



APG NEWS

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Photo by Alan Feiler

Seminar explores starting small businesses

By **ALAN FEILER**
APG News

Ramona K. Golden has a dream, and it's not a half-baked one either. Since her days as a teenager growing up in Dallas, she has absolutely loved baking – cakes, cookies, cupcakes, you name it – and longed to own and operate her own bakery.

Over the years, Golden, an Aberdeen resident, has baked for birthday parties, church gatherings, workplace events and potluck meals, always receiving rave reviews from colleagues, family members and friends. More often than not, they strongly encourage her to try her hand at a baking business. "My husband always tells me I need to put it on the market," she said with a laugh.

That's why Golden, an inventory management specialist at the Power & Environmental Directorate, was among the approximately 40 APG employees, Soldiers and retirees who attended the "How to Smart Start your Small Business" workshop at ACS Bldg. 2503. The Feb. 19 seminar was presented by the Small Business Technology and Development Center.

"I know, I should have brought something," Golden joked when announcing to the gathering's organizers and attendees her aspirations as a baking entrepreneur.

Leading the workshop was Michael Garrity, a longtime area business owner and a representative and VA specialist for the Small Business Technology and Development Center, a national non-profit organization with a regional office in Elkton. Garrity, who is partially based at Harford Community College, said the first thing that a budding entrepreneur should always do is profile their ideal client. In particular, they should identify

See **BUDDING**, page 15

Oh Deer, furry friends make their presence known

Don't mean to pass the buck (okay, commence groaning now at lame pun), but you might've noticed there are an awful lot of doe-eyed delights, white-tailed wonders and fair-furred fawns roaming around APG North and South these days. Critters like these -- as captured here last week by APG News while grazing around a desolate stretch of Patriot Village one quiet afternoon -- might be kinda cute, but remember to watch out for these Bambis on the boulevards out there. The deer population has grown exponentially this winter, as Garrison Commander Col. Gregory R. McClinton noted Feb. 19 in his welcome address at the APG Newcomer's Orientation. In 2013, there were 124 deer-vehicle collisions, or deer strikes, and vehicular accidents, according to Safety & Occupational Health Specialist Mike Allen. So drive slowly and cautiously around the installation, and keep your distance from the deer.

PSAs raise awareness of Gold Star and Next-of-Kin lapel pins

By **RACHEL PONDER**
APG News

This year, the U.S. Army's Installation Management Command, or IMCOM, launched an awareness campaign aimed to educate Americans about Gold Star and Next-of-Kin lapel pins. Over the course of the year, the Army will release several public service announcements, or PSAs, to increase awareness.

The Department of Defense gives Gold Star pins to surviving family members of Soldiers who died while serving the nation.

FOX Sports has agreed to enter into a year-long partnership with the Army to help promote the overall Gold Star Education

See **PINS**, page 14



Gold Star lapel pins are presented to and worn by surviving spouses, parents and immediate family members of United States Armed Forces members who were killed in combat operations. The Gold Star pin is a gold star on a purple circular background.

The Next-of-Kin lapel pins are presented to and worn by immediate family members of United States Armed Forces members who die while serving outside of combat operations. The Next-of-Kin pin is a gold star on a gold background. (From www.armymwr.com/goldstar.aspx)

APG Praise Band makes a joyful noise

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



Derrick Stewart, (left) from PEO C3T, and Jeff Shields, from CECOM SEC, and the rest of the APG Praise Band rehearse for the upcoming performance Feb. 19.

A collection of about 20 musicians on post make up the all-volunteer APG Praise Band, which will provide music accompaniment for the March 19 APG National Prayer Luncheon at Top of the Bay from 11:30 a.m.-12:30 p.m. They will perform "America the Beautiful," "My Country 'Tis of Thee" and "How Great Thou Art."

CECOM Chaplain (Maj.) Young Kim assembled the band last year. He said he saw a need for a live band on the installation after the Army Materiel Command Band moved from APG to Redstone Arsenal in Huntsville, Ala., in 2010 as part of Base Realignment and Closure.

The National Prayer Luncheon will be the fourth time that the APG Praise Band has performed on post. Members meet to rehearse before performances, so the time commitment is minimal.

Most of the group's musicians are also active members of other bands, orchestras and choruses off post. For instance, the band's director, Mark Grotke, from the Communications-Elec-

See **PRAISE**, page 14

APG leaders take weather condition assessment seriously

By **DEBORAH INCE**
APG News

There is a method to what some might call the madness.

