



# APG NEWS

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

www.teamapg.com

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## APG to explore Civil Rights in America

By **ALAN FEILER**  
APG News

Team APG will observe Black History Month, the annual celebration of the African-American experience, Wednesday, Feb. 26, at 10:30 a.m. at CECOM Building 6000-Myer Auditorium.

The theme of this year's observance will be "Civil Rights in America." The guest speaker will be Dr. Ricky C. Godbolt, director of the Center for Trades and Energy Training at the College of Southern Maryland in Waldorf.

### Black History Celebration

Join the celebration on Wednesday, Feb. 26, 10:30 a.m. Hosted by CECOM at Bldg. 6000, Myer Auditorium

A retired U.S. Army warrant officer, Godbolt holds a bachelor's degree in social psychology, a master's in adult education and distance learning, and a doctorate in educational leadership. He is certified as a National

See **GODBOLT**, page 12

## APG leaders address hot topics at Town Hall

By **RACHEL PONDER**  
APG News

APG garrison leadership addressed the installation's workforce Feb. 4 during the first Town Hall meeting of the year at the post theater.

The program opened with a video highlighting some of the achievements of tenant organizations located on post. APG Garrison Commander Col. Gregory R. McClinton said the garrison team plays a critical role in supporting these organizations.

"We impact not only the Army, but the entire DoD and the world," he said.

Acting Equal Employment Officer Tiphannie Pharris briefed the audience about the EEO Climate Survey results. About 44 percent of the garrison workforce took the survey. The results can be viewed at <https://home.army.mil/sites/atlgapg/SitePages/Home.aspx>.

Commander Lt. Col. David R. Zinnante from the Kirk U.S. Army Health Clinic said starting Apr. 1, KUSAHC will test trial an early opening at 6:30 a.m. for Soldiers. During this period of 90 days, KUSAHC will conduct a survey to determine if Family members and retirees could benefit from an early opening.

See **POST**, page 14



## APG Soldiers enjoy trip to Roundtop

Spc. Jerome Taylor, 22nd Chemical Battalion, carves the slopes like a pro during a recent Soldier ski trip to Roundtop Mountain Resort in Lewisberry, Pa. Through a partnership with the Chesapeake Science and Security Corridor (CSSC), approximately 28 Soldiers stationed on Aberdeen Proving Ground in various units were whisked away to Roundtop, a small ski resort located just south of York, Pa. All attendees were given a lift ticket, ski rental, a lesson if needed, lunch and transportation. Soldiers weren't limited to traditional skiing—some took advantage of the opportunity to try snowboarding. While none of the participants pulled a 1620 Japan Air Mute Grab to take the Gold in the newest Olympic event, Slope Style, a fun time was had by all.

See more photos Page 15

U.S. Army Photo by Kelly Luster

## ARL brings 3-D printing to local library

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

The next generation of scientists and engineers are discovering three-dimensional printing at the Abingdon branch of the Harford County Public Library.

This cutting-edge 3-D printing machine, called the MakerBot Replicator2, is on loan from the U.S. Army Research Laboratory. Dr. Drew Wilkerson, associate director of special programs from the Vehicle Technology Directorate at ARL, said this is likely to be the only publicly available 3-D printer in the county.

Three-dimensional printing, also known as additive manufacturing, allows the user to draw objects on a computer through computer-aided design, or CAD, and print a 3-D life-size version using a layer-by-layer technique.

Wilkerson led several free seminars at the library so patrons can learn about using 3-D printing. Although small 3-D printers currently cost \$1,500 or more, Wilkerson predicted that one day they will be as common as personal computers.

"I believe that 3-D printing will change the world," Wilkerson said during a seminar Feb. 8. "I want to get kids interested because they will be the ones using this technology on a day-to-day basis."

ARL intern William Stone, a senior majoring in mechanical

See **LIBRARY**, page 12



(From left) Joshua Rosado, 10 and Briana Rosado, 8, watch an object being printed on a 3-D printing machine called the MakerBot Replicator2, during a seminar at the Abingdon Branch of the Harford County Public Library Feb. 8.

## Army's longest serving senior research scientist retires

By **CRYSTAL MAYNARD**  
ECBC Public Affairs



Valdes

After 32 years of civil service, James J. Valdes, Ph.D., stepped down from his role as the U.S. Army Edgewood Chemical Biological Center's Scientific Advisor for Biotechnology (ST) at the beginning of the year. Valdes served in this position since 1990, making him the longest serving ST in the Army.

The ST position belongs to a unique and select category of federal jobs that and involve performance of world class research and development in the physical, biological, medical, or engineering sciences. These positions are the civilian equivalent to general officers.

During his career, Valdes has won many top awards and honors. He twice won the Department of the Army Research and Development Achievement Award which highlights the best in Army science and technology. Just one percent of the Army's scientists and engineers receive this award.

He has also been awarded the U.S.

Army Materiel Command's Ten Best Personnel Award; the Baltimore Federal Executive Award for Excellence in Federal Career, Outstanding Professional Award; the Bronze Award for best paper at the U.S. Army Science Conference; and the Presidential Rank Award from both Presidents George W. Bush and Barack Obama, which honors high-performing senior career employees for sustained extraordinary accomplishment.

Raised in a Navy family, Valdes attended 10 schools in 12 years, including three years in Panama. During his early childhood, Valdes discovered his love of science with a chemistry set.

"I would read through the manual over and over and conduct experiments with chemicals that they would never let a six year old kid have today. It was great," Valdes shared with a chuckle.

Valdes continued to excel throughout

school graduating in 1968 from Altoona Area High School in Pennsylvania, and went on to receive his bachelor's of science from Loyola University of Chicago and his master's of science from Trinity University in San Antonio, Texas.

After completing his Ph.D. in neuroscience at Texas Christian University, he made his way to Maryland's Johns Hopkins University Bloomberg School of Public Health for his postdoctoral fellowship and studied the effects of heavy metals on brain function. During his work at Johns Hopkins, Valdes became aware of an opportunity on the Army's Aberdeen Proving Ground through one of his graduate students. After interviewing for the position, he was promised something that, according to Valdes, no young scientist could turn down – building his own labo-

See **AWARD**, page 14

**Working for the Army has been an incredible ride, and now I'm going to take my time, see what's out there and do what feels right.**

James J. Valdes

U.S. Army Edgewood Chemical Biological Center's Scientific Advisor for Biotechnology (ST)

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**ICE** ICE system  
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**Thursday**

snow/freezing rain  
snowfall 2-4 in



**35° | 25°**

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# OPINION

## STREET TALK

**Do you have any Valentine's Day plans this year?**

"I have an 11-year-old, so I'll be spending it with him. We'll have dinner and I'll make him buy me something cute with his allowance money."



**Brenda Randall**  
Retired Army

"I don't really have any plans. Probably will just be relaxing at home."



**Sandy Clark**  
Commissary Employee

"[My wife and I] take it day-by-day. We'll probably go out to dinner."



**Joseph Gregson**  
Retired Air Force

"Well, my husband is gone all of the time, and he's coming back for Valentine's Day. ... We also have a family get-together on Sunday."



**Monika McCulloch**  
Express (Shopette) Shift Manager

"My plan is working here and then going home and fixing dinner for the hubby and I."



**Donna Pernak**  
Owner, Donna's Pit Beef

## Is it really Black History Month?



By **LARRY D. MCCASKILL**  
ACC

February is Black History Month, a time set aside to highlight the achievements of African-Americans. As an American, I am more than proud of the contributions made by my ancestors to making this nation, this world, a better place to live.

I remember studying black history in elementary school. My teachers were of various ethnicities and all shared a great sense of knowledge and pride in introducing young minds to the works of authors like Phyllis Wheatly, Langston Hughes and Lorraine Hainsberry just like they did when discussing William Shakespeare and Mark Twain. They were just as enthusiastic discussing inventors. If you learned about Thomas Edison, you would also learn about Lewis Latimer, the scientist and inventor who perfected the filament for light bulbs to make them last longer and cost less.

My favorite teacher back then was Mrs. Graham, an intense woman who shared her passion for education with you whether you liked it or not. She opened up a whole new world of possibilities for me. For her, black history wasn't restricted to 28 calendar days. For her, it was a 365-day experience. For her, it was American history.

With Mrs. Graham, there was no other way of explaining it. She was the first one I remember using the analogy of Americans being part of a salad rather than a melting pot. In a melting pot, things blend together to become one. In a salad things are combined, each maintaining their unique characteristics to become something much more than each ingredi-

ent, without each piece losing its own flavor. That made a lot of sense to me. Mrs. Graham taught me that black history is American history and vice versa.

When we honor those who helped build this great country we live in, we need to make sure we do so in a way that unites, not divides. Some may view ethnic celebrations as being for only certain groups. That's anything but the truth. The honoring of the various groups only shows what their contributions meant to this nation. Until fairly recently, history has been written by those with the power, and more often than not, those people chose to write about themselves and others like them. As Americans became more educated, they also became more aware that some bits and pieces were left out of the tale of what this nation was built upon. These moments of remembrance serve as a further opportunity to educate and grow as a people. We should take time to honor those who helped build this great country we live in. You can separate achievements by race, ethnicity or gender all you like but when the rubber hits the road, they--we--are all part of the fabric that is America.

So yeah, we celebrate February as Black History Month. Next month we'll celebrate Women's History Month and so on and so on. The one thing that should be taught and never forgotten as we pay tribute to our past is that our past is the foundation of this great nation. The foundation is a solid one built on the aspirations of Americans.

That being said, I say every month is American History Month, each building on the other for the greater whole. Let's not forget the uniqueness of every ingredient in this salad and enjoy it for what it is.

*Editors Note: Larry D. McCaskill is the editor of the Army Contracting Command's weekly NewsBlast at Redstone Arsenal, Ala. He is an Army veteran and native New Yorker.*

## Did Bob Dylan 'sell out' yet again?

By **ALAN FEILER**  
APG News

The morning after last week's Super Bowl game, in which the Seahawks pretty much decimated the Broncos and the Red Hot Chili Peppers faked their way through the halftime performance, I got an email from a friend. It only contained three words: "Dylan sold out!"

She was referring to Bob Dylan and what has been widely condemned in the media and on the Internet as his "sell-out" commercial for Chrysler. In the ad, the 72-year-old folk-rock legend – who looks like the recipient of way too much cosmetic surgery – is seen milling around like the Grim Reaper, browsing in music stores and strolling through plazas, amid intermittent sepia snapshots and footage of James Dean, Marilyn Monroe, Rosie the Riveter, Dylan himself as a young bard, and other images supposedly evoking the spirit of Americana.

In the slickly-produced spot, Dylan asks, "Is there anything more American than America?" At the end, he's seen in a pool hall with a collection of presumably everyday folks. "So let Germany brew your beer," Dylan intones. "Let Switzerland make your watch. Let Asia assemble your phone." Then, the ever-awkward troubadour stares into the camera, with pool cue in hand, and says, "We will build your car."

This commercial has stunned a lot of people. After all, the pundits cry, how can the counterculture icon who penned "The Times They Are A-Changin'" and "Blowin' in the Wind" become a late-in-life shill for Madison Avenue and a car corporation (to boot, one that's owned by an Italian conglomerate)?

As a longtime Dylan fan, I've been accosted by friends



Photo by Amalie R. Rothschild

Gotta Serve Somebody: Dylan shown here in 1974

many times over the years who've called out Bob's alleged hypocrisies. I was only a toddler when he "went electric" in '65, but I sure got guff from pals when Mr. Tambourine Man dabbled with fundamentalist Christianity and wore it on his sleeve in the early '80s.

What I would say to the latest round of "Dylan sold out!" critics, besides the fact that the sphinx-like singer has a penchant for unpredictability and shock value, is they haven't been paying much attention. First, like most aging rock stars, Dylan has done commercials for years (remember that Victoria's Secret

debacle in 2004?), so let's get off that soapbox.

Next, regarding the unabashedly flag-waving spirit of the Chrysler spot, I say what's wrong with that? If you read Dylan's 2004 autobiography "Chronicles: Volume One," you'll see that this product of the Midwestern middle-class is a highly patriotic man who was quite proud of his relatives who served during World War II.

