for the running track at Fanshaw Field and that it will work with contractors on initial track design. Acquiring permits from the Maryland Department of the Environment for the project could take up to a year, but DPW staff is working to expedite the process; actual construction will take up to three months. An official date for construction has not been set, as the project is contingent upon permit acquirement.

DPW is also working on re-striping turn lanes and adjusting traffic light timing at the intersection of Maryland and Aberdeen boulevards.

Aggressive driving will continue to be closely monitored, and all APG tenants are encouraged to report any aggressive driving incidents to APG police.

The Directorate of Emergency Services will make every effort to ensure that Gate 22 remains open for safety reasons when inclement weather closes the post.

The new senior commander will assume command on May 20.

Corvias Military Living presented its Long Term Renovation Plan, which stat-

ed that in 2014, Corvias will demolish 110 homes—100 in New Chesapeake and 10 in the Bayside housing areas—and will begin converting the new Bayside homes into town homes and single family homes with two-car garages. The Bayside neighborhood center is also on track to open either May 21 or 22.

Active shooter training will also soon be scheduled for all APG residents.

Corvias also announced that the school bus shelters on School Street will not be demolished, and plans for constructing a dog park and community garden plots are still under consideration. The current recycling boxes at residences will also be replaced with larger recycling bins and bulk trash will start to be picked up on Wednesdays.

APG Family and Morale, Welfare and Recreation is exploring options to decrease the deer population on APG North (Aberdeen), including adding the Plumb Point Loop area to the annual deer hunt.

Dern said the CVC will continue pursuing issues until they are resolved or addressed.

“People like it when they can come and sit down and discuss issues concerning them,” Dern said. “They feel like their needs are being heard by the head of the Garrison. ... I think it helps

build the community in general because everyone can come together. They have a voice and feel they have a say.”

The CVC will soon have a link on the APG website where people can obtain updates on community issues. Post community members can submit any issues or concerns by using the Interactive Customer Evaluation system, which allows individuals to rate post services online. ICE is accessible via its website, ice.disa.mil.

Organizations represented at last week’s meeting included the U.S. Army Communications-Electronics Command; U.S. Army Test and Evaluation Command; U.S. Army Research, Development and Engineering Command; Garrison Headquarters and Headquarters Company; APG Commissary; APG Civilian Personnel Advisory Center; Corvias Military Living; the Directorate of Emergency Services; Joint Program Executive Office for Chemical and Biological Defense; Army and Air Force Exchange; U.S. Army Network Enterprise Center; APG Family and Morale, Welfare and Recreation; Department of Plans, Mobilization, Training and Security; and the Directorate of Public Works.

The CVC will hold its next meeting in June.



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APG newcomers event highlights post services for Soldiers, Families

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

Dozens of Soldiers, civilians and Family members received the low down on what's up at Aberdeen Proving Ground during the April 9 installation Newcomer's Orientation. Post organization and vendor displays from off-post service providers greeted guests to the event which was highlighted by presentations from Garrison directorates and included door prizes and refreshments.

Hosted by Army Community Service, the quarterly event, which is mandatory for active duty military, provides newcomers to the installation the chance to meet face-to-face with service providers throughout the installation and in the local community. Organizers said they welcome the opportunity.

"We want people to know we offer a lot of religious services," said Chaplain (Maj.) James Collins, the post's Catholic chaplain. "The door is always open. We're here to support you emotionally and spiritually so whatever experience you have here will be a joyful one."

Pedro Rodriguez from the installations Emergency Operations Center cautioned listeners to be prepared for emergencies – natural, accidents or acts of terror. He cited the 2011 East Coast earthquake incident during which millions of people lost cell phone connections and were unable to check on Family and friends.

"The best way to prepare is to follow the Ready.gov suggestions: Build A Kit, Make A Plan, and Be Informed," he said. For more information, visit <http://www.ready.gov/>.

He added that terrorist acts remain a

threat and encouraged listeners to stay aware and report suspicious observations. Learn more at <http://www.myarmyonesource.com/default.aspx>.

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

Directorate of Emergency Services Police Chief Joel Holdford added that emergency responders in the fire and police departments take installation security "very seriously."

Briefing on the 911 Emergency Call Center, Holdford cautioned listeners that when calling 9-1-1 from a cell phone or from the housing areas to first state that they are "calling from Aberdeen Proving Ground."

"You will immediately be switched to an APG dispatcher he said, adding that emergency calls from post barracks and office buildings go straight to the post 911 Call Center.

Holdford reminded listeners that texting and using hand-held cell phones while driving is prohibited on the installation as well as in the state of Maryland and suggested drivers familiarize themselves with the high volume hours or construction situations affecting traffic to ease their commutes.

Other presentations included the Army Substance Abuse Program; the Office of the Staff Judge Advocate Client Services Division; Child, Youth and School Services; and Corvias Military Housing. In addition, listeners were reminded that APG will sponsor events throughout the month in recognition of Sexual Assault Awareness Month; and Month of the Military Child as well as Alcohol Awareness and screening events.

Attendees said they learned a lot.

"I received a lot of new informa-



Pedro Rodriguez of the Garrison's Emergency Operations Center briefs listeners about using the emergency preparedness website www.ready.gov to prepare for the unexpected during the quarterly Newcomers Orientation at the APG North (Aberdeen) recreation center April 9.

tion," said Capt. Masiray Kanneh-Peart of the Army Contracting Command who's been on the ground here at APG just two weeks. "Now I'm looking forward to my tour," she said.

Motorcycle rider, Pfc. Alfredo Rodriguez of the 20th CBRNE Command, said he gained valuable information concerning motorcycle requirements on post from DES representatives.

"I knew some of it but I also learned something new," he said.

At the CYSS table, Family Child Care Director Rhonda Simons engaged visitors in conversation along with Judy Bennett of Parent Central Registration. They said they

answered inquiries concerning childcare services and summer camp.

"These are normal concerns of parents new to the area," Simons said. "That's why we're here."

Marilyn Howard, ACS lead for the event, thanked all participants and volunteers for coming out to welcome the newcomers.

"This is a vital event to help make the transition to APG run smoother for our Soldiers, civilians and their Families," she said.

She added that those unable to attend can stop by the ACS in Bldg. 2503, first floor, for a welcome packet. For more information, call 410-278-9669.



MORE ONLINE

To view more photos of events going on at and around the U.S. Army Garrison Aberdeen Proving Ground, visit the garrison Flickr site <http://www.flickr.com/photos/usagapg/> or scan the QR code.

CORRECTION

An article published in the APG News Thursday, April 10, 2014, titled **New flag pole picked for first EUL project**, misstated that EUL funds are used at the discretion of the APG Garrison Commander to improve the installation. In fact, proposals for the use of EUL funds are presented to the Working Level Real Property Planning Board. Proposals then move to the Installation Council of Colonels for comment. Finally, projects are reviewed and voted on by the Installation Planning Board with final approval residing with the senior commander.

Worker bees shine during volunteer month

By **DEBORAH INCE**
APG News

Melinda Conway

Melinda Conway's volunteer resume reads like a book.

When the military mom isn't helping with the Parent Teacher Student Association (PTSA) at Aberdeen High School where her son attends, she is either devoting her time to Army Community Service, is serving as the administrative coordinator for the Protestant Women of the Chapel, helping with the Aberdeen Proving Ground Better Opportunities for Single Soldiers program, volunteering at a dairy store in Bel Air, or with the United Services Organization (USO) where she's worked with the military's United Through Reading program for seven years.



Conway

Though she may be busy, Conway said she wouldn't have it any other way. "I've always been a big volunteer," she said. "I enjoy volunteering. I like to help out communities and military Families."

Conway has been a military wife for 15 years. She currently resides on APG North (Aberdeen) with her son, Jordan, and her husband Sgt. 1st Class Joseph Conway.

She soon will accept the position of the new Family Readiness Group leader at the U.S. Army Aberdeen Test and Evaluation Command, where she will be giving spousal support and providing information to military Family members.

"I enjoy helping others, and it's the main reason why [I volunteer]," she said. "I want the community to always be better and strive to do better things. Seeing someone else smile and seeing something being done makes it worth it. I enjoy helping others and making it a better place for younger generations."

Sevil Morris

For now, Sevil Morris has made volunteering her full-time job, devoting her time as the receptionist for Army Community Service (ACS) on APG North.

"I help everybody who needs me, and then I answer the phone calls and help people coming in," Morris said.

Morris has volunteered in multiple capacities her entire life, volunteering with her daughter's school while she was younger and also at the ACS in Germany where she lived a large portion of her life. She previously worked as a contract specialist in Germany for 14 years.

"It feels like I'm in a Family here," she said. "I like helping people and I love to help military Families because

when I got married, ACS was there for me. They were willing to help me, they were friendly—and so I'm following in those footsteps."

Morris added that if anyone is looking for information from ACS to call the main desk and she will be ready and willing to help.

"I want people to know that they will never be alone with ACS," she said. "ACS will always be behind them, that's for sure."