The decision to delay or close this installation due to inclement weather is a well thought-out process involving communi-

cation between key APG tenants and staff and the Senior Commander, according to Rick Deoliveira, the post's chief of emergency management and anti-terrorism.

More importantly, said Deoliveira, the ultimate goal of the process is to "ensure the well-being of our workforce. People

are our most valuable resource, and our job is to ensure they are safe."

The first step in determining the post status is evaluating the forecast, he said. Weather information is obtained from the National Weather Service, the U.S. Army

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ICE system
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WEATHER

Thursday

Partly Cloudy/Windy
chance of rain 0%



37° | 10°

More inside

Army suicides declining **PAGE 4**

Army recognizes institute's advances in biotechnology **PAGE 7**

Military training helps soldier-athletes **PAGE 12**

OPINION

STREET TALK

If you could have lunch with a famous person, alive or dead, who would it be and why?

"Johnny Depp, because I think he's a great actor and seems like a funny person."



Nathaniel Kelly
Power Zone Associate

"I would say Nelson Mandela. I would want to talk with him because I would want to understand his drive and perseverance while he was in prison. I would want to receive wisdom in regards to justice and equality, and how to be a better activist for justice and equality."



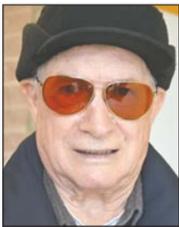
Taneasha Egbo
Army Spouse

"Albert Einstein, because he is one of the most brilliant people in history."



Matthew Smith
Post Visitor

"Ronald Reagan. I think for modern day, he was the most effective president for the country and had the best interests for our country at heart."



William Nash
Retired Air Force

"Slash from Guns N' Roses. He has been an idol of mine ever since I began learning how to play guitar. He's an inspiration to a lot of guitar players."



Jason Hall
Food and Beverage Attendant, Strike Force Cafe, APG Bowling Center

An image doesn't diminish the sacrifices

By **ALAN FEILER**
APG News

So clearly, I can still remember the elderly woman's voice trailing off. She paused, cleared her throat, regained her composure and resumed telling me about how her son, Spc. Paul D. Savanuck, was killed during the Vietnam War. I was writing an article about Vietnam vets and those who didn't make it home from that conflict.

A Northwest Baltimore native, Savanuck was a correspondent for *Stars and Stripes*. In 1967, he graduated from the University of Maryland, College Park, with a bachelor's degree in journalism. Shortly afterwards -- during an era when many young men were going to college or moving to Canada to avoid the draft -- Savanuck enlisted in the Army with the goal of becoming his generation's version of Edward R. Murrow or Ernie Pyle. The Vietnam War was raging, and Savanuck knew Indochina was the place to be for a budding, enterprising combat correspondent.

But there was a snag. After completing his military journalism studies at Fort Benjamin Harrison Defense Information School in Indianapolis, he was deployed in early '68 to a missile base in Mainz, West Germany, with Headquarters Battery, 1st Battalion, 81st Artillery. Savanuck wasn't happy about it, so he began writing letters to elected officials to help him get transferred to Saigon. "After about six months, he got his wish," his mother, Isabel, told me.

Savanuck arrived in Vietnam that July. He served as a field correspondent, publicist and photographer for a jungle battery division, the 23rd Artillery Group based in Phu Loi. It wasn't a cushy assignment by any stretch of the imagination but he stuck with it, and less than a year later he was recruited by *Pacific Stars and Stripes*.

"I shall not be content with anything less than what is true," Savanuck wrote back home. "I intend to be the best."

Savanuck could've reported from a desk in Saigon, his mom told me, but he wanted to be where the action really was. He wanted to report on the pain and suffering, as well as the courage and valor, taking place all around him. He also used to go regularly to a Catholic orphanage in the Vietnamese capital and bring toys and other gifts to kids there, with the goal of eventually adopting one of them.