Also, just read the lyrics of his 1983 protest song "Union Sundown" and you'll see that keeping jobs in America has been on Dylan's mind for a long time. The chorus goes, "Well, it's sundown on the union/and what's made in the USA/Sure was a good idea/Til greed got in the way." Whatever your political flavor, you can't disagree with that.

I don't want to sound like an isolationist or an anti-globalization protectionist, or an apologist for Bob Dylan. But maybe "selling out" isn't such a bad notion when it comes to calling on Americans to support home-based companies and industries, rather than exporting all of the jobs and capital overseas and then wondering why our own economy seems to be tanking.

## APG SEVEN DAY FORECAST



## APG NEWS

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# Valentine's Day comes with a murky past

Exploring the origins of the designated day of love

By **ALAN FEILER**

APG News

Not long ago, I overheard two young ladies talking about the imminent arrival of Valentine's Day. One was saying how she didn't particularly care for the custom, since everyday should be about romance when you have a significant other. The other concurred, charging that Valentine's Day seemed rather contrived and overhyped. Both agreed they were completely indifferent about whether or not their boyfriends bothered to get them something for Valentine's Day.

Their paramours would likely be pleased to hear this, but still they might want to drop by a florist, greeting card store or confectionery ASAP (if they haven't already).

Tomorrow, Feb. 14, is Valentine's Day. In some ways, like such oddball counterparts as Groundhog Day and April Fools' Day, it seems like an inherently American "holiday" with its quirky, ephemeral and random nature.

*Natch*, Madison Avenue can't get enough of this observance of *amore*. (*Catching!*) And of course, for Soldiers and their Family members and other folks who are far away from loved ones while serving their country, Valentine's Day can be a time of melancholy and a sobering reminder of their sacrifices.

But where exactly does Valentine's Day come from? And why are we doing this, yet again?

The origins — *ah, like love itself* — are rather murky and vague, and subject to fanciful legends. Since pagan times, February has been celebrated as a month of romance in one form or another for some inexplicable reason (perhaps due to the need to snuggle during cold weather?), but Valentine's Day itself really comes from the Christian and ancient Roman traditions.

To keep things complicated, the Catholic Church recognizes at least three different saints named Valentine (or Valentinus), all of whom were martyred (*how romantic!*). One of these Valentines supposedly defied the Emperor Claudius, who outlawed matrimony for young men so they would be premier warriors. That Valentine continued to officiate marriages despite the decree, so Claudius ordered his sudden demise.



A Valentine greeting card from 1909

Another Valentine legend is that while incarcerated, our hero fell in love with a winsome young lass who frequently visited him in the hoosgow. Before his execution, he allegedly wrote her a letter signed, "From your Valentine." (And so it begins.)

At any rate, it seems that the Church eventually decided to plant the St. Valentine's feast day in the middle of February in an effort to replace and "Christianize" Lupercalia, a pagan fertility holiday. At the end of the fifth

century, Pope Gelasius officially declared Feb. 14 as St. Valentine's Day.

Not long afterward, the day somehow became affiliated with the concept and joys of passionate, romantic love. Some historians feel that's because Feb. 14th was believed to be the start of birds' mating season in England and France during the Middle Ages.

In his book "Chaucer and the Cult of Saint Valentine," UCLA medieval scholar Henry Ansgar Kelly claimed it was the author of "The Canterbury Tales"

who first connected the dots between romance and the holiday. In 1381, Chaucer wrote a poem titled "The Parliament of Fowls" upon the engagement of England's Richard II and Anne of Bohemia. He associated their union-to-be and the mating season of birds with St. Valentine's Day: "For this was on St. Valentine's Day/When every fowl cometh there to choose his mate."

It appears that the concept of Valentine's greetings evolved sometime in the early 15th century. The oldest known Valentine still in existence today was a poem penned in 1415 by Charles, the Duke of Orleans, to his wife while he was imprisoned in the Tower of London. A few years later, King Henry V allegedly hired a scribe named John Lydgate to proffer a Valentine's note to the affection of his heart, Catherine of Valois.

By the 17th century, Valentine's Day was in full bloom and widely celebrated in merry ol' England. Lovers and friends of all socio-economic strata were exchanging tokens of affection or handmade notes.

Naturally, the tradition caught on like wildfire in the New World, with handmade Valentine cards featuring Cupids and hearts being doled out throughout the American Colonies. By the turn of the 20th century, mass-printed Valentine's Day cards hit the market with a vengeance. In the latter part of that century, such gifts as roses, candy and jewelry became part and parcel of the tradition.

Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are mailed annually around the world, making Valentine's Day the second largest card-sending holiday of the calendar year (coming on the heels of Christmas). The average American spends approximately \$130 every year on Valentine's Day, and about eight billion candy hearts are manufactured for the holiday annually, according to the National Confectioners Association.

Furthermore, about \$18.6 billion is spent in total every year on Valentine's Day, according to the U.S. National Retail Foundation. That ain't chump change, but no one ever said true love came cheap.

Connie Francis was wrong — Cupid is definitely not stupid.

# CECOM logistician named AMC LAR of the Year

By **MARISSA ANDERSON**  
CECOM Public Affairs

Gregory J. Garduno was presented the 2012 U.S. Army Materiel Command's Robertson J. Short Logistics Assistance Representative of the Year Award, Jan. 7, for his outstanding achievement, dedication, and performance as a LAR.

A former Army radar repairer, Garduno has been serving as a CECOM Sensor LAR supporting Intelligence Electronic Warfare and Radar Systems for the 4TH Brigade Combat Team of the 1ST Calvary Division at Fort Hood, Texas, since 2010.

"I am very honored to receive this distinguished award," said Garduno upon receiving the commendation. "I strive to support the warfighter because they are the real heroes."

The award recognizes an individual for outstanding achievement and support in the Logistics Assistance Program. LAR technicians embed with deployed units to provide guidance on weapons systems, equipment, and logistics problems.

Lloyd D. Hayslip, regional technical assistance manager for CECOM at Fort Hood, spoke highly of Garduno as an employee.

"Garduno is an exceptional LAR who goes above and beyond the call [of duty] every day, supporting Sol-

diers and keeping supported equipment at near 100 percent readiness," said Hayslip. "He is extremely dedicated, possesses a solid work ethic and has earned the highest levels of respect from his supervisors and peers. Garduno is a model team player who totally supports all aspects of the LAP."

Garduno deployed to Kuwait in support of Operation Spartan Shield. During his deployment, he provided technical expertise in support of radar systems for the Kuwait area of operations, as well as assisting the Jordanian Armed Forces through an Acquisition and Cross-Servicing Agreement to repair their radars. "These radars were non-mission capable for nearly 10 years and through Greg's expertise they are now able to acquire live artillery fire," said Hayslip.

He has also been deployed to Kandahar, Afghanistan and Baghdad, Iraq, during his service at CECOM.

"After working with a LAR during a deployment, I realized this is the job for me. I enjoy my job and get a sense of accomplishment every time I can help a Soldier accomplish their mission," said Garduno.

Hayslip went on to discuss Garduno's commitment to the warfighter.

"Mr. Garduno continuously provides superb logistical and technical support to the Soldiers who main-



U.S. Army Photo  
**Gregory Garduno, CECOM sensor and AMC LAR of the Year recipient, conducts training of Lightweight Counter Mortar Radar to Soldiers from 42nd CAB, of the New York National Guard and 3-82 FA, 2nd BCT, 1st CAV DIV, October 2013 at Fort Hood, Tex.**

tain the complex systems under his skill set. His knowledge of employing radars was sought out by commanders and his technical skills at training Soldiers to repair them were sought out by technical warrant officers. Mr. Garduno was very successful at supporting his units at all times resulting in no time loss to missions and exercises."

AMC initiated this award in 1985 to recognize and reward LAR excellence in the field. In 1988, AMC named the award in honor of former Army Missile Command LAR Robertson J.

Short, for his meritorious contributions to the LAP. Short embodied the characteristics of dedication, commitment, selfless service, and honor.

Criteria for being eligible to receive the award includes outstanding logistics and technical support with favorably impacted Army readiness; successfully contributing improvements to Army operations such as cost avoidance and savings initiatives; support during contingencies and training exercises; and participation in self-improvement activities.

**I am very honored to receive this distinguished award. I strive to support the warfighter because they are the real heroes.**

**Gregory J. Garduno**

CECOM sensor Logistics Assistance Representative

## Leave Donations Employees eligible for donations in the Voluntary Leave Transfer Program

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

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Cobb, Joyce  
King, Beverly  
Shelton, Lena  
Robinson, Jennifer  
Sumic, Angie  
Small, Errol

# Summer camp wait list opens Feb. 18

By **RACHEL PONDER**

APG News

Even though summer is still months away, Child, Youth and School Services is making preparations for the annual summer camp program.

The waiting list for summer camp opens next Tuesday, Feb. 18, at 7:30 a.m. Forms can be picked up at all CYSS facilities, Parent Central in Bldg. 2503, or online at [www.apgmwr.com](http://www.apgmwr.com).

“Parents are encouraged to start thinking about their summer plans now, as spots fill up quickly,” said CYSS Parent Outreach Director Myria Figueroa.

The summer camp program will take place at the APG North (Aberdeen) and APG South (Edgewood) youth centers from June 16-Aug. 15. Sessions run week to week, allowing parents to sign up for only the weeks that child care is required. Activities offered during the popular program include arts, sports, swimming, guest speakers and weekly field trips.

“We try to plan a variety of activities that are educational and fun,” said APG South youth center Director Renee Main. Last year’s field trips included the Harford County Farm Fair, Dutch Wonderland, Dutch Apple Theater, Washington, D.C., Fort Delaware



Photo by Renee Main, CYSS  
During a summer camp field trip, Jacob Fruchey, Mason Ellison and Conner Wallin examine a tractor at the Harford County Farm Fair.

State Park and Ladew Gardens.

Figueroa said one reason the program is so popular is that it costs less than off-post summer camp programs. The CYSS program fee is based on a patron’s total

family income and includes breakfast, lunch and snack and field trip costs.

Applications will be stamped and dated with the time they are turned into the Parent Central Office. Children of

active-duty military have first priority, followed by Department of Defense civilians, then contractors.

Forms can be scanned, emailed or submitted in person to the Parent Central Office, Bldg 2503, 2nd Floor. Forms will not be accepted at the youth centers or child development centers. The Families of children who are accepted into the program will be contacted in March.

Those selected from the waiting list will be called before March 9. Families accepting a space in the summer camp program will not be required to pay a registration fee or make a deposit for camp. Patrons will be required to sign a Commitment Agreement stating that they will pay for all camp weeks which they initially selected at their registration appointment.

Summer camp hours are Monday to Friday, 6 a.m. to 6 p.m. The program is open to qualifying children who have completed kindergarten through eighth grade.

For more information on the summer camp program, call the Parent Central Office at 410-278-7551/7479, Monday to Thursday, 7:30 a.m. to 5:30 p.m., and Friday 8 a.m. to 4 p.m. Fax applications to 410-278-2329 or email [judy.l.bennett.naf@mail.mil](mailto:judy.l.bennett.naf@mail.mil) or [christina.m.noe.naf@mail.mil](mailto:christina.m.noe.naf@mail.mil).

## February is National Children’s Dental Health Month

American Dental Association

Many parents across the country will issue a common refrain at dinnertime tonight: You’d better eat that—it’s good for you! There’s another old favorite in the parental arsenal of dietary admonitions: Don’t eat that—it’ll rot your teeth! Now more than ever, kids are faced with a bewildering array of food choices -- from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It’s clear that junk foods and drinks gradually have replaced nutritious beverages and foods for many people.

For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year! Alarming, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common activities may contribute to the tendency toward tooth decay. These include grazing habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these

foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Follow these tips to help reduce your children’s risk of tooth decay.

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.

- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.

- If your kids chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and help

wash out food and decay-producing acid.

- Monitor beverage consumption – instead of soft drinks all day, children should also choose water and low-fat milk.

- Help your children develop good brushing and flossing habits.

- Schedule regular dental visits.