Morris

APG NEWS

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Colorectal Cancer: Promoting screening and prevention in 2014

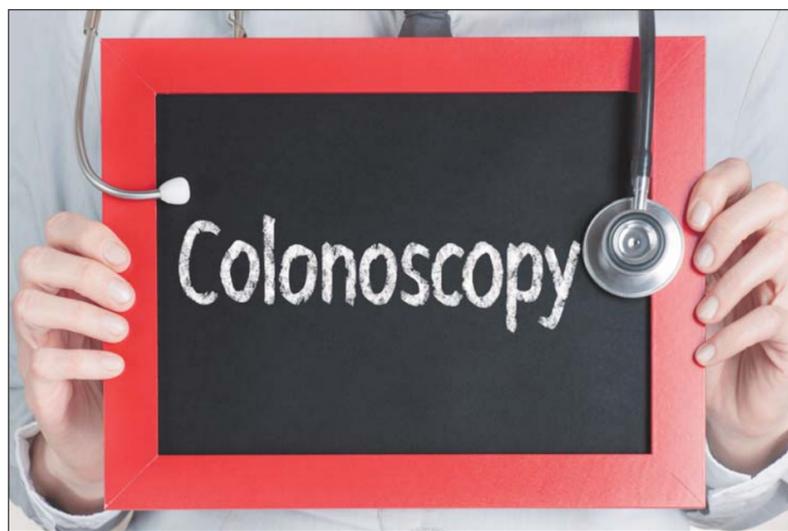
By **LT. COL. LORETTA T. OLIPHANT**
KUSAHC

Colorectal cancer is the second leading cause of cancer death in the United States. This year, more than 50,000 people are expected to die from colorectal cancer.

Colon cancer and rectal cancer are described together as colorectal cancer. Most colorectal cancers and most deaths from colorectal cancer are preventable through screening. Many colon cancers start as colon polyps, a growth on the inside of the colon. Everyone is at risk for colorectal cancer. The likelihood of developing colon cancer during your lifetime is one in twenty. The majority of people who develop colorectal cancer have no known risk factors.

Several factors that can increase chances of developing colorectal cancer are:

- Age: the risk of developing colorectal cancer increases with age. Risk increases dramatically after age 50 years and with each passing decade.
- Gender: the risk overall is equal, but women have a higher risk for colon cancer, while men are more likely to develop rectal cancer.
- Polyps: non-cancerous growths on the inner wall of the colon or rectum. While polyps are fairly common in people over 50, one type of polyp, referred to as an adenoma, increases the risk of developing colorectal cancer. Adenomas are non-cancerous polyps that are considered precursors, or the first step toward colon and rectal cancer.
- Personal history: diseases that increase your risk of developing colorectal cancer include women with histories of ovarian, uterine or breast cancer; people who develop colorectal cancer before the age of 60 may devel-



File photo

The ACG preferred screening strategy is to have a colonoscopy every 10 years for average-risk individuals, starting at age 50 for non-African Americans and age 45 for African Americans.

op the disease a second time; people with chronic inflammatory conditions of the colon, such as ulcerative colitis or Crohn's disease.

- Diet: diets high in fat and cholesterol and low in fiber have been linked to a greater risk of developing the disease.

- Lifestyle factors such as alcohol consumption, smoking, lack of exercise and being overweight increases risk.

- Diabetes: people with diabetes have a 30-to-40 percent increased risk.

- Race: the highest incidence of colorectal cancer is in African-American men and women. The incidence of colorectal cancers is lowest in Asian-Americans, Hispanics/Latinos, American Indians and native Alaskans.

Having one or more of these risk factors does not guarantee that you will develop colorectal cancer. How-

ever, you should talk about your risk factors with your doctor. He or she may be able to suggest ways to reduce your chances of developing colorectal cancer.

Colon cancer cases and deaths have been falling for decades. One likely attributing factor is colonoscopy

screening. The American College of Gastroenterology (ACG) is an organization of more than 7,300 gastroenterologists and health care professionals with special interests in GI medicine. The ACG preferred screening strategy is to have a colonoscopy every 10 years for average-risk individuals, starting at age 50 for non-African Americans and age 45 for African Americans. This recommendation was developed by a panel of ACG members with expertise in colorectal cancer screening. Colonoscopy is an exam that lets a doctor closely look at the inside of the entire colon and rectum. The doctor is looking for polyps or signs or cancer. The exam itself takes about 30 minutes. Patients are usually given medicine to help them relax and sleep while it's done. Your doctor decides how often you need this test, usually once every 10 years, depending on your estimated risk for colon cancer.

If you are enrolled as Tricare Prime to KUSAHC, no referral is needed. Also, you can schedule an appointment at approved Tricare approved facilities. For more information about colorectal or other preventive screenings, email: usarmy.apg.medcom-kirk.mbx.kirkwellness@mail.mil.

Healthy Living

www.teamapg.com click on Community Health icon

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 www.teamapg.com and click on the Community Health icon at the bottom right. To suggest health-related topics for the Health Living series, email patricia.g.beauchamp.civ@mail.mil or call 410-278-7274.

CECOM unleashes the dragon (university)

By **PAMELA LEIGH**
CECOM

Dragon University, the Communications-Electronics Command's (CECOM) newest Signal University, unofficially opened its doors to students April 1, at Fort Bragg, N.C.

The CECOM Logistics and Readiness Center (LRC) led with a Wideband Tactical Radio (AN/PRC 117G) course for its soft open. The XVIII Airborne Corps' return from deployment will trigger the formal stand-up of the training center.

The university program was established by the LRC to provide Signal Soldiers and civilians worldwide the opportunity to receive up-to-date training and skills management necessary to maintain occupational specialty success; a methodology Dragon University will also adhere to.

"Our expectations are to make Fort Bragg Soldiers the best communicators in the Army," said Stan Bonner, Signal University program lead for CECOM's LRC. "We hope to train Soldiers who will go back to their units and share

what they have learned."

University courses offered at the Fort Bragg facility will depend on unit requirements. According to Bonner, the LRC has the capability to provide a variety of courses, but actual instruction received on site will vary in accordance with the unit. Units also have the opportunity to request or create additional courses based on need.

"An example of this (training request) would be the cyber-digital Master Gunner course that was requested by CIO/G6," said Bonner. We got the requirement from the unit and created courseware and labs to meet the specific necessity...When units need a more specialized course or one that is not available on location, we reach out to other CECOM assets and see if we have the means to conduct it."

The LRC is currently in the process of hiring two on-site instructors with expertise in Warfighter Information Network-Tactical (WIN-T) communications. In the interim, training personnel from headquarters and other university locations will be providing instruction.

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FORSCOM Family event celebrates kids

20th CBRNE hosts Military Child Appreciation Day

Story and photos by
YVONNE JOHNSON
APG News

The 20th CBRNE Command observed Month of the Military Child with an Animal Adventure Show and arts and crafts activities and refreshments during Military Child Appreciation Day at the APG North (Aberdeen) recreation center April 12.

Marti King, Family Readiness Support Assistant for U.S. Army Forces Command units and Allyson Hash, FRSA for the Maryland National Guard's 29th

Combat Aviation Brigade collaborated on the event for the Families of APG Soldiers and Guardsmen.

Children and adults handled a Burmese python, a tarantula, an Argentine lizard, an American crocodile and exotic birds in the animal show which was the main attraction. Volunteers also provided face paintings, brush art tattoos, and games for the children as well as donated refreshments from Veterans of Foreign Wars Post 10028 in Aberdeen.

Company Commander, Capt. Scott Fitzgerald, who enjoyed the festivities with his wife, Liza and 2-year-old twins Henry and Evelyn, said the biggest challenge was getting everyone together at the same time. He credited King with getting it done.

"The most important thing is spending time together and she knows how to make that happen," he said.

Liza Fitzgerald volunteers with King who puts on an event for Families every other month.

"Military life is hard so to have something like this is wonderful. This gives back to Soldiers all year, she said."



Marti King chats with an Umbrella Cockatoo, a part of the exotic animal show. King is the Family Readiness Support Assistant for U.S. Army Forces Command units assigned to Aberdeen Proving Ground.

Marti King
Family Readiness Support Assistant
U.S. Army Forces Command

King is the FRSA for all FORSCOM units on Aberdeen Proving Ground such as the 22D Chemical Battalion and 1st Area Medical Laboratory. She ensures unit Family Readiness Groups operate within regulations and is the subject matter expert in supporting Families. She said her job kicks into high gear during deployments. The wife of a National Guardsman with the 29th CAB King often collaborates with Allyson Hash, FRSA, to bring special events to military Families.

"We work real well together," she said. "This is all about showcasing

military children and their Families. I have two beautiful children and they grew up in the military. There's nothing better than that because there are so many different opportunities that kids outside the military don't have.

"They've been there and done that."

Outings, usually held every other month, include campouts, picnics and tours to places like Port Discovery, King added. She thanked the events sponsors, volunteers and supporters and encouraged Families to contact her to learn more and get involved.

King is located in Bldg. E5311 in APG South (Edgewood). Her office hours are 7 a.m. to 3:30 p.m. For more information, call 410-436-0308.

Brie Ross, 8, gets a butterfly painted on her face during the Military Child Appreciation Day event for Families of the U.S. Army Forces Command and the Maryland National Guards' 29th Combat Aviation Brigade at the APG North (Aberdeen) recreation center April 12..



Seven years later, Exchange helps deceased Soldier's Family track down final memento

Army & Air Force Exchange Service Public Affairs

When a Columbia, S.C., Family reached out to the Fort Jackson Exchange to track down jewelry purchased by their son, a Soldier who was killed in action in Iraq in 2007, several members of the Army & Air Force Exchange Service team came together to make sure the Family would have a lasting memory.

Harry and Kum White's son Pfc. Anthony James White, 20, served in Iraq with the 82nd Airborne Division from Fort Bragg, N.C. Pfc. White died in Iraq in March 2007, just days after placing a deposit on two engraved necklace gold charms from Camp Warhorse.

Harry White, a retired sergeant major who served in the Army for 30 years, had held off going through his son's belongings for years and had recently found the receipt showing an unpaid balance for the charms. He turned to the Fort Jackson Exchange to help him get in touch with the vendor so he could recover one last memory of his son.

"I went to the Exchange at Fort Jackson and asked, 'Can anyone help me?'" he said. "I was shocked the Exchange

went out on a limb to do this for us."