On April 18, 1969, Savanuck volunteered to join a patrol, C Troop of the 3rd Squadron, Fifth Armored Cavalry Regiment, conducting defensive maneuvers in the Cam Lo Valley, near the demilitarized zone. That night, a reinforced company of North Vietnamese Army troops opened fire with heavy mortar rounds, destroying several armored personnel carriers. The fighting was intense and hand-to-hand, and like any good

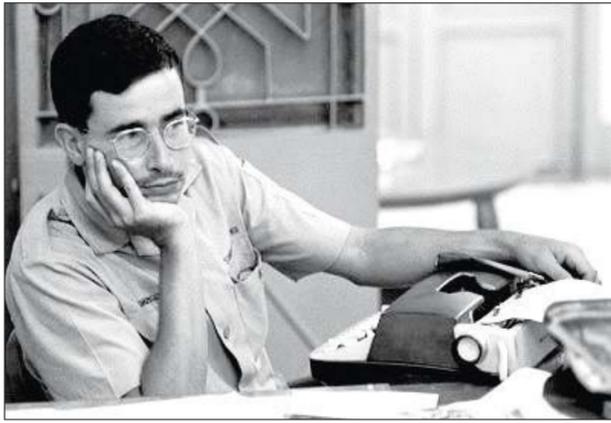


Photo by Spec. 5 Michael Kopp, *Stars and Stripes*
A Northwest Baltimore native, Paul D. Savanuck was the only Stars and Stripes correspondent to be killed during the Vietnam War. He died in April of 1969, at age 23, while coming to the aid of a wounded soldier.

journalist Savanuck was jotting down notes and snapping pictures like crazy.

But then it happened. "They say a soldier was wounded in the battle, so Paul rushed over immediately to help him," Isabel Savanuck recalled. "And that was it."

Paul D. Savanuck was among 13 American soldiers killed (and 22 wounded) that night by enemy gunfire. A month earlier, he'd turned 23. His career as a professional military journalist lasted a mere 13 days.

Savanuck was the only *Stars and Stripes* correspondent to be killed during the Vietnam War. Today, a war veterans post in Baltimore is named after him, and at the Defense Information

School at Fort Meade there is a library dedicated to his memory. In addition, the Paul D. Savanuck Military Print Journalist of the Year Award is presented by the Army in memory of his service.

Savanuck was posthumously promoted to staff sergeant and awarded the Purple Heart, the Bronze Star and the Air Medal.

Isabel Savanuck died nearly seven years ago, but I can't help but wonder how she would've felt about last week's media report on a group of Soldiers at a National Guard training center in Arkansas who posed in a photo of themselves with a flag-draped (empty) casket bearing the caption, "We put the FUN in funeral -- your fearless honor guard from various states."

I don't think it was "fun" for Isabel Savanuck or any other parent, spouse, child or friend to bury a loved one who came back in a flag-draped casket after making the ultimate sacrifice for his or her country. I think she would've known it was a juvenile, thoughtless act that isn't representative of members of the military. Unfortunately, when men and women in uniform behave badly, it inevitably rises above the fold and makes every headline. Far too often in this simple technology-driven world, people post before they think about the consequences.

This incident will blow over, of course, and the National Guard will no doubt deal with the offenders in the appropriate fashion.

Maj. Paul Rickert, spokesman for the Wisconsin Army National Guard, reminds us all that "a military funeral is the final show of respect for our veterans and their families, and we take that solemn duty very seriously."

They deserve no less, from all of us. It's a reminder of how much we owe to the Paul D. Savanucks and the sacrifices they made for our way of life.



Leave Donations

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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APG SEVEN DAY FORECAST



APG NEWS

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Veterans to receive Medal of Honor

By **DAVID VERGUN**

Army News Service

President Barack Obama announced Feb. 21 that he will award the Medal of Honor to 24 veterans during a March 18 ceremony at the White House.

Seven awards will go to World War II veterans, nine to Korean War veterans, and eight to Vietnam War veterans. All awards are posthumous with the exception of three living Vietnam veterans.