### Healthy Living

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](http://www.teamapg.com) and click on the Community Health icon at the bottom right.

# Army honoring survivors of the fallen

By **WILLIAM BRADNER**

U.S. Army Installation Management Command

The Army recently announced that it will release three public service announcements over the next year to increase awareness of Department of Defense-issued Gold Star and Next-of-Kin lapel pins.

Fox Sports aired the first PSA on Feb. 2, in the half-hour before kick-off of Super Bowl XLVIII between the Seattle Seahawks and the Denver Broncos.

The lapel pins are designed to signify the loss of a loved one in support of the defense of our nation. Although the Gold Star pins have been in existence for decades, many Americans are unfamiliar with their meaning. The PSAs were developed to help educate and inform the public of the significance of the pins.

"It's heartbreaking to think that a mom wearing a Gold Star might have someone ask her, 'What a beautiful pin

-- where do I get one?'" said Donna Engeman, a Gold Star wife who manages the Survivor Outreach Services program for the Army. "We decided we had to do something to ensure the nation -- the world -- recognizes what that pin really signifies."

Though the Gold Star and Next-of-Kin lapel pins are a DoD program, the Army's Installation Management Command, or IMCOM, has taken on the mission of educating the public. This year, Gen. Raymond T. Odierno, Chief of Staff of the Army, directed IMCOM to develop a campaign to inform Americans of the significance of this symbolic Gold Star pin.

"We're committed to our survivors," said Lt. Gen. Michael Ferriter, IMCOM commander. "We owe it to them to ensure they get the support and service they deserve for as long as they need it.

"Educating the public on the meaning behind the Gold Star pins is simply another way to reaffirm to our survivors



Army public service announcements aim to educate Americans about the Gold Star (left) and Next-of-Kin (right) lapel pins.

that we understand and honor the sacrifices they've made for our country," Ferriter said.

The PSAs consist of documentary-style interviews and narrative stories from real survivors who volunteered to be a part of the project. The voice-overs were provided by Academy-award-nominated actor Gary Sinise, best known for his work in the films "Forrest Gump," "George Wallace" and "Truman."

"We tried to ensure the PSAs reflected the diversity of surviving families

as well as honoring their service and sacrifice," said Hal Snyder, chief of IMCOM's Wounded and Fallen Support Services office. "The PSAs include moms and dads, brothers and sisters, children, husbands, wives. ...

"The point is, you might see a Gold Star pin on just about anyone," Snyder said, "and we wanted to make sure everyone knows what that pin represents."

The PSAs also serve to remind the American public that the freedom they enjoy comes at a cost, Snyder said.

# Signals indicate culture shift on sexual assault

## Leaders must embrace trust, says Secretary of the Army

Army News Service

Soldiers who are victims of sexual assault are showing more willingness to report crimes against them, a sign that there is growing confidence in the Army's commitment to investigating such crimes and provide support to victims, according to Army leaders.

Secretary of the Army John M. McHugh spoke about preventing sexual assault, his top priority, Jan. 28 at an Army Sexual Harassment/Assault Response and Prevention conference at Joint Base Andrews, Md., just outside of Washington, D.C.

The secretary outlined his concerns and the Army's growing list of accomplishments to the more than 300 officers and senior enlisted personnel at the event.

McHugh cited findings from the Army's provost marshal general that found the number of reports of violent sexual crimes in the Army has increased over the past three years. A greater willingness to report may be the result of a victim's trust in their leadership, unit and the Army.

"Victims feel as though they not only can come forward, they should come forward ... and they know they won't be victimized a second time by a leader who doesn't care, who doesn't believe them, who doesn't take them seriously," McHugh said. "And they won't be harassed when they go back to the unit by other Soldiers for blowing the whistle on someone. I think we have made great progress down that path."

McHugh noted that many of those reports -- nearly 40 percent -- involve incidents that happened in years past. That, he said, is a likely indication that the increase in reporting is not necessarily an increase in crime, but rather a new willingness of Soldiers to open up about having been victimized.

"That, I think, is such a clear signal that those who have been assaulted do trust you, that you are making an effort, that you are changing the culture," he said.



U.S. Army Photo  
Chief of Staff of the Army Gen. Raymond T. Odierno attended the Jan. 28-29 Sexual Harassment/Assault Response and Prevention conference at Joint Base Andrews, Md.

In Fiscal Year 2012, the Army had a prosecution rate of 56 percent for founded rape allegations in which the Army had jurisdiction over the offender. This resulted in a conviction rate of 78 percent for those rape cases tried to findings. These rates are significantly higher than those in the civilian community.

Additionally, the Army's special victim investigation course is a DoD best practice, he said, and the Army has trained military special investigators and prosecutors "not just for ourselves, for the Army, but across all services."

The service has also assigned full-time Army civilians and Soldiers as sexual assault response coordinators, known as SARCs, and victim advocates at brigade-level units. And McHugh said the Army is making sure those positions are filled by qualified individuals.

"[We are] ensuring that those who serve in such a position of trust are the right people," he said. "Making sure that commanders don't just take who happens to be available, but pick those who are truly qualified and able to serve."

The Army also recently created the special victim counsel program that ensures victims get an Army lawyer dedicated to them, to advocate on their behalf and help them navigate the complexities of the criminal justice system while perpetrators of the crimes are prosecuted. There are 81 special victim counsels now trained across the Army.

"We also ensure now that we initiate separation or elimination proceedings, and prohibit overseas assignment for Soldiers who are convicted of sexual assault, where the convictions don't result, for whatever reason, in a punitive discharge or dismissal," McHugh said.

And Soldiers recently found changes to the evaluation and reporting system that takes into account their own efforts to foster a "climate of dignity and respect, and most importantly how those officers and NCOs are adhering, or not, to our SHARP program," the secretary said.

### More Vigilance Needed

Despite the encouraging news, McHugh cautioned attendees that they need to be more vigilant in ensuring that resources are available to victims of sexual assault. The Army Secretary reported that a study by the Army Audit Agency found only 73 percent of calls designed to test the victim support network were answered successfully. Examples of failures included voice-mails that were not returned, unanswered phones, disconnected numbers and numbers on websites that were incorrect.

"That is outrageous," McHugh said. "This isn't a failure of a website, or a number or the phone company. This is a failure of leadership. I don't know how we can make it any clearer to those in charge who are commanders. It cannot and it will not be tolerated. Every time a victim reaches out, we have got to be there."

Chief of Staff of the Army Gen. Raymond T. Odierno said, "This is about leadership accountability and development. We need to change the culture and train our young leaders. The communication aspect of this is also vital. We need to continue to relay the importance of this issue to our formations. We need to continue to take care of our victim; empower them to feel comfortable and trust their chain of command to do the right thing."

In an interview with Defense Media Activity broadcasters at the conference, Sgt. Maj. Of the Army Raymond F. Chandler III said fixing the problem of sexual assault in the Army starts with leadership that will follow through and demonstrate to Soldiers that there are repercussions for those who fail to respect their fellow Soldiers.

"Soldiers want leaders to take action," he said. "If the Army tells Soldiers to treat each other with dignity and respect, that sexual assault and sexual harassment are inappropriate and intolerable in the Army, they want to know that action is being taken."

Chandler also said Army training regarding the Army position on sexual assault must move beyond classroom learning and become a matter of regular interaction between the most junior Soldiers and the first leader in their chain of command.

"I think that small group instruction, which facilitates dialogue amongst a group of peers, is important," he said. "I think the most effective training is going to happen between the sergeant and the Soldiers they lead, because they are going to see those individuals on a day-in and day-out basis. And the leader can then check and adjust what he has taught them in order to individualize the training to the person they are trying to teach."

Chandler cited the Center for the Army Profession and Ethic (cape.army.mil) as an excellent starting point for material on both sexual assault.

"It's a tremendous website that is very user-friendly, that any person can go to and get a complete lesson plan and the training material to help our Soldiers learn and grow," he said. "It even has the instructor guide as to what you are supposed to say and when. I challenge anyone to go take a look at these stories, personalize that Soldier as your brother or sister, and to learn from that and become a proactive member and go and make change."

# VA MHCS names new associate director for finance

By **MARGARET HORNBERGER**

Veterans Affairs



Nechanicky

Jeff A. Nechanicky has been appointed as the associate director for finance for the VA Maryland Health Care System effective Jan. 26. Prior to his appointment, Nechanicky served as the associate medical center director at the VA Medical Center in Indianapolis, In.

As the associate director for Finance, Nechanicky is responsible for the VA Maryland Health Care System's annual budget of approximately \$530 million. Additionally, he oversees the day-to-day operations of Finance and Accounting, Human Resources Management, Veterans Canteen, Acquisition & Materiel Management and Medical Administrative Services, as well as the Prosthetics Treatment Center, Workman's Compensation, Medical Cost Collection Fund, Decision Support and Privacy Offices for the health care system. His principal area of respon-

sibility includes the oversight and evaluation of these services.

"Mr. Nechanicky's expertise will be a great asset to our management team," said Dennis H. Smith, director of the VA Maryland Health Care System. "He will be a wonderful benefit to our organization as we continue to align resources and provide Veterans with personalized, proactive patient-driven health care."

Nechanicky's scope of responsibility encompasses supporting VA Maryland Health Care System facilities throughout the state, including the Baltimore and Perry Point VA Medical Centers, the Loch Raven VA Community Living & Rehabilitation Center and six community based outpatient clinics in Cambridge, Fort Howard, Fort Meade, Glen Burnie, Loch Raven and Pocomoke City. He also serves as the site manager for the Perry Point VA Medical Center and is responsible for resource management and strategic planning for the health care system.

Prior to his appointment as the associate medical center director in Indianapolis, Nechanicky served as the chief financial officer at the VA Central West-

ern Massachusetts Health Care System, where he focused on employee engagement and empowerment in business practices. Nechanicky's career also included 21 years of service in various staff and leadership roles in the United States Army. He retired from active military service in 2003 as a Lieutenant Colonel and was inducted into the Order of Military Medical Merit.

Nechanicky earned a bachelor of science degree in Medical Technology from Creighton University in 1982, and a Master of Business Administration from Syracuse University in 1984, with a concentration in organizational management and specialized coursework in U.S. Army and federal financial management. He is also a graduate of VA's 2008 Executive Career Field Development Class, the Class of 2007 Leadership VA program, and is a Fellow in the American College of Healthcare Executives.

Nechanicky is a Certified Level 1 Adaptive Skill Instructor and is a volunteer instructor for the New England Healing Sports Association and the National Winter Sports Clinic for Disabled Veterans.

*The VA Maryland Health Care System (VAMHCS) provides a broad spectrum of medical, surgical, rehabilitative, mental health and outpatient care to veterans at two medical centers, one community living & rehabilitation center and six outpatient clinics located throughout the state. More than 52,000 veterans from various generations receive care from the VAMHCS annually. Nationally recognized for its state-of-the-art technology and quality patient care, the VAMHCS is proud of its reputation as a leader in veterans' health care, research and education. It costs nothing for Veterans to enroll for health care with the VA Maryland Health Care System and it could be one of the more important things a Veteran can do. For information about VA health care eligibility and enrollment or how to apply for a VA medical care hardship to avoid future copayments for VA health care, interested Veterans are urged to call the Enrollment Center for the VA Maryland Health Care System, Monday through Friday, from 8 a.m. to 4:30 p.m. at 1-800-463-6295, ext. 7324 or visit [www.maryland.va.gov](http://www.maryland.va.gov).*

# Army accidents continue downward trend

By **JULIE SHELLEY**

U.S. Army Combat Readiness/Safety Center

Following the Army's safest year on record, accidental fatalities fell once again during the first quarter of Fiscal Year 2014, according to data recently released by the U.S. Army Combat Readiness/Safety Center in Fort Rucker, Ala.

Overall, accidental deaths declined 21 percent from the first quarter of fiscal year 2013, due largely to significant drops in private motor vehicle, or PMV, accidents. Historically, PMV mishaps have been the number one accidental killer of Soldiers.

"We're obviously very pleased with that news," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. "With so many extended holidays in the first quarter, there's always a chance we'll see a spike in driving fatalities. It's an encouraging sign that Soldiers are increasingly taking personal responsibility for their safety off duty."