White was put in touch with Carol Lamb, a services operations assistant at the Fort Jackson Exchange, and her supervisor, Della Hannah. They immediately began tracking down the jewelry vendor in Iraq.

"He so desperately wanted that jewelry because of the connection to his son," Lamb said. "I told him I'd do everything I could to help him."

To try to find the jewelry vendor, Lamb and Hannah reached out to Hannah Kaetterhenry, an Exchange services business tech in Afghanistan. Kaetterhenry, in turn, contacted Camisha Smith, an Exchange services business manager in Kuwait to find the vendor, Lone Star.

"I made this one of my top priorities," Smith said. "I was just doing my job, helping to make sure the Family could have a piece of their son's history—something their son wanted."

Based on the receipt information, Smith contacted Lone Star's headquarters in Fahaheel, Kuwait, and confirmed it sold jewelry in Iraq from 2003-11. Smith sent Lone Star a copy of the Soldier's receipt, and the vendor offered to remake the charms for White for free.



Kum and Harry White pose before a memorial to their son, Pfc. Anthony J. White, who was killed in Iraq in March 2007. Days before his death, he placed a deposit on two engraved gold necklace charms through a local jewelry vendor in Iraq. With the help of AAFES, the vendor was located and the charms were delivered to the Whites.

Courtesy photo

The charms were sent to Smith, who mailed them to White. One charm bears the name "Alecia" on one side, with the Arabic equivalent on the other. The second charm reads "Cierra" in English and Arabic. Both charms were meant to be gifts for friends of Pfc. White. The charms are now on display in the Whites' home, with other mementos of their son.

For White and his wife, receiving the mementoes of their son's time in Iraq was bittersweet.

"We're happy that the jewelry was re-created, but we're sad he's not here to spend time with us. My son was a joyful young man who left this world too soon."

For the Exchange team, the ability to help a slain Soldier's parents reinforces the Exchange's mission to serving customers and treating them like Family.

"I'm just really glad we were able to help Mr. White," Lamb said. "Helping someone preserve the memories of a lost child is an awesome thing to be able to do."

Send newspaper submissions to the APG News

Community members are asked to send all submissions for the APG News to usarmy.apg.imcom.mbx.apg-pao@mail.mil, and CC patricia.g.beauchamp.civ@mail.mil. Type APG NEWS SUBMISSION in the Subject Line. You should receive a response within three business days letting you know that the submission has been received. If you do not receive a response, please call 410-278-7274 to inquire.

National Guard Soldiers remember Boston

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

Already, a year has passed, but three Massachusetts Army National Guard Soldiers who helped save the lives of bombing victims at the 2013 Boston Marathon can still recall most details, as if the event had taken place yesterday.

“Those landmark moments will always be there,” said 1st Lt. Steve Fiola. “And it’s good that they will be, because you can’t change what happened. I can’t change what I experienced, but I can learn from it. I don’t ignore it, but I also don’t focus on it.”

When the two bombs detonated April 15, 2013, Fiola, 1st Sgt. Bernard Madore and Staff Sgt. Mark Welch, three Massachusetts natives assigned to the 1060th Transportation Company of Framingham, Mass., followed their instincts and training. They ran directly toward the victims and aided them any way they could.

“I always talk about the switch,” Fiola said. “When the switch turns on, as a Soldier, you have to turn your emotional mind off -- not really off, but you just kind of ignore it. Now, looking at it, I’m just amazed that, one, it happened. Two, it’s been a year. I think it’s all pretty fresh.”

The three Soldiers had just finished the “Tough Ruck,” marching the 26.2-mile marathon course from Hopkinton to Boston, carrying approximately 35 pounds each to raise funds for Families of fallen Massachusetts service members. They were exhausted but in perfect position to lend a hand when the unthinkable happened.

“I still see it pretty vividly,” said Madore of the bombing aftermath. “It’s a strong memory, that’s for sure. It’s not something that fades away. I talk to my friends and my Soldiers about it. It’s a good thing to talk about it. I mean, it’s not something you hide away from.”

Welch, who works in Boston, will talk about it, but he said he still avoids the site of the bombing.

“I’ve only been to Boylston Street twice since last year, and I work in Boston,” Welch said. “I still can’t even step near that place. I don’t want to have it come back, you know?”

Like Madore, Welch had deployed twice to Iraq, but he said that the carnage he saw that day in Boston wasn’t the same.



Photo by David Kamm

(From left) 1st Lt. Steve Fiola, 1st Sgt. Bernard Madore and Staff Sgt. Mark Welch of the Massachusetts Army National Guard aided victims after two bombs exploded during last year’s Boston Marathon.

“It definitely is different, because it’s your own people,” Welch said. “You expect stuff like that to happen in war. You have to live that day to day, knowing that something might happen, in order to do your job over there.”

“Here, you don’t expect that. When something does happen, it hits a different nerve. You cannot train for what happened (in Boston).”

All three men said that increased media coverage leading up to the 118th Boston Marathon on April 21 has taken them back to that horrible day. Fiola said it hit him one recent evening at home.

“I was walking through my house, and I actually stopped,” Fiola said. “I started to run through it all again.”

Some of those news reports dealt with new security measures that will be in place for this year’s marathon. One is a ban on ruck marchers, which forced the relocation of the Tough Ruck. That was a relief to Welch, but not Madore.

“After they announced the new secu-

riety restrictions and everything,” said Madore, “that’s when it dawned on me that I really would have liked to have more closure on the event by being part of it again this year.”

Madore said he completely understands the measures, however.

“I would have liked to do [the marathon course] and walk away from there with the same feeling I had [last year] when I finished it,” Madore said. “That’s for me to deal with, and I’ll deal with that as a big boy.”

As an alternative, ruck march organizer Fiola came up with the idea to hold the event April 19, on the Battle Road Trail in Concord, Mass., where the American Revolution began on that same date, in 1775. Fiola expects 400-450 service members from around the nation to ruck march the 26.2 miles. Only 30 participated last year on the marathon course.

“To think that we could be on this area where our American Revolution

began,” Fiola said.

“It’s going to be great,” Madore said. “Just the history alone, to walk on the same grounds as (the Minutemen), is going to be incredible.”

Fiola refused to be negative about not being allowed to ruck at the marathon.

“I don’t ever really want to talk about problems,” Fiola said. “I want to talk about solutions. It doesn’t really matter where we do it. It just matters that we’re doing it.”

A year ago at this time, these three Soldiers were doing something they never could have anticipated -- treating the wounds of American citizens at the Boston Marathon. They won’t forget that day, but they also won’t be defined solely by it.

“This gives me a perspective on how frail we actually are and how important it is to take each day and move it forward,” Fiola said. “For us, it’s always been about moving forward, not just moving on.”

Sleep deprivation not uncommon for Soldiers

Story and photo by **DAVID VERGUN**
ARNews

Sleep deprivation isn’t just from insomnia or all-night partying. In the Army, lack of sleep often results from operational requirements or high-operations tempo training, said a brigade combat team commander.

Col. Dave M. Hodne, commander, 1st Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo., said he realizes the Army’s emphasis on getting adequate sleep each night -- seven or eight hours -- but sometimes Soldiers simply must “balance health with readiness.”

Sleep, along with activity and nutrition, are the three prongs of the Army’s Performance Triad. Each of the three has been identified as a factor which contributes a great deal to a Soldier’s health and resilience.

Hodne spoke at the Brain Health Consortium, hosted by the Army surgeon general, April 11. Most of the speakers were clinicians, but the consortium wanted to get a commander’s perspective as well.

After graduating from the U.S. Military Academy in 1991, Hodne served in a variety of infantry and special operations assignments throughout his career, including deployments in Iraq and Afghanistan.

“Rangers think sleep is a crutch,” he admitted. But as a Ranger commander, he said he always tried to build as much sleep time into the schedule as possible, realizing the importance of adequate sleep to mental alertness and physical endurance.

Lack of sleep, along with stress and fatigue can undermine resilience, he said.

And a buildup of stressors, like lack of sleep, may factor into post-traumatic



Col. Dave M. Hodne, commander, 1st Brigade Combat Team, 4th Infantry Division, talks sleep deprivation during the Brain Health Consortium, hosted by the Army surgeon general, April 11, in Falls Church, Va.

stress and even suicidal thoughts.

He said a private in his unit, just out of Basic Combat Training, recently expressed suicidal ideation. He’d never seen combat, Hodne said. That goes to show that “other environmental factors can play a role” as well.

And, those factors can be unpredictable, he added, noting that in one Ranger unit he commanded there were three suicides: an officer, a noncommissioned officer and a junior enlisted Soldier.

All three of those Soldiers’ “Glob-

al Assessment Tool scores exceeded mine,” he said, meaning their responses indicated a lower risk than his own. “So if you’re looking for triggers that set this off” and want clear signs that something is wrong, there’s not always a consistent pattern of predictability.”

The Global Assessment Tool, or GAT 2.0, is a survey Soldiers take at least once a year and more frequently when deployed. It assesses physical and psychological health based on the five dimensions of strength: social, emotion-

al, spiritual, Family and physical fitness.

While lack of sleep may not have been a factor in any of those suicides, Hodne said it can at the very least degrade performance. He said when deployed, his Soldiers often went on night raids. He called it their “vampire schedule.”

During the day when there was some down time, they couldn’t just “turn a switch and go to sleep. You just can’t force that.”

Hodne said there’s no easy solution to sleep deprivation as it relates to mission performance. However, there are two ways he said Soldiers can complete their missions without adequate sleep.

First, he said, there needs to be a lot of repetitive training, so much so in fact that behaviors become automatic through muscle memory.

A second technique, he said, is to make training so painful or challenging that Soldiers won’t forget the lessons they learned, and in combat it will be second nature.