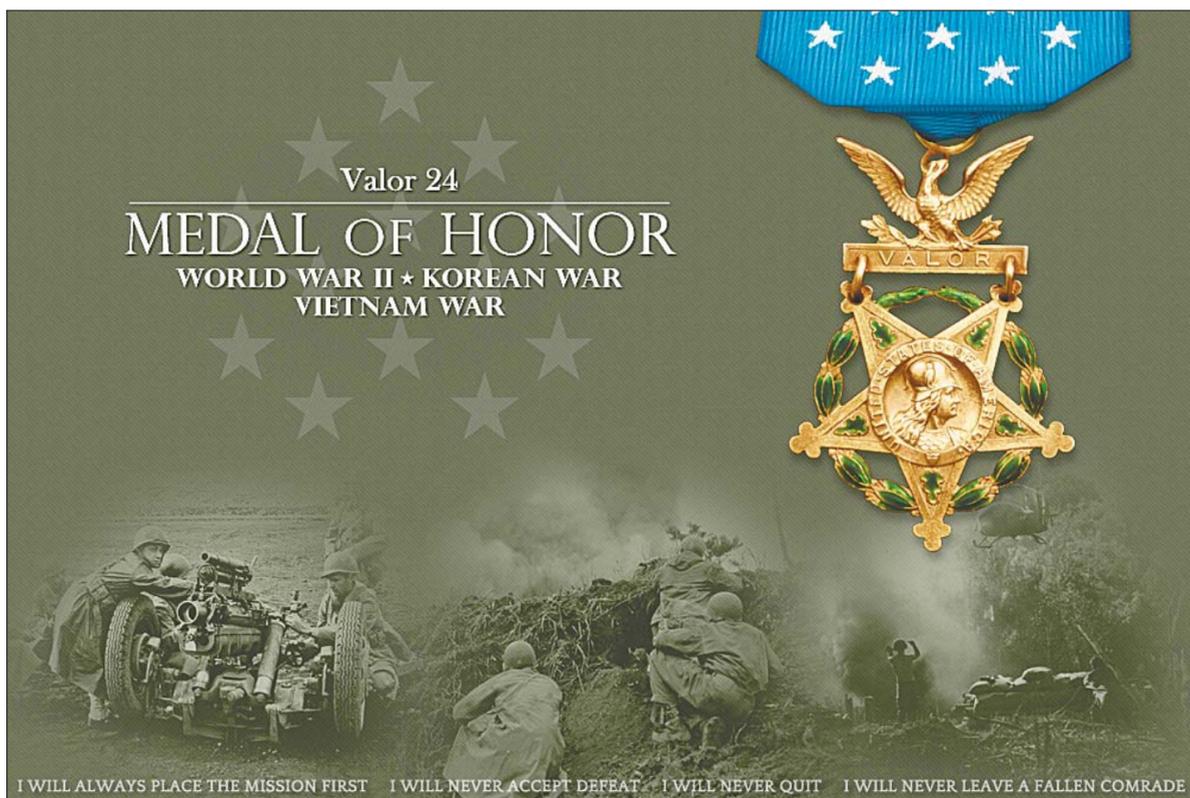
The award, the highest for valor, is an upgrade from the Distinguished Service Cross that many Soldiers received for intrepid actions, personal bravery and devotion to duty during actions against enemy forces.

WORLD WAR II

Awardees from World War II include Pvt. Pedro Cano, for actions near Schevenhutte, Germany in December 1944; Pvt. Joe Gandara, for actions during the landings in Normandy, France in June 1944; Pfc. Salvador J. Lara, for actions during the Anzio Campaign in Italy in May 1944; Pfc. William Leonard, for actions in France in November 1944; Tech. Sgt. Manuel V. Mendoza, for actions at Mount Battaglia, Italy in September 1944; Sgt. Alfred B. Nietzel, for actions during the Battle of Hurtgen Forest, Germany in November 1944; and 1st Lt. Donald K. Schwab, for actions in France in September 1944.

KOREAN WAR

Awardees from the Korean War include Cpl. Joe R. Baldonado, for actions near Kangdeng in November 1950; Sgt. Victor H. Espinoza, for actions during the Battle of Old Baldy in August 1952; Sgt. Eduardo C. Gomez, for actions at Tabu-dong in September 1950; Pfc. Leonard M. Kravitz, for actions in Yangpyong



Seven Medals of Honor will go to World War II veterans, nine to Korean War veterans, and eight to Vietnam War veterans. All the awards are being awarded posthumously, with the exception of three living Vietnam veterans. U.S. Army graphic

in March 1951; Master Sgt. Juan E. Negron, for actions near Kalma-Eri in April 1951; Master Sgt. Mike C. Pena, for actions in Waegwan in September 1950; Pvt. Demensio Rivera, for actions near Changyongni in May, 1951; Pvt. Miguel A. Vera, for actions during the Battle of Old Baldy in September 1952; and Sgt. Jack Weinstein, for actions near Kumsong in October, 1951.

VIETNAM WAR

Awardees from the Vietnam War include Spc. 4 Leonard L. Alvarado, for actions in Phuoc Long province in August 1969; Sgt. 1st Class Felix M. Conde-Falcon, for actions in Ap Tan Hoa in April 1969; Spc. 4 Ardie Ray Copas, for actions in Cambodia in May 1970; Spc. 4 Jesus S. Duran, for actions in Tay Ninh in April 1969; Sgt. Santiago J. Erevia, for actions

near Tam Ky in May 1969; Sgt. Candelario "Cid" Garcia Jr., for actions near Lai Khe in December 1968; Sgt. 1st Class Melvin Morris, for actions near Chi Lang in September 1969; and Master Sgt. Jose Rodela, for actions in Phuoc Long province in September 1969.