On-duty deaths remained relatively stable with last year's figures, although Army motor vehicle accidents were up for the first time in several months. Three Soldiers died in Humvees, all while conducting home station training.

"The numbers are still pretty low, but we want to get a handle on the issues now to prevent these type accidents from becoming a trend," Edens said. "We have more Soldiers at home station now than we have in years, and [vehicles] are part of nearly every training activity. Leaders should be paying close attention to factors like speed, the environment and restraint system use every time a crew gets ready for a vehicle mission."

Command Sgt. Maj. Leeford C. Cain, USACR/Safety Center, said non-commissioned officers will continue to play a critical role in keeping their Soldiers safe, whether on or off duty.



U.S. Army Combat Readiness Safety Center graphic design

Overall, accidental deaths declined 21 percent in the Army from the first quarter of fiscal year 2013, due largely to significant drops in private motor vehicle accidents. Historically, private motor vehicle mishaps have been the number one accidental killer of Soldiers.

"NCOs are our first line of defense for safety," he said. "They should be showing their Soldiers how to manage risk, first through standards enforcement on the job and then by example off duty."

With spring just around the corner, both Edens and Cain urged leaders to focus their safety programs on the season's hazards, predominantly motorcycle accidents and drowning.

"Water-related fatalities rose 225 percent during fiscal [year] 2013," Edens said. "We have a moral and professional imperative to make sure that number goes down this year."

**NCOs are our first line of defense for safety. They should be showing their Soldiers how to manage risk, first through standards enforcement on the job and then by example off duty.**

Command Sgt. Maj. Leeford C. Cain  
USACR/Safety Center

## APG's accident report

Safety & Occupational Health Specialist Mike Allen, from the Installation Safety Office, said after auto accidents, the most common reported accidents at APG are slips, trips and falls. These accidents occur mostly during December, January and February, when there is ice and snow on the ground.

In 2012, there were 31 reported slips, trips and falls. Last year, there were 34 reported slips, trips and falls.

"The increase in 2013 is attributed to more inclement weather events," Allen said. To avoid slips, trips and falls, Allen suggests:

- Always look before you walk. Make sure pathway is clear and always pay attention to your surroundings. Never text and walk!
- Always hold on to handrails when walking up and down stairs.
- Close drawers after every use.
- Walk, don't run.
- Clean up spills immediately.
- Pick up all objects on the floor that can cause someone to trip. Even little objects like pens, can cause an accident.
- Report loose carpeting or damaged flooring.
- Wear proper footwear, that provides non-slip traction
- Avoiding bending, twisting, and leaning backwards while seated.
- Secure electrical cords and wires away from walkways.
- Make sure walkways are well-lit.
- When there is ice and snow on the ground, take smaller steps.

The good news is that the number of deer-vehicle collisions, or deer strikes, and auto accidents decreased by 34 in 2013. In 2012, there were a total of 158 deer strikes and auto accidents. In 2013, there were 124 deer strikes and vehicular accidents.

"We attribute the reduction in deer strikes and vehicular accidents to safety awareness training, news articles [in the APG News] and supervisors getting the word out to their employees," Allen said.

For more information call ISO at 410-306-1095 or visit [www.apg.army.mil/apghome/sites/installation/iso/](http://www.apg.army.mil/apghome/sites/installation/iso/) for more safety tips.

--RACHEL PONDER

## DES cracks down on speeding and aggressive driving

APG Police Officer Adam E. Turner, from the Directorate of Emergency Services, uses a radar gun to detect speeding drivers on post. The U.S. National Highway Traffic Safety Administration defines aggressive driving as when "an individual commits a combination of moving traffic offenses so as to endanger other persons or property." Speeding, tailgating, running red lights and excessive lane changes are all forms of aggressive driving. Read more information on aggressive driving, in upcoming editions of the APG News.

Photo by Molly Blossie



# MARK YOUR CALENDAR

## WEDNESDAY FEBRUARY 19 ACS NEWCOMERS' ORIENTATION

All military, Family members, civilians and retirees are welcome to attend the APG Newcomer's Orientation on Feb. 19 at 1 to 3 p.m. at the APG North (Aberdeen) recreation center (Bldg. 3326). Get acquainted with the military and civilian community on APG. For more information, contact Army Community Service at 410-278-2861.

## WEDNESDAY FEBRUARY 26 TEAM APG CELEBRATES BLACK HISTORY MONTH

Join the Team APG celebration of Black History Month at 10:30 a.m. in the Myer Auditorium, Bldg. 6000. The theme for the event is "Civil Rights in America."

For more information contact: SFC Yvette James, EOA, RDECOM, 410-306-2425, Tracy Marshall, EOA, CECOM, 443-861-436 or Linda Patrick, EEO PHC, 410-436-1023

## SATURDAY MARCH 1 TALENT HUNT

The Iota Nu chapter of Omega Psi Phi Fraternity present their annual talent hunt from 2 to 5 p.m. at the Ball Conference Center, Bldg. 3074, APG North (Aberdeen). The competition is open to high school students, grades 9 through 12. Students will be able to compete in the areas of Dance, Dramatic Interpretation, Instrumental Solo, Vocal Solo and Visual Art. Cash prizes will be awarded and the first place winner will advance to the district competition. Admission to the event is free.

To enter the talent hunt, or for more information, contact Anthony Dorsey at 443-528-5122, Anthony.dorsey@gmail.com or Mark Thomas at 443-752-4205, crunch-22@comcast.net.

## WEDNESDAY MARCH 19 APG NATIONAL PRAYER LUNCHEON

Chaplain (Maj. Gen.) Donald L. Rutherford, U.S. Army Chief of Chaplains, will deliver the keynote address at the C4ISR Prayer Luncheon at 11:30 a.m. at Top of the Bay, 30 Plumb Point Loop. Amy Kwon, soprano for the Washington, D.C. National Choir will sing the National Anthem. Special music will be performed by the APG Praise Band. For information, call Joyce Wood at 278-4333.

## WEDNESDAY MARCH 26 JOB FAIR & EXPO

All job seekers, active duty, retired, former service, Reserve/National Guard service members and spouses are invited to attend this job fair 11 a.m. - 2 p.m. at the APG Recreation Center. For more information call Army Community Service Employment Readiness Program manager at 410-278-9669/7572.

## MONDAY MARCH 31 POWERFUL WOMEN SMALL BUSINESS CONFERENCE

Join ACS and other partners at this conference at Top of the Bay's Chesapeake Room from 11 a.m. - 2 p.m. Topics to be discussed include:

- Five drivers formula to starting a small business
  - Contracting with the Federal Government
  - Exporting your business
  - Networking with other agencies
- Event is open to all Veterans, retirees, active duty, Reserve/National Guard, civilians and spouses.

For more information, contact Employment Readiness Program at 410-278-9669/7572.

## FRIDAY APRIL 11 SOCIETY OF ITALIAN AMERICAN BUSINESSMEN FIRST ANNUAL SPRING GALA

Don't miss this opportunity to make history and be a part of something very special and unique here in Harford County! This event will be held from 7 p.m. to midnight in the Richlin Ballroom, 1700 Van Bibber Road, Edgewood, Md. For tickets or more information, contact Elio Scaccio at 410-206-8818.

## 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 warriorvet@verizon.net.

## ONGOING THROUGH FEBRUARY 28 SCHOLARSHIPS FOR MILITARY CHILDREN PROGRAM

Applications for the 2014 Scholarships for Military Children Program became available Dec. 3 at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>.

Applications must be turned in to a commissary by close of business Feb. 28, 2014. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods; not emailed or faxed.

This year's award amount has risen to \$2,000, and the program awards at least one scholarship at each commissary with qualified applicants.

An applicant must be a Family member, unmarried child, younger than 21 - or 23, if enrolled as a full-time student at a college or university - of a service member on active duty, Reserve or National Guard, retiree or survivor of a service member who died while on active duty,

or survivor of a retiree.

Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) database and have a military ID card. The applicant must attend or plan to attend an accredited college or university, full time, in the fall of 2014 or be enrolled in studies designed to transfer to a four-year program.

Fisher House Foundation, a nonprofit organization that helps service members and their families, administers the program. Scholarship Managers, a national, nonprofit, scholarship management services organization, manages and awards the scholarships. Commissary partners and the general public donate money to the program; every dollar donated goes directly to funding the scholarships.

Since inception of the program in 2001, more than \$11.3 million in scholarships have been awarded to 7,412 military Family members from more than 71,000 applicants.

For more information, students or sponsors should call Scholarship Managers at 856-616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).

## TUESDAYS FEBRUARY 25 THROUGH MAY 20 AMERICAN SIGN LANGUAGE CLASS

American Sign Language basic and advanced classes begin Feb. 25 and run 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 Our Future Scholarships must be submitted by Feb. 13, 2014, and will be awarded to high school seniors with plans of attending a four-year university or college in the amount of up to \$50,000 each. 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](mailto:info@corviasfoundation.org)

## 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.

Feb. 19, Edgewood Conference Center  
March 19, APG North (Aberdeen) chapel  
April 16, Edgewood Conference Center  
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](mailto: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.

## FRIDAY NIGHT OPEN RECREATION FOR TEENS

The APG North (Aberdeen) Youth Center, Bldg 2522, invites all high school students out to its free Friday Night Open Recreation for Teens, every Friday from 6 p.m. to midnight. Teens are invited out to meet new friends, shoot some hoops or just play some pool. Bring up to two non-DoD friends to join in the fun. For more information, call 410-278-4995.

## YOUTH CENTER OPENINGS

The Aberdeen and Edgewood programs currently have immediate openings for the 2013-2014 school year at their School Age & Youth Services facilities. Openings are available in both locations for eligible users. For more information, call 410-278-7571/7479.

## PUBLIC HEALTH COMMAND SURVEY

Your input on the health status of the APG Community to include health concerns, adequacy of services offered, and access & utilization of services are all important to help shape the plans for 2014. What matters most to you? What are your health goals and how can our community help you achieve these goals? Please take 10-15 minutes out of your time to provide useful feedback. All feedback is welcome and appreciated.

<https://usaphcapps.amedd.army.mil/Survey/se.aspx?s=251137456E6E1E53>

## PIANO & GUITAR LESSONS

Each class is a one-on-one, 30-minute session for seven or eight weeks, once a week. Parents choose a time between 3 and 9 p.m. when they register their children. Open to all DOD ID cardholders. To register, visit Central Registration or call 410-278-7479/7571. For information, email [lauren.e.kateley.naf@mail.mil](mailto:lauren.e.kateley.naf@mail.mil) or call 410-278-4589.

## REPORT POWER OUTAGES TO CORVIAS MILITARY LIVING

During severe weather, all residential power outages should be reported to the Neighborhood Office at 410-305-1076. This will allow staff to determine if the outage is widespread or specific to the home and coordinate the responsible provider to restore power.

In the event a neighborhood office loses power, the phone system may also be affected. If the office cannot be reached, residents should call the following toll-free numbers to report outages and maintenance emergencies. Calls to the toll-free number will directly connect residents to the emergency on-call service.

APG: 1-866-958-5412

Patriot Village: 1-866-871-6257

NH Office: 410-305-1076

## KEYSTONE CLUB

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



## Peg Trimboli CYSS Nurse Specialist

Peg Trimboli is the clinical nurse specialist for the APG Child, Youth and School Services Program. She is a pediatric registered nurse and the "go-to" expert for nutrition, health and sanitation issues relating to CYSS programs. She has served in the position since 2000.

"I work with many people on the installation," she said, "looking at the overall health needs for CYSS." For example, Trimboli recently worked with Assistant Chief of Emergency Medical Services Mike Slayman from the Directorate of Emergency Services to ensure that all CYSS facilities had a functional Automated External Defibrillator (AED) installed.

One of Trimboli's responsibilities includes the USDA program, ensuring that CYSS facilities follow standards and provide nutritious meals and snacks for the Child Youth facilities. Trimboli also works closely with center directors and staff educating them about spe-

cial needs as she serves as CYSS case manager for the special needs children enrolled in CYSS.