Speaking to his own sleep habits, Hodne said he gets to bed early and gets his children to bed by 8 p.m.

But in the Army, that’s not always possible.

The Army’s Office of the Surgeon General advises getting seven or eight hours of sleep, staying active throughout the day, and eating nutritious food.

The Army surgeon general also issued a statement saying sleep disorders and sleep deprivation affect about 70 million Americans each year and may increase the risk for stroke, obesity, cardiovascular disease, and diabetes.

Such disorders may also be an indicator of other health issues such as post-traumatic stress disorder or depression, and may “put you at risk for accidents or cause you to make mission-critical errors due to impaired judgment, decision-making and concentration.”

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

Cyber Network Defender MOS now open to NCOs

By **DAVID VERGUN**
ARNews

A new military occupational specialty, 25D Cyber Network Defender, is now open to staff sergeants, sergeants first class and master sergeants in the Active Component, per Military Personnel Message 14-085.

Soldiers in the military occupational specialty, or MOS, “will protect against unauthorized activity in the cyberspace domain and perform assessments of threats and vulnerabilities within the network environment,” according to the MILPER.

Soldiers from any MOS with a background in information assurance and information technology are encouraged to apply, said Jim Bragg, chief, Retention and Reclassification Branch, Enlisted Personnel Management Directorate at Human Resources Command, Fort Knox, Ky.

The rules for getting into 25D “have been relaxed,” Bragg said, explaining that normally, only Soldiers in “over-strength” MOSs are allowed into MOSs with shortages like this one.

As the Army downsizes, Soldiers in all MOSs, especially those that are over-strength, should consider applying for 25D, if this type of assignment is to their liking, he said, adding that getting into this MOS might also be beneficial for promotion opportunities.

“They’re building this MOS from the ground up,” Bragg said, meaning no one has actually been designated a cyber network defender yet. Once Soldiers get approval to become a 25D and then get the requisite training, they will have the MOS 25D, beginning Oct. 1 this year.

No decision has been made as to how large the MOS will be, so he said sooner would be a good time to apply rather than later. The training



U.S. Army photo

Soldiers in Germany participate in a recent cyber exercise.

has already been validated, he added, and formal training will begin this summer.

The need to defend the networks is now critical due to the “increased pace of technology and the increase of the threat we see in the cyber world,” said Col. Robert E. Duke, chief of Operations Support Division, Officer Personnel Management Directorate, HRC, where the new Cyber Branch is being established.

Soldiers who are in the information

technology field were doing related cyber work in the past as part of their secondary duties, said Duke. “This will be a growth field.”

Therefore, the importance of these duties demanded a need to establish a branch to manage cyber MOSs, he said.

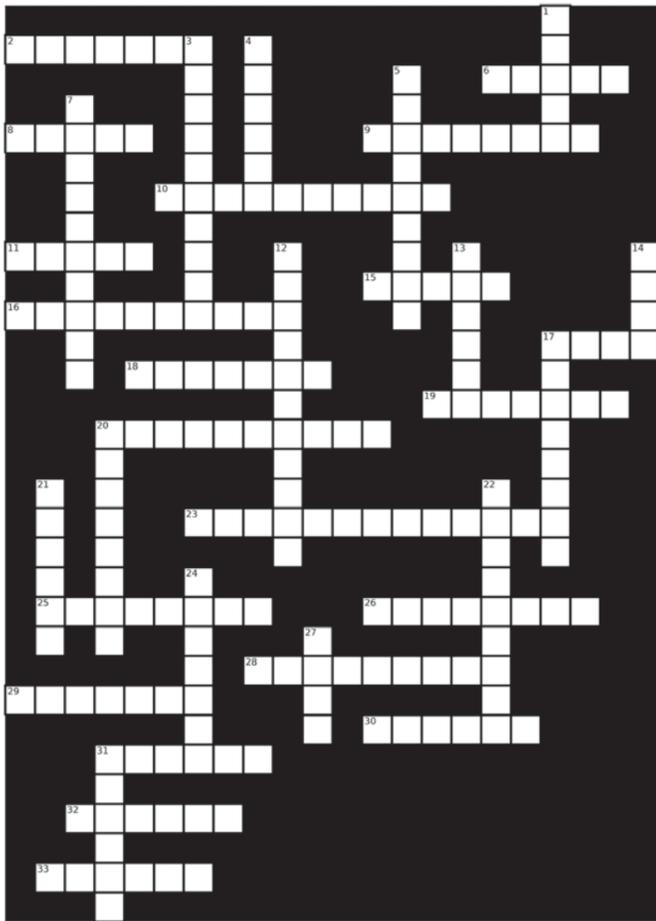
“The Cyber Branch will ensure all Soldiers -- officer, warrant officer and enlisted performing cyber duties -- receive the same quality professional development they have come to expect

from HRC. We will be the Cyber Soldier’s contact for assignment, training and promotions.”

Further details on 25D reclassification can be found in the MILPER, along with links for putting together a package for submission. The package goes to the chief of the Signal Corps for approval and will also include a follow-on exam and screening test.

Soldiers are encouraged to contact their career counselor to determine reclassification eligibility, Bragg said.

The APG Crossword



Answers to this puzzle may be found in this edition of the APG News, or may be common knowledge. The completed puzzle will be published in next week’s paper.

Across

2. U.S. Army Forces Command
6. Child, _____ and School Services
8. FCC = Family _____ Care
9. Outgoing IMCOM/ACSIM commander
10. Spring _____ Expo set for March 23
11. _____, Activity and Nutrition = Army Performance Triad
15. Tuskegee Airmen East Coast chapter chair
16. ICE; Interactive Customer _____ system
17. _____ Take-Back Campaign starts April 21
18. Cyber _____ Defender, Army’s new military occupational specialty
19. Hot _____; a permanent pothole repair method
20. Colon and rectal cancer
23. Smelly APG wildflower
25. DES police chief
26. First African-American aviators were _____ Airmen
28. Family _____ Support Assistant
29. New SARC coordinator
30. Family Child Care director
31. APG Acting Senior Leader, Col. Charles _____
32. ACS lead for Newcomers event
33. Used for quick and easy repair of potholes

Down

1. ASAP stands for Army Substance _____ Program
3. ACSIM means Assistant Chief of Staff for Information _____
4. DES Bldg. 2200 dedicated to her
5. DES = Directorate of _____ Services
7. 20th CBRNE company commander
12. ACC stands U.S. Army _____ Command
13. Non-cancerous growths on the inner wall of the colon
14. APG FORSCOM FRSA
17. Increases colorectal cancer risk 30-to-40 percent
20. Army Vice Chief of Staff
21. Kirk U.S. Army Health Clinic
22. New IMCOM/ACSIM commander
24. APG Catholic chaplain
27. Garrison Deputy, Glenn _____
31. _____ Assessment Tool assesses physical and psychological health

Solution to the April 3 puzzle



ACRONYM OF THE WEEK

DFAS

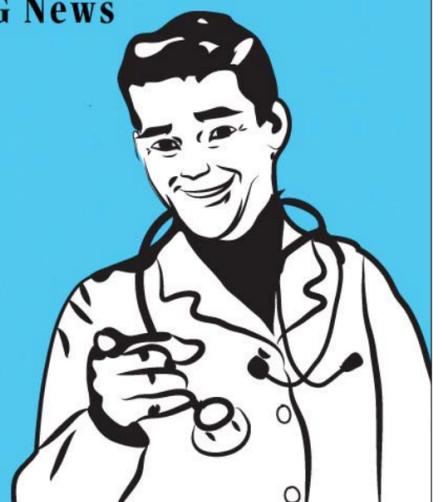
Defense Finance and Accounting Service

The Defense Finance and Accounting Service (DFAS) is an agency of the United States Department of Defense under the direction of the Under Secretary of Defense (Comptroller). DFAS provides finance and accounting services for the civil and military members of the Department. Headquartered in Indianapolis, Ind., DFAS was activated Jan. 18, 1991. It is the world’s largest finance and accounting operation.

5 out of 5 doctors prescribe a weekly dose of the APG News

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MARK YOUR CALENDAR

THURSDAY

APRIL 17 WOA MEETING

The U.S. Army Warrant Officer Association's Aberdeen-Edgewood "Silver" Chapter will hold its monthly meeting noon to 12:45 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326 room 102.

Lunch will be provided at 11:30 a.m. For more information contact retired Chief Warrant Officer 4 Owen McNiff at omcniff@yahoo.com or call 571-243-6561/443-861-1936.

SUNDAY

APRIL 20 EASTER BRUNCH @ TOP OF THE BAY

Enjoy brunch with Family and friends Easter Sunday at Top of the Bay, Bldg. 30 Plumb Point Loop. Two seatings start 10 a.m. and 1 p.m. Food selections include a hand-prepared omelet station with multiple fillings; Belgian waffles with choice of toppings; sausage and biscuits; cheddar and garlic grits; home fries.; smoked bacon; boneless ham carving station; beef burgundy; Tarragon tilapia; crab fritata; ripe strawberry and dark cherry oatmeal; salad, rolls, desserts and more.

Cost is \$24.95 for adults and ages 12 and older; \$10.95 for children ages 6 to 11; free for ages 5 and younger.

Call for reservations 410-278-2062 or visit www.apgmwr.com.

MONDAY THRU FRIDAY

APRIL 21-25 PRESCRIPTION TAKE BACK

The Army Substance Abuse Program and the Directorate of Emergency Services Community Policing unit will collect expired, unused and unwanted prescription drugs and over-the-counter medicines, a part of the annual Prescription Take Back campaign, at the APG South (Edgewood) police station, Bldg. E4420 and APG North (Aberdeen) police station, Bldg. 2200 at any time, Monday, April 21 through Friday, April 25, or at Kirk U.S. Army Health Clinic Pharmacy, Bldg. 2501, daily from 7 a.m. to 5 p.m.