Trimboli also teaches nutrition and many required health topics to staff and is available to answer questions for CYSS parents. What she enjoys most about her job, she says, is teaching.

"I like when I can see people get it," she said.

Since 1990, Trimboli has worked in various positions at APG. At KUSHAC, she served as emergency room nurse, Acute Minor Illness Clinic nurse and as a community health nurse. She has also worked for Army Community Service as the Women, Infants, and Children (WIC) nurse and as the Family Advocacy Program specialist.

Trimboli's office is located in Bldg. 2503 on the second floor. She can be reached at 410-278-1772 or e-mail [margaret.a.trimboli.naf@mail.mil](mailto:margaret.a.trimboli.naf@mail.mil)



**MORE  
ONLINE**

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

# Campbell praises Army, NHL for hard work and toughness

Story and photo by **DAVID VERGUN**  
Army News Service

One of the things that the Army and the National Hockey League have in common is both organizations are extremely selective about their membership, said the Army's vice chief of staff.

"Only about one-half of one percent of our nation meets the requirements to come into the Army and the other branches of the military," said Gen. John F. Campbell.

Those fortunate enough to serve in either organization also benefit from being exposed to similar values, "teamwork, and an understanding that they're part of something a lot bigger than themselves," he said.

Another shared similarity is that both Soldiers and NHL players make some of the toughest, hard-charging team members around. "They don't want to take a knee," Campbell said. "They want to keep going. Members of all the services are like that."

The general spoke to the media during the Washington Capitals' "Salute to the Military" night Feb. 4 at the Verizon Center in Washington, D.C. The Capitals played the New York Islanders. Several dozen members of the armed forces attended the game.

That the Washington Capitals would provide a salute to the military and their families is a big honor, Campbell said, especially since the Baltimore-Washington corridor, including APG, is home to so many service members.

Besides thanking Soldiers and their families for their service, Campbell reminded everyone that there are still some 35,000 men and women serving in Afghanistan and that "our main mission is to make sure we provide them with all the resources they need to be able to continue protecting our country."

Campbell admitted to being an NHL enthusiast, and a Caps fan in particular, watching hockey games when time permitted during his multiple deployments to Iraq and Afghanistan.

Gen. Frank J. Grass, chief of the National Guard Bureau, also spoke during the Caps game, echoing some of what Campbell said about less than one percent of Americans serving and the sacrifices they've made and are continuing to make.

He described the military as "a wonderful, all-volunteer force made up of men and women from our hometowns and communities, who pick up their families and move wherever we tell them. And they carry on and train and do such great



Army Vice Chief of Staff Gen. John F. Campbell watches the Washington Capitals hockey game at the Verizon Center in Washington, D.C., Feb. 4. The New York Islanders beat the Caps 1-0. The Caps gave a salute to the military during the pre-game and intermissions.

work for our nation. We want to keep our all-volunteer force strong. With the Caps game tonight, it makes us all feel part of this community," he added.

Also adding words of appreciation for the military was Raul Fernandez, co-owner of the Caps, the Washington Wizards National Basketball Association and the Washington Mystics Women's National Basketball Association.

Salute to the Military night "is my favorite night of the season," Fernandez said. "Tonight, we recognize the great work and sacrifices of the U.S. military. It's a real honor. We can't do enough for them."

Fernandez wasn't alone in his adulation of the military. Countless Caps fans that evening walked up to service members and thanked them for what they do.

By the end of the evening, the Caps had lost to the New York Islanders 1-0, leaving the team second-to-last in their division. But Fernandez brought some smiles when he foreshadowed his hopes of better times ahead, saying he looks forward to another Salute to the Military night next year "during the playoffs."

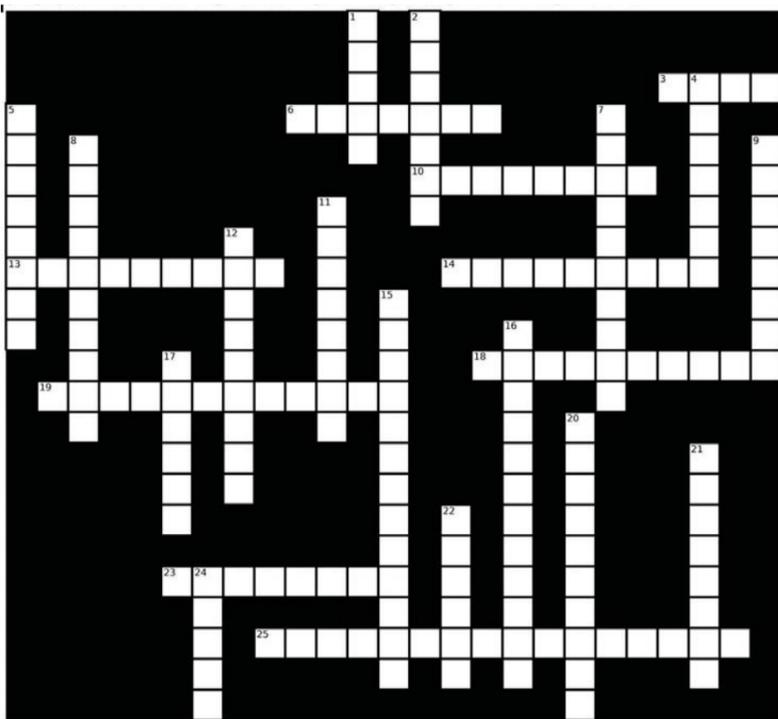
## ACRONYM OF THE WEEK

### ECBC

**Edgewood Chemical Biological Center**

Since 1917, ECBC has protected the nation from the threat of chemical weapons. It is a research, development and engineering center under the U.S. Army Research, Development and Engineering Command. ECBC serves as the nation's principal research and development resource for non-medical chemical biological defense. Its highly-trained workforce supports all phases of the acquisition lifecycle from basic and applied research through technology development, engineering design, equipment evaluation, produce support and sustainment. For information, call 410-436-7118 or visit [www.ecbc.army.mil](http://www.ecbc.army.mil).

## 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

- 3. Acronym for Edgewood Chemical Biological Center.
- 6. As of April 1, \_\_\_\_\_ walk-in services will no longer be provided at Army medical treatment facilities

country-wide.

- 10. The Washington \_\_\_\_\_, the Washington, D.C. NHL team, recently hosted a "Salute to the Military" night.
- 13. REF is the acronym for Rapid \_\_\_\_\_ Force.

14. LAR is an acronym for \_\_\_\_\_ Assistance Representative.

18. The APG \_\_\_\_\_ center will be the site of a job fair on March 26.

19. Historically, PMV mishaps have been the number one accidental killer of Soldiers. PMV means Private \_\_\_\_\_ (2 words).

23. The Australian Liaison Officer to CECOM gets a lot of questions about this iconic animal.

25. The Installation Safety Office attributes last year's increase in incidents of slips, trips, and falls to \_\_\_\_\_ (2 words) events.

### Down

1. This year's Black History Month theme is "\_\_\_\_\_ Rights in America"

2. A new Associate Director for \_\_\_\_\_ for the VA Maryland Health Care System.

4. Researchers are developing technology to help Working \_\_\_\_\_ with heat stress.

5. Last name of the Army's vice chief of staff.

7. Romantics around the world celebrate \_\_\_\_\_ Day this week.

8. NIE is the acronym for Network Integration \_\_\_\_\_.

9. This musical icon asks in a commercial "Is anything more American than America?" (two words)

11. A 3-D printing machine is currently on loan to the Abingdon Branch of the Harford County Library from the Army \_\_\_\_\_ Laboratory.

12. Maj. Gen. Todd T. Semonite is the deputy commanding general of the U.S. Army Corps of \_\_\_\_\_.

15. ACS and other partners will

sponsor a \_\_\_\_\_ (2 words) conference at Top of the Bay on March 31.

16. February is National Children's \_\_\_\_\_ Month. (2 words)

17. This president (last name only) visited APG in 1951.

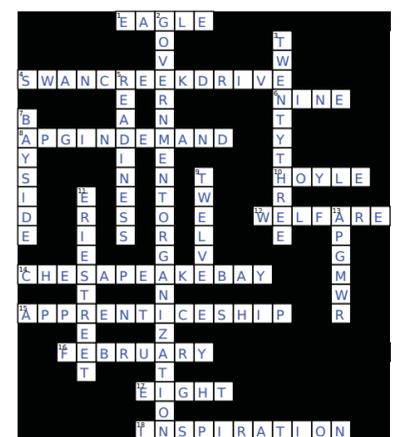
20. SHARP is an acronym for Sexual \_\_\_\_\_/Assault Response and Prevention

21. CYSS is the acronym for the Child, Youth and School \_\_\_\_\_ program.

22. Child, Youth and School Services is making preparations for the annual \_\_\_\_\_ camp program.

24. This holiday, Australian and New Zealand Army Corps Day, will be observed on April 25. In Washington, D.C.

### Solution to the Feb. 6 puzzle



## Accessing Higher Education Track

The Higher Education Track classes are two-day training events, eight hours per day. The purpose is to help active duty and reserve Soldiers determine career, personal and academic goals; help Soldiers contribute to the selection of a higher education institution; present information about funding factors for selection of higher education institutions; and provide facts about admissions. This class is only for Soldiers that are transitioning from the military and currently going through the Army Career and Alumni Program (ACAP) process.

**The 2014 training dates are Feb. 19-20, April 16 – 17 and Sept. 17 – 18.**

Contact the ACAP/Transition office (410) 306-2303 or Army Education Center (410) 306-2042 for assistance with class registration



# Legacy ensured for the 506th Infantry

## Band of Brothers Easy Company returns from Afghanistan, ends era

By **SGT. JUSTIN MOELLER**  
Army.mil

The 506th Infantry Regiment has had a powerful lineage ever since their initial activation, July 20, 1942.

Since World War II, the 506th has been inactivated, reactivated and re-designated a number of times. They have served within different brigades, divisions and military posts.

The 1st and 2nd Battalions of the 506th Infantry Regiment reunited in September 2005 under the Colors of the 4th Brigade Combat Team, 101st Airborne Division, and have since had two separate deployments in support of Operation Enduring Freedom.

The last group of Soldiers of the 4th Brigade Combat Team, or BCT, "Currahee", 101st Airborne Division (Air Assault), consisting mainly of Soldiers with the 2nd Battalion, 506th Infantry Regiment, returned home in the early hours of Sunday, marking the end of an



Photo by Sgt. Kimberly Menzies, 4th Brigade Combat Team Public Affairs  
Lt. Col. Scott W. Kirkpatrick, commander of 2nd Battalion, 506th Infantry Regiment, 4th Brigade Combat Team, 101st Airborne Division (Air Assault), leads the last group of Soldiers, consisting mainly of Soldiers with Easy Company, who returned home in the early hours of Jan. 26, marking the end of an era for the brigade.

era for the brigade.

"This is the final flight of the Band of Brothers, and the final rendezvous with destiny as we furl the colors," said Lt. Col. Scott W. Kirkpatrick, commander of 2nd Battalion 506th Infantry Regiment, 4th BCT, 101st Airborne Division. "It's been a great honor to be the commander of the 2nd of the 506th, and a great honor to be a

commander in this organization."

Aside from feeling honored to have experienced a deployment as a commanding Currahee, his battalion returned without losing a single Soldier.

"We were able to bring everybody home for my battalion, which is usually a very tough thing to do," expressed Kirkpatrick. "This mission was difficult, but we are very, very happy to be back."

While the majority of the brigade returned after seven months of being away, the Soldiers of Easy Company were re-tasked and stayed a full nine months, until the completion of the mission.

"This is a phenomenal organization," Kirkpatrick explained. "This organization has always been focused on accomplishing the mission no matter what it was, where it was or how difficult it was."

"Our time in the Khost Province, [Afghanistan], north of Kabul and south of Kabul -- accomplishing those missions -- that's the take away, the legacy of what the Band of Brothers is," Kirkpatrick said.

While the 4th BCT will be inactivating, the 1st Battalion, 506th Infantry Regiment, will be realigned to 1st BCT "Bastogne," 101st Airborne Division, and 2nd Battalion, 506th Infantry Regiment, will be realigned to 3rd BCT "Rakkasan," 101st Airborne Division.