In addition, there will be three one-time drop-off events: Tuesday, April 22, at ATEC Headquarters, Bldg. 2202; Wednesday, April 23, in Bldg. 6000 at the C4ISR Campus; and Thursday, April 24 at the APG South (Edgewood) Express (formerly known as the Shoppette) in Bldg. E4010. All events will be held 11:30 a.m. to 1 p.m.

The APG Prescription Drug Take Back Campaign offers the opportunity to get rid of dangerous drugs safely and without contaminating the environment.

For more information contact Cindy Scott, ASAP prevention coordinator, at 410-278-4013, or email: cynthia.m.scott4.civ@army.mil.

WEDNESDAY

APRIL 23 SPRING TECHNOLOGY EXPO

ECBC/CIO will host the 2014 Spring Technology Expo 9:30 a.m. to 1:30 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, Erie Street. New events this year include technology briefings and hands-on demonstrations. More than 75 vendors with state-of-the-art technologies and innovations will be on hand.

The Spring Technology Expo is free and open to DoD civilians and contractors with access to APG. Refreshments will be available. Pre-register online at <http://www.fdaexpo.com/register.php?id=138>

For more information contact Mary McCully, ECBC/CIO Acquisition Team at 410-436-2625 or FDAE toll-free at 877-332-3976.

Vendors will include: Agilent Technologies, Allied Electronics, Anritsu, AVS Installations, Avocent, Blind Industries Services of Maryland, Bottom Line Technologies, Cambium Networks, Charon Technologies, Chatsworth Products, Control Cable Inc., Delmarva Engineering, Deployable Technologies, DowKey Microwave, Eagle Sales, Eaton Corp., EMC, Isilon, EOX Sales, EPS Corp., Ergogenesis, Fiber Instrument Sales, Gap Wireless, Getac, Government Scientific Source, Graybar Electric, GSA, HCGI, HP, IMI Integral Components, Interior Resource Group, Iron Bow Technologies, Leviton Network Services, Lexmark, Liebert Maryland Ward Boland Assoc., Motorola Solutions, National Instruments, National Solar Technologies, NCS Technologies, Nelson White Systems, NetAV, Newtec, Reps, PCMG, PacStar Communications, Panduit, Planar Systems, Plantronics, Plug-In, Storage Systems, RGB Spectrum, Radixon, Rugged Science, SMS, SMART Technologies, Spectra Logic, Spirent Federal Systems, SRC Inc., St. John Properties, STG Inc., SwishData, SynQor, Inc., System Source, Tactical Public Safety Har-

ris Corp., Techni-Tool, Technology Specialists Inc., Tektronix, TELEGRID, Test Equity, Thinklogical, Thundercat, Vision Technologies, Wolfvision and Xerox.

APG SAAM CLOSING CEREMONY

The APG SAAM Closing Ceremony will be held 11 a.m. to noon at the Myer Auditorium April 23. Guest speaker will be Dr. Christine Altendorf, director of the Army SHARP Office.

THURSDAY

APRIL 24 ASBP BLOOD DRIVE

The Armed Services Blood Program is sponsoring its Spring Blood Drive 9 a.m. to 1 p.m. in the Central Demilitarization Training Facility (CDTF), Bldg. E4516. To make your appointment online, visit www.militarydonor.com. Use sponsor code EDGMD when registering.

DUELING PIANOS COMEDY SHOW

Bring your friends for a fun night out with the Dueling Pianos Comedy Show at Top of the Bay. Doors open 5 p.m., show starts 7 p.m.

The \$5 in advance, \$10 at the door, charge includes one free beverage (draft beer, house wine, soda or bottled water), a cash bar and table service. This event is for ages 21 and older only.

Dueling Pianos is a high energy, all request, rock n roll, comedy piano show in which the audience is as much a part of the performance as the entertainers. It's like having a live band, DJ and two comedians all in one.

Come early, have dinner, enjoy the view, relax with friends and get ready to have some fun. Seating is limited. Register early at www.apgmwr.com. For more information, contact the Leisure Travel Office in the APG North (Aberdeen) recreation center, Bldg. 3326 or call 410-278-4011/4907.

FRIDAY

APRIL 25 TEAM APG BOSS BUNNY HOP 5K

Support Team APG BOSS by participating in the Bunny Hop 5K Run/Walk starting at the Hoyle Gym in APG South (Edgewood). The event kicks off with a Unit Guidon Relay Race starting at 6:30 a.m.; must arrive by 6:15 a.m. to participate. Teams will consist of three to four Soldiers from the same unit. These teams will compete for a guidon streamer. The safety brief for the 5K Run/Walk begins 6:40 a.m.; run starts 6:50 a.m. Participants must arrive by 6:30 a.m. Team APG BOSS will also host an Easter Bunny costume contest. This race is open to the entire APG community. For information, email Spc. Stephen Murray at stephen.k.murray3.mil@mail.mil or call 410-436-4533. Show your support with appropriate civilian attire. The Improved Physical Fitness Uniform (IPFU) must be worn IAW AR 670-1.

STUDENT EARTH & ARBOR DAY CELEBRATION

APG will host its 'Student Earth & Arbor Day Celebration' with the theme "The Wonders of Water" at the APG North (Aberdeen) youth center, Bldg. 2522 on Bayside Drive.

The event will feature interactive displays and hands-on Earth Day science activities provided by the event sponsors and the Maryland Master Gardeners (with worm composting), LEAP: Science is FUN! (Harford County Public Library), the American Rescue Dog Association, the Anita C. Leight Estuary, and Scales & Tails (afternoon only). This event is sponsored by Team APG STEM, APG Garrison, Corvias Military Housing, the Maryland Section of the American Chemical Society, the National Defense Education Program, and the Senior Science Society.

Arbor Day is officially celebrated the last Friday in April nationwide, but on the first Wednesday in April in Maryland. Earth Day is officially celebrated April 22 nationwide.

The event will be open to school groups, civilian and contractors working on post and the public from 9:30 a.m. to 12:30 p.m. The afternoon activities are restricted to Child, Youth and School Services and APG housing residents from 1:30 to 4 p.m.

SATURDAY

APRIL 26 VA OPEN HOUSE & INFO FAIR

The VA Maryland Health Care System will host an Open House and Information Fair 10 a.m. to 1 p.m. at the Fort Meade VA Outpatient Clinic, 2479 5th Street, Fort Meade, Md. To gain access to the installation, present a valid photo identification and vehicle registration at the Reece Road

gate. Free parking is available just past the Fort Meade VA Outpatient Clinic on the left side of the building.

Anyone who served in the armed forces and received an honorable discharge may qualify for health care benefits from the Department of Veterans Affairs. VAMHCS staff members will be available to answer questions, accept enrollment applications, or help veterans complete their application paperwork. Veterans and their Family members can also visit information tables to learn more about VA compensation benefits and available VA health care services.

Veterans should bring their discharge papers (DD214), a photo ID and financial information from the previous calendar year. To expedite the process, visit the Maryland VA website at <http://www.maryland.va.gov/patients/eligibility.asp>, print and fill out the VA healthcare enrollment application, VA Form 1010EZ, and bring it to the Open House and Information Fair.

All veterans are encouraged to apply for health care with the VAMHCS.

For more information contact the VAMHCS Community Outreach Office at 1-800-949-1003, extension 6071.

WEDNESDAY

APRIL 30 HOLOCAUST/DAYS OF REMEMBRANCE OBSERVANCE

Team APG will host the annual Holocaust/Days of Remembrance observance 10:30 to 11:30 a.m. at the APG North (Aberdeen) post theater. The theme for this event is "Confronting the Holocaust: American Responses." The guest speaker is Robert Behr.

For more information, contact Sheryl Coleman at sheryl.l.coleman.civ@mail.mil.

FRIDAY – SUNDAY

MAY 2-4 SECOND INDIANHEAD DIVISION ASSOCIATION REUNION

Attention, 2nd Infantry Division Veterans. The Penn-Jersey Branch of the Second Indianhead Division Association will have its annual reunion in Lancaster, Pa. at the Continental Inn. All veterans of the Army's 2nd Infantry Division are invited, especially those in the nearby states of Delaware, Maryland, New York, Virginia, West Virginia, and the District of Columbia. For more information, call Jack Woodall at 610-274-1409 or send an email to warrriorvet@verizon.net.

ONGOING FINRA FOUNDATION MILITARY SPOUSE FELLOWSHIP FOR THE ACCREDITED FINANCIAL COUNSELOR® PROGRAM

The Association for Financial Counseling and Planning Education® (AFCPE®), in partnership with the National Military Family Association and the FINRA Investor Education Foundation, is pleased to announce the FINRA Foundation Military Spouse Fellowship for the Accredited Financial Counselor® Program application period. This program provides up to 50 military spouses with the education necessary to enter the financial counseling career field. Visit www.MilitaryFamily.org for more information. Looking for Job search information, contact the ACS Employment program 410-278-9669/7572.

THROUGH APRIL 23 TOILETRIES DRIVE

CECOM, RDECOM, PHC, ACC Garrison APG, JPEO-CBD, 29th CBRNE Command, ATEC, MRICD, Kirk and CMA are collecting toiletries to benefit Harford County's Sexual Assault and Spouse Abuse Resource Center (SARC), a non-profit agency that provides 24/7 shelter to victims of domestic violence, sexual violence, child abuse and stalking. Items requested include toothpaste, toothbrushes, body/hand soap (bar or liquid), lotion, toilet paper, tissues, deodorant, antibacterial, shaving cream, shaving razors, towels and washcloths, loofas. For more information or donation locations, contact your unit's SHARP SARC or VA for information.

TUESDAYS THROUGH MAY 20 AMERICAN SIGN LANGUAGE CLASS

American Sign Language basic and advanced classes runs through May 20, 11:30 a.m. – 12:30 p.m. in Bldg. E3330-31, Room 270, APG South (Edgewood). Bring your lunch. Class is free. Text book (encouraged, but not required) is "A B C, A Basic Course in American Sign Language". To register or for more information, call Beth Ann Cameron, 436-7175, Pat Reeves at 436-2917 or

Randy Weber at 436-8546.

CORVIAS 2014 GRANT AND SCHOLARSHIP APPLICATIONS AVAILABLE

The Corvias Foundation has announced that applications for the 2014 Our Future Scholarships and the 2014 Our Family Educational Grants are now available.

Applications for the 2014 Our Family Educational Grants must be submitted by May 8, 2014. Grants are given in the amount of up to \$5,000 to spouses of active-duty service members at the installations listed above. Applicants may be in any stage of the educational process. Recipients will be notified by July 10.

Families do not have to reside in on-post housing to qualify. Eligible service members stationed at these installations can serve in any branch of the military.

To apply, go to <http://corviasfoundation.org>. For more information, call 401-228-2836 or email info@corviasfoundation.org

AIRBORNE HAZARDS & OPEN BURN PIT REGISTRY

VA encourages all Gulf War Veterans – anyone who served in the Persian Gulf area from August 1990 to present – to sign up for the Airborne Hazards and Open Burn Pit Registry which is established by Public Law 112-260.

The registry provides an opportunity for veterans to receive information updates and to help VA improve its understanding of deployment-related health effects. During deployment, Gulf War veterans may have been exposed to smoke from burn pits, oil-well fires, and air pollution. Veterans must complete an online health questionnaire to participate in the registry. For more information, visit www.publichealth.va.gov/exposures/burnpits/.

CPR, AED CLASSES SCHEDULED

The APG Fire and Emergency Services Division of the Directorate of Emergency Services has released its schedule for CPR and automated external defibrillator (AED) classes for 2014. Two classes will be held the third Wednesday of each month at 9 a.m. and 1 p.m. in the same location.

May 21, APG North (Aberdeen) chapel June 18, Edgewood Conference Center July 16, APG North (Aberdeen) chapel Aug. 20, Edgewood Conference Center Sept. 17, APG North (Aberdeen) chapel Oct. 15, Edgewood Conference Center Nov. 19, APG North (Aberdeen) chapel Dec. 17, Edgewood Conference Center

Class size is limited to 30 participants. For more information or to register, contact Mike Slayman, assistant chief of EMS, at 410-306-0566 or e-mail michael.p.slayman.civ@mail.mil.

INSIDE APG

APG commanders and subject matter experts will discuss topics of interest to the local community every Saturday and Wednesday at 7:50 a.m. during "Inside APG: Creating One Community Without a Gate," a monthly radio series on 970 WAMD. For more information about the series, to schedule or request an interview, call the Garrison Public Affairs Office at 410-278-1150. For previous interviews, follow these links: <http://youtu.be/a8vuMdxmG50>; <http://youtu.be/se7hTkwnbO8>

ARMY WELLNESS CENTER OFFERING SERVICES AT APG SOUTH CLINIC

The Army Wellness Center (AWC) is now seeing clients at the APG South (Edgewood) Clinic, Bldg. E4110 twice a month. Clients will now have the opportunity to have their metabolism and body composition assessment done without having to drive to APG North (Aberdeen). Service members and their Family members, retirees and Army civilian employees can make an appointment at the AWC or can be referred by their unit or primary health care provider at Kirk U.S. Army Health Clinic. Clients can reach their goals by making a positive, long-lasting change in their health and well-being. For more information or to schedule your appointment with the AWC please call 410-306-1024.

CYSS PARTNERS WITH HOMESCHOOLERS

APG Child, Youth and School Services is trying to establish a partnership with authorized users who homeschool their children in the Aberdeen and Edgewood areas. CYSS is willing to open its facilities during the week so homeschooled children can have access to classrooms, the computer lab and gym on a scheduled basis. For more information, call 410-278-7571/7479.

MORE ONLINE

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

APG NEWS

This Week in APG News history

By YVONNE JOHNSON, APG News



50 Years Ago: April 16, 1964

Clockwise from left:
Army Spc. 4 Joseph T. Crockett demonstrates the efficiency of a type of paint remover he perfected for the Coating and Chemical Laboratory. The Soldier holds a patent on his invention which quickly and completely removes all types of paint from metal surfaces.

(From left) Brig. Gen. L.E. Schlamnser, deputy commander, U.S. Army Test and Evaluation Command, reviews program schedules leading to the Army's annual materiel testing for the 1964-1965 winter season at Fort Greely, Alaska with K.L. Peterson, TECOM conference project officer, and Col. W.S. McElhenny, president of the Arctic Test Board, during a four-day Arctic Test Planning Conference at Aberdeen Proving Ground.



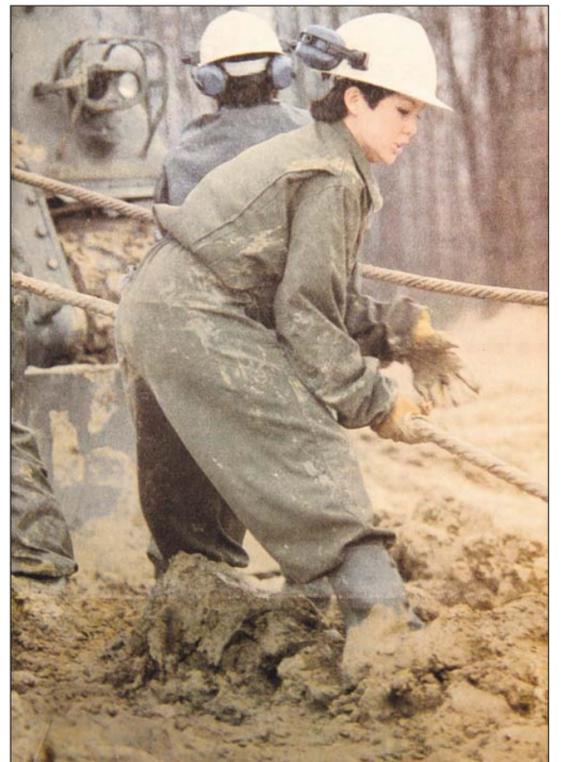
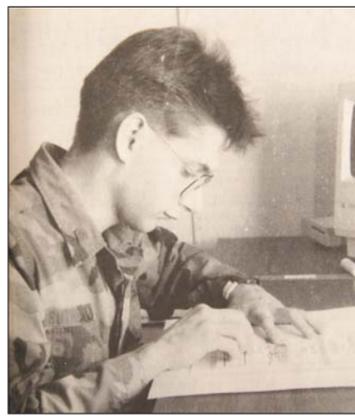
(From left) Martin Gordon, Edward L. Kell, Sgt. 1st Class Troy Sheppard, APG game warden, and Marshall T. Augustine discuss setting up a land and plant management program to supplement the proving ground's wildlife program. Gordon is with the Harford County Conservation Office, Kent is from the state Soil Conservation Service and Augustine is a member of the Agricultural Research Center.

25 Years Ago: April 19, 1989

Clockwise from top left:
Spc. Tim Sutherland designs a flyer for the new Youth Services Center. is a graphic specialist for Advertising and Marketing, Sutherland is the illustrator for Rizen Roxx magazine, a publication featuring hard rock and heavy metal music with a message. As a graphic artist, he designs flyers and illustrations for the Information, Ticketing and Registration Office, the Aberdeen Area Recreation Center, the Youth Services Center and other activities.

1st Lt. Daphne Tedford hooks up a cable to pull a tank out of the mud during recovery operations at the U.S. Army Ordnance Center and School's vehicle recovery site. The site provides OC&S students with realistic training in the recovery of Army vehicles.

(From left, standing) Sgt. Marc Soper, Spc. Pat Fensom, Sgt. Robert Dillard, and Spc. Tsun-Kai Young (kneeling), all of Headquarters and Military Support Company, U.S. Army Combat Systems Test Activity, pose with four prototype advanced combat rifles being tested by CSTA. The Soldiers were assisting in the first public presentation of the weapons systems. The rifles were developed under the supervision of the U.S. Armament Research, Development and Engineering Center, Picatinny Arsenal, N.J.



10 Years Ago: April 15, 2004

Clockwise from top left:
(From left) APG volunteer Hattie Sanford laughingly replies to questions from Bob Turk of WJZ-TV, who surprised her with a Channel 13 Hometown Hero Award presentation during an open house farewell held in her honor at the Edgewood Area Gunpowder Club March 31.

Col. Henry Davis, chief of staff, U.S. Army Research, Development and Engineering Command, delivers a scripture reading from the Book of Mark during the Easter Sunrise Service at the Aberdeen Area Chapel April 11.

(From left) Albert Brown, DIO equipment specialist; Gregory Mullins, Ordnance Mechanical Maintenance School supervisory logistics management specialist; Stephen Povilaitis, chief DIO Ordnance and Transportation Davison; Tina Carr, DIO equipment specialist; Col. Mardi U. Mark, APG Garrison and deputy installation commander; Sgt. Maj. Angelu Huth and Lt. Col. Shari Corbett of the 61st Ordnance Brigade; and Charles Cunningham, chief, DIO equipment operations, participate in the ribbon cutting ceremony for the transfer of new GSA buses to OMMS.



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."

Halverson takes command from Ferriter

Continued from Page 1

Campbell congratulated Halverson on his accomplishments and for his ability to carry on, facing the challenges of today's Army.