The colors of the 506th will continue to fly, maintaining the history and pride that the unit has achieved over the span of the regiment's life time.

"No matter where," exclaimed Kirkpatrick, "we always, always accomplish a mission!"

**We were able to bring everybody home for my battalion, which is usually a very tough thing to do. This mission was difficult, but we are very, very happy to be back.**

**Lt. Col. Scott W. Kirkpatrick**

Commander of 2nd Battalion 506th Infantry Regiment, 4th BCT, 101st Airborne Division

# Lt. Col. Kitchin bringing the outback to APG

## Aussie Officer serves as Liaison between his Country and U.S.

By **ALAN FEILER**  
APG News



**Kitchin**

Lt. Col. M.J. Kitchin admits he gets a lot of quizzical looks. "Because of my uniform and funny hats," he says, rolling his eyes. He also receives a lot of questions. "About kangaroos," Kitchin says. "And if it gets hot in Australia." Oh, and his favorite query: "When, exactly, is Christmas in Australia?"

Kitchin, 42, is the Australian Army Liaison Officer (AALO) to the Communications and Electronics Research, Development and Engineering Center (CERDEC) and its subordinate units. Created in 1967, the position's mission is to represent the Australian government in creating strong cooperative efforts and greater interoperability between the military forces of the two countries.

The duties of the AALO include the development and execution of new C4ISR arrangements and loans to promote the mutual exchange of information, equipment and personnel for joint R&D. Focal points include linkages between the PMC3T Warfighter Information Network, coalition tactical data and voice interoperability activities.

The AALO is tasked with the responsibility of identifying emerging C4ISR technologies relevant to the Australian Army and support of acquisition and in-service management, particularly for combat commu-

nications and networking.

A native of Sydney, Kitchin first became interested in serving in the Australian Army during his studies at Cairns State High School in north Queensland. "In 10th grade, an Army recruiter came to school and was looking for mechanics," he says. But when his father put his foot down, Kitchin waited until after graduation before signing up.

He graduated from the Royal Military College Duntroon in June 1992 and served in the Royal Australian Corps of Transport. Kitchin transferred to the Royal Australian Corps of Signals three years later and was posted to the 7th Signal Regiment as an Electronic Warfare Troop Commander. During the 2000 Summer Olympics in Sydney, he served as a watchkeeper for the Australian Army's Headquarters of Land Forces.

Kitchin was promoted to major in 2001, and two years later he was deployed to East Timor as the deputy communications officer for the U.N. Peacekeeping Force there, receiving a Force Commanders Commendation. In 2004, he was posted as a career advisor (signals) at the Directorate of Officer Career Management-Army after attending the Australian Command and Staff College.

Before coming to the U.S. a year ago to begin his current position, Kitchin served as commanding officer of the 17th Signal Regiment from 2011-2012. He is among a dozen Australian liaison officers stationed in North America, mostly with the Army and a couple with the U.S. Marine Corps.

Kitchin says the bulk of his job involves sharing information with American counterparts, collaborating on operational planning, developing doctrine, and development of concepts

and training. But he also sees himself as an emissary of sorts, talking to people here about his country and its military tradition. He also tries to be a point man for foreign liaison officers at APG.

"A lot of people say to us, 'I didn't know you were here,'" Kitchin says. "People don't know about us because everything tends to be a bit isolated here and you don't get a lot of passing traffic. What I'm trying to do is get people to understand why we're here. I'm doing everything I can to help them to understand that we're all here under the same agreement with the U.S. Army."

Kitchin feels a strong bond with the other five foreign liaison officers on post, who come from France, Germany, Canada and the United Kingdom. "We stick together," he says. "It's useful to have that camaraderie and knowledge."

Because Australia has a fairly small population (nearly 24 million) and is halfway around the world, Kitchin says most Americans are relatively unfamiliar with "the land down under," especially compared to someplace like Germany. "Most people might know more about Germany because they served there," he says. "With Australia, it's, 'I've always wanted to go there.' But conversations do come up like, 'Oh, I served with an Australian in Iraq.'"

Kitchin admits that the modus operandi for the Australian Army, which is approximately 30,000 soldiers, is different than for the U.S. military. For instance, Kitchin points out that he is not a scientist nor a technologies expert, even though a good portion of his job involves R&D.

"I'm an operational signals officer," he says. "But we're small. We tend to multitask people. That's how we approach it."

**ANZAC Day is a national day of remembrance in Australia and New Zealand that commemorates all Australians and New Zealanders who have served and who died in wars, conflicts, and peacekeeping operations.**

I'm here to identify what the U.S. Army is doing in that area [of R&D] and determine what is relevant to us. We're general service officers. We tend to be generalists and don't specialize as they do here. My knowledge allows me to identify and engage sufficiently enough to hook up the right people between the U.S. and Australian armies."

With a small populace and no contiguous borders with other countries, Kitchin recognizes that Australia's strategic priorities and issues are vastly different than those of the U.S. But he says that terrorism is also a concern for Australia, as demonstrated in the 2002 and 2005 bombings in Bali, Indonesia, in which more than 100 Australians and others were killed by suspected militant Islamic groups.

"Most of the attacks against Australians tend to be off-shore," Kitchin says, "and we know [the Bali bombings] were aimed against Australians specifically."

Kitchin -- who lives in Bel Air with his wife, Hilary, an Australian Army nursing officer, and their 3-year-old son, Lachlan (and with a child on the way) -- will end his AALO hitch in December 2015. He hopes to get to know more people at APG during his time here.

"I rely on people grabbing me and having a conversation," he says. "If they talk to us [foreign liaison officers] and break the ice, we'll be able to talk about all of the relevant issues."

Right now, Kitchin is focusing on getting the word out around APG about ANZAC (Australian and New Zealand Army Corps) Day, which will be observed on April 25. In Washington, D.C., the Australian and New Zealand embassies will hold combined dawn services at the National Mall and then offer a series of events at their facilities and the Washington National Cathedral.

"I would like to try and achieve some sort of recognition of this important national day," Kitchin says, "particularly given the common service and sacrifice of our two countries in current operations."

**Carl, how popular is the APG Facebook page?**

**So popular, Fort Meade comes to us for updates**



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# APG NEWS

## This Week in APG News history

By ALAN FEILER



### 50 Years Ago (Feb. 13, 1964)

**Clockwise from top left:**

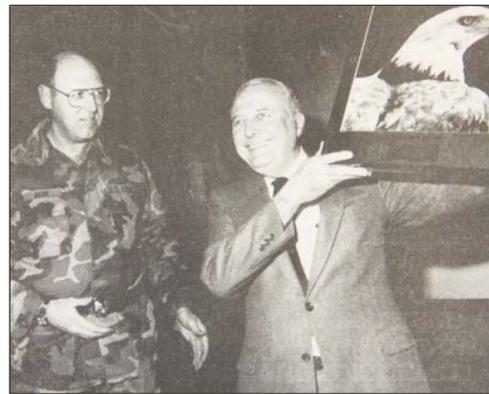
Private Judith A. Fortier gets a really sweet treat this Valentine's Day when APG News selected her as its official Valentine. Fortier, 18, serves with APG's Women's Army Corps Detachment as a medical technician at Kirk Army Hospital. She is the daughter of Mr. and Mrs. Albert Fortier of North St. Paul, Minn., home of the welcoming, 20-ton "North Saint Paul Snowman" city mascot. ... Gen. James W. Sutherland Jr., commanding general of the U.S. Army Test and Evaluation Command (ATEC), was the principal speaker at the Aberdeen Rotary Club's Ninth Annual International Night at the Officers Open Mess. At the gathering, the club honored 41 foreign officers who are students at the U.S. Army Ordnance Center and School. "You of Rotary are in a unique position to further better international understanding," Sutherland said. "You are doing a fine job." Musical entertainment, a "sparkling program of martial and quasi-martial numbers," was provided by the U.S. Army Field Band, under the direction of Maj. W.N. Trumbull. ... Commanding General of the U.S. Army Ordnance Center and School Brig. Gen. David W. Hiester administered the oath of office to 2nd Lt. Rebecca Turlington. Turlington, a former sergeant and mathematics aide at the Ballistic Research Laboratories at APG, is a graduate of Florida University with a bachelor's degree in English. Her father is SFC Francis W. Turlington, an instructor in the Automotive Tank Division of USAOC&S. Her mother is a secretary at the Human Engineering Laboratories. "No matter where they put me, I'll be happy," says the younger Turlington, who has wanted to join the Army since age 8. "I'm willing to try anything. Variety isn't hard for me to adjust to anyway."



### 25 Years Ago (Feb. 15, 1989)

**Clockwise from left:**

Maj. Anthony C. Aiken, who works at APG South (Edgewood) and joined the Army in 1974, was selected as a finalist for the "Husband of the Year" contest on "The Oprah Winfrey Show." Aiken was the Baltimore region's overall nominee for the competition. He and his wife, Brenda, were sponsored by Baltimore's WMAR-TV Channel 2 to fly to the Windy City to compete against 24 other couples on the Valentine's Day edition of "Oprah." "I wanted to give something back to my husband," says Mrs. Aiken, "because he is the type of person that believes my daughter [Aileen] and I are two of the most important things in his life." The Aikens, who married in 1982, were stationed in Seoul, South Korea, before coming to APG. ... Dr. Judith Temperley of Joppa was honored with the prestigious BRL Kent Award. Temperley, a supervisory research physicist at Ballistic Research Laboratory, became the first woman to receive the award, named after BRL co-founder Dr. Robert H. Kent, since its inception in 1957. Temperley was recognized for her technical contributions to the lab. ...Secretary of the Army John O. Marsh spoke to more than 1,000 Soldiers and civilian personnel at APG's Post Theater. In his remarks, he detailed the crucial role of NCOs in today's Army. "The NCO is right behind the engine, and the engine is the leadership," he said. "The quality of our force requires a good teacher. Our troops are very well educated. ... [An NCO] must understand how to employ squads and platoons." Following his presentation, Marsh was given a print of an American Eagle by Maj. Gen. George H. Akin, commanding general of ATEC and APG.



### 10 Years Ago (Feb. 12, 2004)

**Clockwise from top left:**

Col. Jesse L. Barber, project manager for alternative technologies and approaches at the Chemical Materials Agency, recently won the International Speech Contest sponsored by the local Toastmasters Gunpowder Club. He will go on to compete in the area tournament at the Golden City Buffet on Route 40 in Edgewood. "It is not the quantity of training you get that makes you a first-rate speaker," explains Barber, who joined the Gunpowder Club less than a year ago. "It is the quality of the training." ... Now in its 31st year and sponsored by the U.S. Army Ordnance Center and Schools in honor of Black History Month, the Wilbert Gospel Night will be held at the Post Theater. The gala's theme will be the 50th anniversary of Brown v. Board of Education, the landmark U.S. Supreme Court decision eliminating racial separation in public schools. Groups scheduled to perform include the Aberdeen Middle School Gospel Choir, the Refuge Temple Combined Choir, the APG Gospel Service Choir, and Singers Singing With Anointed Voices. The program will also feature an original play by Capt. Claudette Blake of the 61st Ordnance Brigade. ... The APG Blue Waves closed out their spectacular season as the Maryland Sports Arena Recreational League champs. The under-11 girls' soccer team, coached by St. 1st Class Darrell Diamond of the 61st Ordnance Brigade and by Army spouse Michele Anderson, finished its season with an 8-0 record. "This team really worked hard in representing APG," Diamond says. "We are all proud of them."



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Click on "ARMY" then "Aberdeen Proving Ground."

# Army easing the dog days of summer

## Researchers developing technology to help Working Canines with heat stress

By **KELLY FIELD**  
USARIEM

Last summer, Ken Ballinger, a K-9 officer with the Plymouth County Sheriff's Department, was conducting a training session with working dogs on a hot and humid New England day.

For safety, Ballinger had arranged for two veterinarians and three paramedics to be on site. When the dogs were not working, they were resting in air-conditioned vehicles, and checked on every 15 minutes. On one of these routine checks, Ballinger's dog, Blitz, a 3-year-old Shepherd, did not respond.