The ceremony was attended by Joint Base San Antonio senior leaders, civic partners from the City of San Antonio, and IMCOM region and garrison command teams, headquarters staff, employees and Families.

In his first address as the ACSIM and IMCOM commanding general, Halverson expressed gratitude for his Family and the opportunity to lead IMCOM. He pledged to continue unwavering in the service of Soldiers and Families.

"Karen and I are so pleased and proud to be here today," Halverson said. "We're excited to continue to serve. To [Lt. Gen. and Mrs. Ferriter], I would like to especially thank you both for your hard work. IMCOM and ACSIM set the conditions of Army success."

Halverson said that both he and his wife, Karen looked forward to getting to know the team and would put every effort into ensuring the continued success of the command.

A West Point graduate, Halverson served tours of duty in both Iraq and

“When we go to war, it is IMCOM that stays home and takes care of our Families. So, we put our best and brightest to that task. I have full faith in this new team.”

Gen. John Campbell
Army Vice Chief of Staff

Afghanistan. Prior to joining TRADOC he served as the commanding general of the U.S. Army Fires Center of Excellence and Fort Sill, Okla.

Campbell said that as a long-time friend and battle buddy of both incoming and outgoing general officers, he was especially glad to preside. He commended Ferriter for his tireless efforts in support of the Army Family.

"I've known Mike Ferriter for 30 years. Mike Ferriter's accomplishments reflect his will and his work. Under his leadership, IMCOM has excelled," said Campbell.

Campbell cited Ferriter's many accomplishments in support of Army communities, such as Gold Star recog-

nition and survivor support, instituting a culture of fitness, defining IMCOM's roles in readiness and resilience and above all team building.

"Mike is a team player, who builds cohesion and, as he so often remarks, always plays with his cards out," Campbell explained.

Ferriter served as both the ACSIM and IMCOM commander since November 2011. Under his leadership, IMCOM successfully navigated through many challenges, such as sequestration and government shutdown. He worked to raise awareness of critical issues affecting Soldiers, Families and civilians. Under his command, IMCOM improved Child Development Center processes,

broadened access to services for Gold Star Families -- survivors of the fallen -- and helped define Army Readiness and Resilience through more than 150 programs and services.

"IMCOM has global reach," said Ferriter, at the ceremony. "Two thirds of the world is covered by water and the other third is covered by IMCOM."

Drawing attention to the impact that the command has on Army mission success, Ferriter recalled his proudest work -- honoring survivors.

"Somewhere in the Army today is a two-year-old whose father or mother was killed in combat," he said. "[Caring for him] - that's what it's all about."

Ferriter had special words of thanks for the Gold Star Families in attendance and for their courage to tell their stories for a series of public service announcements. He recognized his Family, including his father, now deceased, who entered the Army as a private, fought during World War II and raised a "great Army Family."

"Margie, I couldn't have done this without you," Ferriter told his wife.

He gave the men and women of IMCOM one final order, "Do your best and never, never, never quit."

Pothole patches, repairs in progress

Continued from Page 1

immediately after filling.

Once asphalt plants are in operation by mid-spring, DPW workers will begin patching holes using hot asphalt, a more permanent repair method.

"There are two ways we identify potholes [on the installation]," Fink said. "We have a base grounds maintenance team that identifies them through regular inspection and schedules repairs. Also, from tenants calling in a service order."

DPW patches potholes on a priority basis, taking into account the location of each.

To report a pothole, individuals can go to the customer service portal on the DPW website or call the service order desk at 410-306-1407.

SARC coordinator plans positive impact

Continued from Page 1

Owolabi said that her interest in sexual harassment/assault response and prevention (SHARP) increased after a tragedy situation with a close friend.

"It wound up being something kind of close to my heart," she said.

Owolabi acts as a line of support, offering resources and information to Soldiers who are victims of domestic violence or sexual assault.

She has degrees in sociology and human resources and is currently working on a doctorate in public administration, with plans to become more involved in changing policy regarding domestic violence and sexual abuse.

"The more and more I got into this field, the more and more I realized that policy needs to change," Owolabi said. "Yes, I can make an impact, but I can make a stronger impact if I'm able to help write and change policies, so that's what drew me to the public administration field. Because in that field I can hopefully work with a senator or congressman to advocate for change, not just for the military community, but just change across the board—for females and males to not have to be subjected to this. We need stricter laws when something happens...I think that I can make a greater impact if

I'm able to change policies."

Although she loves working in her field, Owolabi admits that the job does have its challenges.

"Your job gets to be challenging, you have to know your boundaries," she said. "All you can do is reach out, try to get the individual the correct resources, all the information you possibly can. Your heart can be there, but your heart can't dictate."

Owolabi will be taking over the new position from Lt. Raisa Velez and is eager to improve upon the work Velez has already laid down.

"Lieutenant Velez has done a phenomenal job, and I just want to continue in her shoes," she said. "I want to do more outreach and get more into the surrounding community."

She said she wants to ensure that all APG tenants know and understand who they can reach out to on post should they be involved in a domestic violence or sexual assault situation.

"The most important thing that I

enjoy about the job is the fact that I might impact somebody's life in a positive way," she said, "because everyone who comes to me is coming to me because something negative happened to them. So if I can some kind of way make something positive—sometimes it's just giving them the resources—that little bit of information can make someone feel like a better person, so therefore that makes you feel like a better person. It's a tough job, it's not an easy job because it's full of violence, whether it be sexual, whether it be domestic violence, it's just violent situations.

Owolabi's office is currently trying to kick off APG 2014 Sexual Harassment/Assault Response and Prevention (SHARP) training. This training

will be leadership-led and SARC-assisted and will be held in small classroom environments, increasing the interactivity between leadership, victims and others.

Team APG will continue hosting Sexual Assault Awareness Month activities throughout April.

“I want to do more outreach and get more into the surrounding community.”

Theresa Owolabi
Sexual Assault Response Coordinator

DID YOU KNOW?

That Directorate of Emergency Services Bldg. 2200 is dedicated to a young Army clerk who was brutally murdered in 1990?

Spc. Bonnie Sue Joseph was not a military police officer, though she was accepted as a member of "the police Family" by the Soldiers of the 523rd Military Police Company. The 71 Lima administrative clerk worked the 8 p.m. to 2 a.m. shift at the original Aberdeen Proving Ground MP Station, which is no longer standing, where she sat behind the desk sergeant typing blotter reports for review.



In the early hours of March 12, 1990, Joseph was nearing the end of her shift and preparing the blotter reports as usual. Capt. Nick Stamos, the current DES chief of police services, was a Master Sergeant in the company at the time. Stamos remembers Joseph as a bright and friendly 21-year old. He said she typically would make a coffee run for the guys coming on duty while the desk sergeant reviewed the reports.

Joseph drove to two different 7-11 stores trying to fill the Soldier's orders. At the second one, when she got back into her unlocked car, she did not realize 33-year-old laborer Daniel E. Turner was in the back seat until he put a knife to her throat and told her to drive,

What happened next was pieced together by investigators. Daniels forced Joseph into a wooded area near Van Bibber Road in Edgewood. Investigators said he took money from her and attempted to rape her. At some point, Joseph was able to make a run for it. Unfortunately, she wasn't fast enough.

Joseph's body was found shortly after 5 a.m. She had been stabbed more than 25 times in the head, chest, abdomen and back. A short time later, Maryland state troopers and K-9s flushed Turner out of the woods behind a nearby elementary school.

Stamos said Joseph's murder hit the unit hard. "It was bad," he said. "After they caught Turner, they needed help gathering evidence and no one had a problem volunteering."

The unit held a memorial service and then formed a full police escort that included troopers and deputies to the funeral and interment in Calvert County where Joseph was from.

Turner was given life plus 34 years for his convictions on additional counts of attempted rape, theft and weapons charges in the 21-year-old Soldier's murder. When the new police station opened in 1997, Stamos said they had little trouble deciding who to dedicate it to. A plaque honoring Joseph is on the outside wall next to the front door and on the lobby wall next to the front desk.

Stamos said he still thinks about Joseph from time to time.

"We lost her on my first day as the unit first sergeant, and one of the toughest days of my career," he said. "Being in law enforcement and knowing how she died made it harder for all. Those of us who were here then will never forget that day and will always remember Spc. Bonnie Sue Joseph."

Yvonne Johnson, APG News

ASAP drug take-back program accepts expired, unwanted drugs

Continued from Page 1

than 100 pounds of unused drugs. ASAP Prevention Coordinator Cindy Scott said the campaign has received incredible support from the APG community.

"The whole thing is about keeping APG safe," said Scott. "If we are safe, we are going to be mission ready. We need to be mission ready every day to be able to take care of our Soldiers."

Expired, unused and unwanted prescription drugs and over-the-counter medicines can be dropped off at the APG South (Edgewood) police station, Bldg. E4420 and APG North (Aberdeen) police station, Bldg. 2220 at any time, Monday, April 21 through Friday, April 25, or at Kirk U.S. Army Health Clinic Pharmacy, Bldg. 2501, daily from 7 a.m. to 5 p.m.

In addition, there will be three one-time drop-off events: Tuesday, April 22, at ATEC Headquarters, Bldg. 2202; Wednesday, April 23, at the Myer Auditorium, Bldg. 6000 at the C4ISR Campus; and Thursday, April 24 at the APG South (Edgewood) Express (formerly known as the Shopette) in Bldg. E4010. All events will be held 11:30 a.m. to 1 p.m. April is also Alcohol Awareness Month.

During the three Take-Back events, ASAP staff will give free alcohol screenings and awareness information. Scott said ASAP put together a user-friendly alcohol screening pamphlet to give out at APG events throughout the year. She said the screening gives people a chance to ask questions and gain useful information in a non-threatening environment.