The vehicle had failed, so that instead of blowing cool air, 200-degree engine air flowed into the cabin where Blitz was. Blitz was unconscious when he was pulled from the vehicle. Emergency treatment began immediately, including application of ice packs, administration of intravenous fluids and rapid transport to Angell Animal Medical Center, located only five minutes away.

An hour later, Blitz's core temperature was still 109 degrees, far above normal; yet within two weeks he was back to work. In the veterinary community, this

was the highest temperature documented with survival.

"Heat stress is a significant concern for military working dogs, or MWDs, both during training and deployment," said Kate O'Brien, a research physiologist at the U.S. Army Research Institute of Environmental Medicine, or USARIEM, in Natick, Mass. "If heat illness occurs, even if it is not fatal, MWDs are often retired from service, resulting in loss of a valuable resource that is costly with respect to both time and money."

USARIEM's Biophysics and Biomedical Modeling Division is working with the Massachusetts Institute of Technology's Lincoln Laboratory to solve this problem through a program to examine thermal stress in military working dogs.

"Real-time physiological monitoring can be used in humans to identify individuals who are at risk of excessive heat strain," said O'Brien.

For example, O'Brien said, Weapons of Mass Destruction Civil Support Teams have used handheld "buddy" displays to see when an individual is becoming too hot and could use that information for better mission management.

"A similar approach could be used with MWDs to send information to the handler when the dog is overheating," O'Brien said. "The handler could then take action to both avoid performance degradation and reduce risk of heat illness."

O'Brien said that while heat illness occurs less often in civil working dog populations, sometimes things happen despite best efforts to prevent it.

A few months later, Blitz had an implanted temperature sensor in his chest. Data is transmitted so that handlers can monitor Blitz's temperature in real-time,



U.S. Army photo  
This photo shows one of the first scout dog patrols to be used on Luzon during World War II.

as well as be alerted if he reaches a critical preset threshold temperature.

"It may not be feasible to surgically implant every MWD with a temperature sensor," O'Brien said. "However, USARIEM has demonstrated in humans that heat tolerance can be tracked in real-time using data obtained from non-invasive physiological measurements in combination with algorithms and models that predict core temperature."

This capability for monitoring humans was developed through USARIEM's expertise in thermal physiology, biophysics and mathematical modeling. Expertise from MIT Lincoln Laboratory in signal

processing, data storage and microprocessing contributed to the methodology for transmitting this information to the individual. Together, USARIEM and MIT Lincoln Labs are currently working on a very low power, size and weight physiological status monitoring system for humans. This same approach is being applied to monitoring heat strain in MWDs.

"Through partnerships with the MWD community, local police K-9 units, and MIT Lincoln Labs, USARIEM will be developing products and strategies to reduce heat injuries and sustain performance in working dogs for military and law enforcement," O'Brien said.

# Godbolt brings expertise to Black History Celebration

Continued from Page 1



Center for Construction Education and Research master trainer, a construction site safety master, a craft instructor and a core curricula instructor.

**Godbolt** served in the Army for 21 years, holding military occupational specialties in track vehicle mechanic, track vehicle repairer, interior electrician, construction supervisor, marine engineering officer and marine deck officer. He was awarded the Meritorious Service Medal, four Army commendation medals, nine Army achievement medals, the National Defense Service Medal, the Korea Defense Service Medal, the Army Sea Duty Ribbon and two humanitarian service medals, in addition to other awards

**The precursor to Black History Month was "Negro History Week," which was created in 1926 by African-American historian Carter G. Woodson and the Association for the Study of Negro Life and History. That observance was held during the second week of February because it marked the birthdays of President Abraham Lincoln and abolitionist/writer Frederick Douglass.**

and recognitions.

Among other assignments, Godbolt served in the 2/58th Mechanized Infantry Battalion in Fort Hood, Texas; the 864th Engineer Battalion (Heavy Combat), Presidio of San Francisco; the 19th Engineer Battalion (Combat) in Fort Knox, Ky.; the U.S. Army Engineering Housing Support Center in the Republic of South Korea, and the 73rd Transportation Company (Floating Craft) in Fort Eustis, Va.

Performing at the event will be Bella Voce, an a cappella group from Bel Air's

John Carroll School, as well as a poetry reading. The gathering will also feature samplings of African-American cuisine.

"We do this as a learning experience, to make sure that military and civilian employees are aware and come out and learn about different cultures," said Linda D. Patrick, one of the event's organizers.

There was also a Black History Month event held at APG South (Edgewood), at Public Health Command, this week.

Black History Month was first officially recognized by the U.S. Gov-

ernment in 1976 after the observance of the nation's bicentennial. President Gerald R. Ford urged Americans of all races and backgrounds to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

The precursor to Black History Month was "Negro History Week," which was created in 1926 by African-American historian Carter G. Woodson and the Association for the Study of Negro Life and History. That observance was held during the second week of February because it marked the birthdays of President Abraham Lincoln and abolitionist/writer Frederick Douglass.

For information about APG's Black History Month event, contact SFC Yvette James at 410-306-2425, Sgt. Howard Norncross at 443-861-9251, Master Sgt. Ryan Cole at 410-436-0320 or Linda D. Patrick at 410-436-1023.

# Library patrons learn practical use of 3-D printers

Continued from Page 1

engineering at the University of Maryland, Baltimore, was also available to help patrons and to demonstrate the RepRap (replicating rapid prototype) 3-D printer that he created with three other students during their senior capstone project. Stone said RepRap 3-D printers can be made from kits sold on the Internet for about \$500.

People are using 3-D printers to make teeth, concrete structures, metals, clothes, jewelry, ceramics, and prosthetic limbs. Scientists are also perfecting the use of 3-D printers to create human organs.

"I think that one day the use of 3-D printers to create human organs will be common," Wilkerson said. "And it will probably happen in my lifetime."

During the presentation, library patrons were challenged to create their own 3-D objects using free CAD software. The

printer uses filaments made out of Polylactic Acid, or PLA (cornstarch), or Acrylonitrile Butadiene Styrene, or ABS, the same plastic material used to create LEGOs.

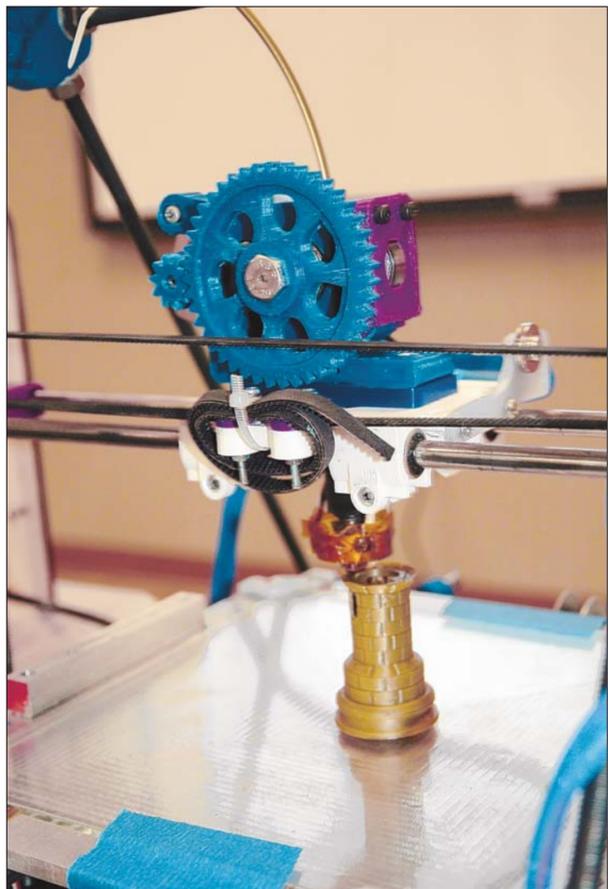
Molly Wolfe, a junior from C. Milton Wright High School in Bel Air, said this was the first time using a 3-D printer.

"I want to be an art teacher," she said. "I think that we will be using 3-D printers in the classroom someday."

The 3-D printer sits near the Abingdon branch's circulation desk and is open to the public during regular branch hours, and the 3-D software can be used on the library's public computers. The six color filaments are provided free of cost.

"Having this technology available to everyone definitely levels the playing field," said Abingdon branch Librarian Annette Gaskins. "I hope many people take advantage of it."

The Abingdon branch is located at 2510 S. Tollgate Rd. For more information call 410-638-3990.



A Rook chess piece is printed from a RepRap (replicating rapid prototype) 3-D printer during a seminar at the Abingdon branch of the Harford County Public Library Feb. 8. Most of the pieces used to build this machine were made from other 3-D printers. RepRap 3-D printers can be made from kits sold on the internet for about \$500.  
Photo by Rachel Ponder

**"I think that one day the use of 3-D printers to create human organs will be common, and it will probably happen in my lifetime."**

**Dr. Drew Wilkerson**

Associate Director of special programs from the Vehicle Technology Directorate at ARL

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](mailto:usarmy.apg.imcom.mbx.apg-pao@mail.mil)

# New online GI Bill comparison tool now available

## Veteran Affairs

The Department of Veterans Affairs recently launched an online GI Bill Comparison Tool to make it easier for veterans, service members and dependents to calculate their Post-9/11 GI Bill benefits and learn more about VA's approved colleges, universities and other education and training programs across the country.

"We are pleased that Post-9/11 veterans are taking advantage of this significant benefit program," said Under Secretary for Benefits Allison A. Hickey. "The new GI Bill Comparison Tool will help future beneficiaries as they make decisions about what education or training program best fits their needs."

The GI Bill Comparison Tool provides key information about college affordability and brings together information from more than 17 different online sources and three federal agencies, including the number of students receiving VA education benefits at each school.

**The new GI Bill Comparison Tool will help future beneficiaries as they make decisions about what education or training program best fits their needs.**

**Allison A. Hickey**

Under Secretary for Benefits

The GI Bill Comparison Tool is one item in a series of resources VA is launching in response to President Obama's Executive Order 13607, which directs agencies to implement and promote "Principles of Excellence" for education institutions that interact with Veterans, service members and their Families; and to ensure beneficiaries have the information they need to make educated choices about VA education benefits and approved programs.

Recently, VA also instituted a GI Bill

online complaint system, designed to collect feedback from veterans, service members and their Families who are experiencing problems with educational institutions receiving funding from federal military and veterans educational benefits programs, including benefits programs provided by the Post-9/11 GI Bill and the DOD Military Tuition Assistance Program.

The executive order, signed April 27, 2012, directs federal agencies to provide meaningful cost and quality information

on schools, prevent deceptive recruiting practices and provide high-quality academic and student support services. The VA works closely with partner institutions to ensure the needs of GI Bill beneficiaries are met. More than 5,000 education institutions have agreed to the "Principles of Excellence."

The Post-9/11 GI Bill is a comprehensive education benefit created by Congress in 2008. In general, veterans and service members who have served on active duty for 90 or more days since Sept. 10, 2001, are eligible. Since 2009, VA has distributed more than \$30 billion in the form of tuition and other education-related payments to more than 1 million veterans, service members and their Families, and to the universities, colleges and trade schools they attend.

The GI Bill Comparison Tool can be found at <http://benefits.va.gov/gibill/comparison>.

# Post closings, safety, other subjects discussed at Town Hall

## Continued from Page 1

Also on Apr. 1, all TRICARE walk-in services will no longer be provided at Army medical treatment facilities across the country. Zinnante predicted the impact of this change will be minimal on post, since 90 percent of APG's population currently makes changes to their plan via TRICARE Online, [www.tricareonline.com/](http://www.tricareonline.com/), or by calling 1-877-TRICARE.

Zinnante said KUSAHC staff members and Soldiers are being trained so they can help answer questions for TRICARE beneficiaries.

He also said that KUSAHC has open enrollment and encouraged audience members to consider enrolling in KUSAHC if they are eligible. He suggested contacting Health Benefits Counselor Deb Dodsworth, who will help patrons compare what they are currently paying for their health care costs to what they will pay at KUSAHC. For information, call 410-278-1719 or e-mail [deborah.a.dodsworth.civ@mail.mil](mailto:deborah.a.dodsworth.civ@mail.mil).