In addition to the Take-Back Campaign on APG, Harford County will participate in the nationwide Prescription Drug Take Back Day, Saturday, April 26 from 10 a.m. to 2 p.m. The county's two drop-off locations are at the County Office Building, 220 S. Main Street in Bel Air, and the Havre de Grace Police Station, 715 Pennington Avenue in Havre de Grace. This service is free and anonymous; no questions asked.

Scott added that the Maryland State Police Barrack D, 1401 Bel Air Road in Bel Air, has a permanent collection box for unused, unwanted and expired medications. This box allows residents to drop off medications at any time. For more information, call 410-879-2101.

For more information contact Scott at 410-278-4013, cynthia.m.scott4.civ@army.mil.

“The whole thing is about keeping APG safe. If we are safe, we are going to be mission ready. We need to be mission ready every day to be able to take care of our Soldiers.”

Cindy Scott
ASAP Prevention Coordinator

ChalleNGe cadets learn from Tuskegee Airmen

Continued from Page 1

nis Dent, Deputy Garrison Commander Glenn Wait and Garrison Command Sgt. Maj. James Ervin.

The Tuskegee Airmen were the first African-American military aviators who served between 1941 and 1949. Despite being American heroes, the Airmen were racially segregated and subjected to discriminatory policies of the Jim Crow era, inside and outside of the Army.

All of the 926 pilots were trained at Moton Field and Tuskegee Army Air Field near Tuskegee, Ala. The Airmen flew 1,267 missions and 6,381 combat sorties during World War II, and they were collectively awarded the Congressional Gold Medal by President George W. Bush and the U.S. Congress in 2007.

Tuskegee Airmen also included 16,000-19,000 ground personnel, including aircraft mechanics and maintenance technicians.

The Airmen in attendance included William T. Fauntroy Jr., Edward James Talbert Jr., Major L. Anderson, Dr. Cyril O. Byron Sr., and James W. Pryde Sr.

Anderson, part of the maintenance crew, said he considered it a privilege to speak to the audience.

"I am proud today to say I am an original Tuskegee Airman and I thank God each and every day for my blessings," he said.

Byron told the audience how he dealt with prejudice in the South. He recounted how African-Americans were restricted to balcony seating in a theater near where they were stationed. He said even though the segregation made him uncomfortable, at the time, he just had to accept the status quo.

"Never in my life did I think I would see an African-American President," Byron later commented, when asked how much America has changed since he served in the military.

Byron said he was in a group of Tuskegee Airmen who were invited to meet President Barack Obama and First Lady



Photo by Rachel Ponder
(From left) Dr. Cyril O. Byron Sr., an original Tuskegee Airman, talks with Cadets Requan DaSant and Denzel Thyme about their plans after graduating from the Freestate ChalleNGe Academy.

Michelle Obama in 2012, during a White House screening of the movie "Red Tails," a George Lucas-produced movie about the first African-American pilots in the Army, starring Cuba Gooding Jr. and Terrance Howard. Byron said meeting the Obamas was a highlight of his life.

Talbert talked about when he was part of the 332nd Fighter Wing, working as a base supply officer at Lockbourne Air Force Base from 1948 to 1950. Lockbourne Air Force Base, in Columbus, Ohio, was the last segregated African-American Air Force base before integration. Talbert said he had the honor of handing the Lockbourne keys over to the National Guard in 1950. After military service, Talbert worked as a librarian. He played a significant role in opening several library branch-

es in Prince George's County.

Pryde, a former Tuskegee Airman radio operator, said that after leaving military service he worked for the National Security Agency, and served as the Assistant Deputy Director of Administration at NSA in 1981.

He was inducted into the NSA Hall of Honor in 2006. During his tenure at NSA, he helped to promote diversity within the organization. Today, he continues to support the NSA as a National Cryptologic Museum Foundation Inc. board member.

Steven L. McCoy, chairman of the East coast chapter Tuskegee Airmen speakers bureau told the audience that Tuskegee Airmen were instrumental in starting the thought process of the Civil Rights Movement in America. The American military

began to fully integrate after President Harry S. Truman signed Executive Order 9981, on July 26, 1948.

"These men came home and were unable to accept the conditions that America was under at that time," McCoy said.

During the question and answer session, one attendee asked the Airmen how they handled internal conflict with other Airmen, remarking that they all came from different geographical backgrounds.

"Internal conflict was not a problem, we all had a similar goal, to do the best work with the knowledge that we have been given," Anderson said.

Fauntroy said the Airmen knew that they had to depend on each other to succeed. He encouraged the cadets to do the same. He told the audience that after serving in the Army, he became the first African-American civil engineer hired by the National Capital Transportation Agency, the predecessor to the Washington Metropolitan Area Transportation Authority. He was instrumental in selecting areas for Washington D.C. Metro stations.

"If you ever rode on the Metro, you can thank me," he said.

Fauntroy said the Airmen encouraged each other to do their best. He told the cadets that each person has a special gift to share with the world.

"You have to have a desire to want to be somebody," Fauntroy told the cadets. "If you put in the effort, believe me you will succeed."

The Tuskegee Airmen lunched with the cadets after the presentation. Several cadets remarked that they were inspired by presentation.

"Hearing them speak made me realize that there will always be hard times. You just have to be motivated to fulfill your dreams," said Cadet Janice Pena.

"We got to hear a first-hand account about how life was like at that time," said Cadet Michael Jefferson. "I am grateful to have the opportunity to hear them speak."

You have to have a desire to want to be somebody. If you put in the effort, believe me you will succeed.

William T. Fauntroy Jr.
Tuskegee Airman

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/>.



Photos by Molly Blossie

Photo by Melissa Plummer

APG MEN DRAG OUT THEIR HEELS TO SUPPORT SHARP EVENT

Clockwise from top, left:

Garrison Deputy Glenn Wait displays color-coordinated fashion sense while strutting his stuff during the "Walk A Mile In Her Shoes" event supporting Sexual Harassment and Rape Prevention at the APG North (Aberdeen) recreation center April 10. Wait won third place.

(From left) CECOM and installation Command Sgt. Maj. Kennis Dent and acting Senior Leader Col. Charles Gibson were unwilling to shed their boots for the event but happy to display their good taste in heels.

Garrison Public Affairs Officer Kelly Luster gazes admiringly at the bright blue stiletto heels he bravely paraded around in without once stumbling.

Eric Etherton, an Army Evaluation Center engineer, won second place after volunteering to walk in blue heels.

(From left) First-place winner, Master Sgt. Chris Gibson CECOM LRC Senior enlisted advisor, La'Mont Harbison of the Garrison's Visual Information Services, and Anthony Dorsey and Rodney Shelby of the Directorate of Plans, Training, Mobilization and Security, rest their cramped tootsies.

An unidentified (female) contestant purrs along in cat heels.

APG SNAPSHOT

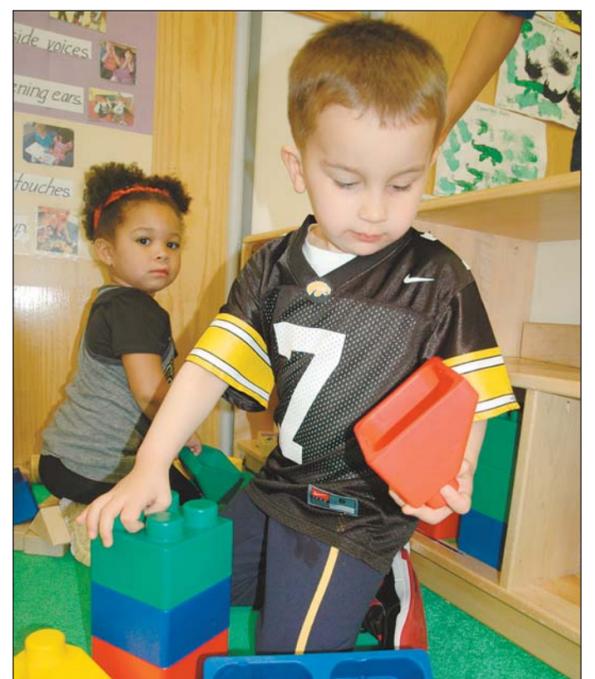
A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



EDGEWOOD TOTS ENJOY FIRE FIGHTERS FOR A DAY

Firefighter Erick Bebber shows pre-kindergartners at the APG South (Edgewood) Child Development Center a flashlight and other fire engine apparatus during Fire Department Day activities April 14. The event was part of the month-long observance of Month of the Military Child. (From left) Capt. George Dorbert, Firefighter Richard Gallo and Fire Protection Inspector William Bond take questions about protective gear in Danielle Shriner's Strong Beginnings pre-kindergarten class. "We appreciate the fire department coming in and sending the message that they are our friends," said Facility Assistant Director Kim Barrett.

Photos by Yvonne Johnson



Photos by Rachel Ponder

PINT-SIZED FANS WEAR TEAM COLORS WITH PRIDE

Children at the APG South (Edgewood) Child Development Center were invited to wear a jersey or shirt of their favorite team on April 11. This special day is one of several activities planned to celebrate the Month of the Military Child. (From left, left photo) Nyxin Graham, 3, wearing a Oakland Raiders jersey, Chelsea Ferguson, 3 and Bradley Anderson, 3, wearing Baltimore Ravens gear, show hometown team pride; (From left, right photo) Elaina Robinson, 2, sporting a Baltimore Orioles dress, looks on as Samuel Procell, 3, in an Iowa Hawkeyes jersey, has some fun with blocks.

See more photos from events around APG <http://www.flickr.com/photos/usagapg/>