Director of Human Resources Janet Dettwiler briefed the audience on temporary reassignments. Currently, the garrison has 185 vacant authorizations and almost 100 positions that are considered over-hire or surplus. To rectify this situation, DHR will conduct temporary reassignments that will give management the opportunity to determine if an employee has the required skill sets to be permanently reassigned to the vacant position. Employees who are interested will need to first complete the Garrison Temporary Reassignment Form. The Civilian Personnel Advisory Center will send qualified resumes to requesting/ selecting managers.

"If you want to change your job or

to gain a new skill set, this would be the opportunity to do that," Dettwiler said. "In very limited situations, employees might receive a temporary promotion, not to exceed 120 days."

Dettwiler said DHR is hosting Civil Service Retirement System and Federal Employees Retirement System seminars for employees. The next seminar will take place this spring. For information about retirement planning, go to the Army Benefits Center-Civilian (ABC-C) website at [www.abc.army.mil](http://www.abc.army.mil) or call 1-877-276-9287.

One audience member asked when those who have applied for Voluntary Early Retirement Authority (VERA) / Voluntary Separation Incentive Payment (VSIP) will be contacted. Dettwiler said those employees should get a response by the end of this month.

Robin Stokes, from the Army Substance Abuse Program, briefed the audience about the Employee Assistance Program, which provides free confidential screening, assessment and short-term counseling. Employees can seek counseling for any problem that is interfering with their job. Referrals can be made by the employee, by the employee's co-workers or by the employee's supervisor. For information, call 410-278-5319.

Concerning weather-related events, Director of Plans, Training, Mobilization and Security, Doug Atwater, said the decision to close the post is an "involved process." Before such an event, the Destructive Weather Working Group meets to assess the forecast and impact of a potential storm, he said.

The group also communicates with the APG Emergency Operations Center, as well as with other APG organizations



**Mike Allen, a Safety & Occupational Health Specialist from the Installation Safety Office, talks about wearing reflective belts at the APG Garrison Town Hall held in the APG Post Theater Feb. 4. APG policy requires walkers, runners and bicyclists to wear a brightly reflective belt worn diagonally over the right shoulder and down under the left arm or an orange, green or yellow vest outdoors, day or night.**

Photo by Rachel Ponder

and emergency operators from Harford and Cecil counties, to enable installation leadership to make an informed decision. Once the decision is reached, Atwater said, it will be publicized on [www.apg.army.mil](http://www.apg.army.mil), APG Facebook, <https://www.facebook.com/APGMd>, Twitter, <https://twitter.com/USAGAPG>, and Channel 97. The APG workforce can also call the Garrison's SNOW hotline at 410-278-SNOW (7669).

Speaking remotely from APG South (Edgewood), Mike Lupacchino, director of Family and Morale, Welfare and Recreation, said there are several free or reduced-cost events hosted by MWR in the spring. For the most up-to-date information, visit [www.apgmwr.com](http://www.apgmwr.com).

Safety & Occupational Health Specialist Mike Allen, from the Installation Safety Office, talked about several safety concerns at APG. He encouraged employees to report unsafe practices in the workplace.

"We each have a responsibility to make Aberdeen Proving Ground a safe

place," he said.

Allen said the most common accidents at APG are slips, trips and falls. This is most prevalent during the winter months, he said. Other common causes of accidents are deer strikes and running red lights, according to Allen.

During the Town Hall's question-and-answer session, an audience member asked why there is increased traffic heading out of the Md. Route 22 gate during the 4:45 to 5 p.m. time frame. McClinton said during sequestration last year, there were one or two organizations on post that terminated the Regular Day Off (RDO) process. As a result, those employees who left earlier or later in the day are now leaving at the same time as other employees, thus causing the congestion.

McClinton said the Directorate of Emergency Services is looking into opening an additional gate. DPW will also look into resynchronizing the traffic lights to accommodate the new traffic pattern.

## DID YOU KNOW?

**The 33rd U.S. president once toured APG and proclaimed he had a "very satisfactory visit"?**



Next Monday, Feb. 17, is Presidents' Day. Since its founding in 1917, APG has hosted a large number of high-ranking politicians and dignitaries, among them presidents, senators, congressional representatives and leaders of foreign nations. One of the most notable was President Harry S. Truman, who came to APG on Feb. 17, 1951. At the time,

Maj. Gen. Edward E. MacMorland was APG's commanding general.

"I can't tell you how very much I appreciate the privilege of another visit to Aberdeen Proving Ground. This is my third visit," Truman said in his remarks. "The last one, I think, was somewhere in the neighborhood of 1943 when I was here with a number of senators and congressmen to witness the same sort of demonstration with the new weapons at that time that we have been witnessing today."

Playfully, Truman -- who was getting pretty roughed up in the media and in national polls because of his administration's policies regarding the Korean War -- took a dig at the press. "I am very sure that we have a number of newspapermen with us today who had a liberal education on projectory, and the gun at one end and the target at the other," he said. "And I am sure that most of them have learned all about mathematics, when we saw that wonderful machine that agrees with Einstein -- somebody told me that it would arrive at the same result in a very short time that Einstein would in a lifetime. That is one of the great things that came out of the war."

The plain-spoken Truman praised the coordination of all military branches at APG, while managing a self-deprecating aside. "I am very much interested in field artillery and small weapons. And for your information, I was at Fort Sill in 1917 and 1918, and in six months they gave me a university education on ballistics and projectories. So to some extent -- I say, to some extent -- I could understand what those highly-educated gentlemen were talking about this morning when they gave us those lectures."

All in all, "Give 'Em Hell Harry" described his tour of APG as "a very satisfactory visit to me. ... I hope you will all go home with a feeling that we are putting forth all these efforts for peace, and not with any idea of destroying any other nation or any other government. ... You men here, at least today, in this weather, no matter how bad it is, are wearing your uniforms as if you were proud of them, and that makes me proud to be your commander-in-chief."

Alan Feiler, APG News

# Award winning scientist retires from ECBC after 32 years

## Continued from Page 1

ratory and program from scratch.

"I had never even heard of Aberdeen Proving Ground," Valdes explains of his path, "but I was told they were looking for someone with my background that could come in and bring new ideas to the table. That person was me."

As a young scientist, Valdes focused on research and spent a large part of his time in the laboratory. He worked hard, climbed the ranks and was promoted to ST in 1990, becoming the youngest scientist to ever attain that rank. He served as the senior biological scientist and advisor to the U.S. Army Soldier Biological and Chemical Command, which is now known as the U.S. Army Research, Development and Engineering Command, ECBC's higher headquarters.

In 2005, Valdes began working on a new project that would be his focus for the next few years. The Tactical Garbage to Energy Refinery (TGER) is a tactically deployable machine designed

to convert military waste into usable energy for forward operating bases. To test the TGER prototypes, he then took them to a forward operating base in Iraq.

"We wanted to really stress the system. All other energy systems had been tested in laboratories or under ideal conditions and in temperate climates," explained Valdes.

A second generation model known as TGER 2.0 was then built with lessons learned from the testing in Iraq. In 2012, the new system was tested on Aberdeen Proving Ground and performed well.

"Since 2005, TGER has really been all consuming, and now it has proven itself," he shared. "It's a good note to leave on."

With an impressive career filled with awards, accolades and successes, Valdes is ready for his next act.

"Working for the Army has been an incredible ride," Valdes shares. "And now I'm going to take my time, see what's out there and do what feels right. Until then, as we sailors say, 'I wish you all fair winds and following seas.'"



**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.

# 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/>.



U.S. Army Photos by Kelly Luster

## COMMUNITY SALUTES SOLDIERS WITH DAY ON THE SLOPES

Soldiers from Aberdeen Proving Ground traveled to Roundtop Mountain Resort in Lewisberry, Pa., through a sponsored ski trip arranged by the Chesapeake Science and Security Corridor (CSSC). The CSSC worked with local community partners to cover the cost of the trip including lift tickets, ski rental, ski lessons for those who needed them, lunch and transportation to the ski area just south of York, Pa. The trip was organized as a way for local community partners to say "thanks" to the Soldiers of Aberdeen Proving Ground.

**Clockwise starting top left:**

Mr. Glenn Wait, Deputy to the Garrison Commander, Aberdeen Proving Ground, waves as he finishes a run down the slopes.

Jerome Taylor (Left), 22nd Chemical Battalion, 46th Chemical Co., and Spc. Tracy Glover, Aberdeen Proving Ground Dental Clinic Command, pose for a quick photo between runs down the slopes.

Spc. Melvin Crosby, 22nd Chemical Battalion, works his way back to the ski lift.

Pfc. Jasmine Pattschull, Public Health Command, takes a breather after snowboarding down the slopes.

## The Army comes to the aid of the Navajo

Story and photo by  
**2ND LT. MARTIN JONES**  
389th Engineering Company

Soldiers from the 389th Engineer Company, stationed in Middletown, Iowa, along with Navy Seabees and Air Force engineers, recently worked with the Southwest Indian Foundation (SWIF) in Gallup, N.M., to provide homes for members of the Navajo Nation.

Covering more than 27,400 square miles in portions of northeastern Arizona, southeastern Utah and northwestern New Mexico, the Navajo Nation is a semi-autonomous, Native American-governed territory. It is the largest land area in the U.S. assigned to a Native American governing body, and it has a population of more than 170,000.

Thirty-two Soldiers from the 389th Engineer Company provided more than 2,300 man hours during Operation Footprint over a span of 15 days. Their labor saved the Navajo Nation and government \$51,974 in contractor wages. That doesn't even account for the labor provided by the Navy and Air Force engineers.

In all, more than 60 service members worked together on this project.

"We learned a lot from our counterpart [Service members]. We enjoyed being able to help the community, and we had fun doing it," said Spc. Andrew Helm, a carpentry and masonry specialist from Bondurant, Iowa.

Together, they provided carpentry, electrical, plumbing, roofing, painting, drywall and construction management on three different locations for the SWIF.

The SWIF is a non-profit charitable organization that relies solely on private donations. One of their missions is to help provide 35,000 homes for needy Families. They recently received a budget of \$10 million from a government grant, and have built 200 houses since 1998. Their goal is to encourage self preservation.

"It was great being able to help out the community and get to experience their culture while doing it. We were able to learn a lot from how the Seabees do constructions, and they learned a lot from how the Army does construction," said Spc. Andrew Deutch of Burlington, Iowa, a wheeled vehicle mechanic with a military background in horizontal construction engineering.

Their work helped build houses in the SWIF factory and install plumbing in homes already in place. The houses didn't have running water or flushable toilets until SWIF and the military engineers teamed up.

The 389th Eng. Co. and the Navy Seabees provided running water to Families who previously went into town to replenish their tanks, and electricity to homes that never had it at the flip of a switch before.

During the final stage of their mission, the engineers improved living condition for special needs children and adults at the St. Michaels Association for Special Education facility. They replaced an entire roof on an arts-and-crafts building, which also hosted an employee break room.

In addition, they finished two of the three group homes assigned for their mission. The third house remained 90 percent complete due to lack of material and marble tile workers.

All of these projects allowed engineers to do what engineers love to do: work with their hands to improve their specialty skills. All of the "vertical" military occupational specialties, to include: carpenters, electricians, plumbers and equipment operators, received hands-on training that also served a valuable, real-world purpose.

The other bonus to this project was being able to finish construction, which is normally outside the realm of what Army engineers get to do. The Soldiers benefited from the training, worked with people and learned more about Navajo culture.



A crew of engineers from the 389th Engineer Company, and the Navy Seabees, work to back-fill a blow-out assembly to a water main line and gate valve to provide running water to a house that never had it before, during Operation Footprint outside of Gallup, N.M., in Sept. 2013.

# 2,300

man hours spent during Operation Footprint to build homes, over a span of **15** days.

Submit letters to the editor to [usarmy.apg.imcom.mbx.apg-pao@mail.mil](mailto:usarmy.apg.imcom.mbx.apg-pao@mail.mil)