Erevia, Morris and Rodela, each who served in Vietnam, are the living recipients of the Medals of Honor.

Married Army scientists receive BEYA

By **AMANDA ROMINIECKI**

CERDEC Public Affairs

A pair of Army computer scientists were recognized recently for their individual contributions to the scientific community at the annual Black Engineer of the Year Award STEM Conference.

Donald and Courtney Coulter, scientists for the U.S. Army Research, Development and Engineering Command's communications-electronics center, known as CERDEC, received special recognition awards for their accomplishments at the BEYA conference held in Washington, D.C., Feb. 7-8.

Donald received his award for his work developing advanced mission command computer technologies for the Army while working for CERDEC's Command Power and Integration Directorate. He has since transitioned to CERDEC's Space and Terrestrial Communications Directorate where he will contribute to the directorate's cybersecurity initiatives.

"[Donald] is a consummate professional and epitomizes what our Army is looking for in its future civilian leaders," said John Willison, director of CERDEC CP&I. "He will continue to be a top performer in our community, whose broad technical talent as a respected engineer establishes him as an innovator and developer."

In addition to his scientific contributions, Donald is actively engaged in community outreach. Each year he participates in eCYBERMISSION, an online STEM challenge for students across the U.S., junior science symposiums and a technology advisory group for Harford County schools.

Not to be outdone by her husband, Courtney, a project manager for CERDEC's Intelligence and Information Warfare Directorate, develops biometric and forensic analytic tools to help the Army catch criminals linked to roadside bombs that injure U.S. Soldiers.

"I have worked alongside [Courtney] for over two years on a daily basis and seen her develop into a first class engineer, program manager and business manager," said Robert Foresta, an Army G-2 technical manager, in a letter of recommendation for the BEYA award.

"Her personal and professional demeanor, her knowledgeable and thoughtful decision making ability and her total dedication to the advancement of critical intelligence technologies in support of the Soldier all attest to Ms. Coulter being deserving of this recognition," he wrote.

Donald and Courtney are the first husband and wife pair to receive individual awards concurrently from BEYA. The pair met while undergraduate students at Bethune-Cookman University in Daytona Beach, Fla., and have supported each other as they progressed through their educational and profes-



Photo by Donald Coulter

CERDEC engineers (from left) Courtney and Donald Coulter were both recognized for engineering excellence from the Black Engineer of the Year Awards STEM Conference on Feb. 8.

sional careers at CERDEC. They celebrated 10 years as a couple Feb. 13.

"This award is full circle. We went from taking engineering classes together to receiving engineering awards together," Courtney said. "It's a testament to how we have leaned on each other to make it to where we are today."

"And it's not just what we've accomplished, but all the people who mentored us to be where we are. It's really a joint award between not only the support we provide each other to get here, but support provided by CERDEC, our colleges, our peers and our mentors," she said.

While laughing, they both agreed working in separate directorates at CERDEC benefits both their personal and professional lives.

"It's very lively discussion at the dinner table -- we're both very opinionated about the direction of engineering and computer science. We have learned to compromise, but we're happy we are not in the same directorate," Courtney said. "At the same time, it's great being in different directorates because we can give each other a unique perspective."

"It helps us network as well for projects we've worked on. Operations and intel [intelligence] convergence is a heavy topic right now in CP&I and I2WD, and it helps having those separate set of friends and colleagues that we know and can share and interact

with. It helps us make strides on those projects," Donald said.

The pair received their awards during a breakfast ceremony at the BEYA STEM Conference, along with a number of other scientists recognized for their

accomplishments as minority engineers.

"It is recognition of all the hard work that we've put in both here at CERDEC on technical projects that we've been involved with, but also the community service that we do outside of work both in the STEM fields and other community activities," Donald said.

"It was extremely humbling. To be sitting amongst people who are minorities in engineering who have achieved so much -- we're talking about retired colonels, one person had 150 patents, aspiring astronauts -- just to be mentioned among those people was humbling and inspiring," Courtney said.

The BEYA STEM Conference recognizes technology leaders for their professional achievements, but also identifies individuals who have worked to inspire young students of color to pursue careers in STEM areas, as stated by the BEYA website.

"We have to continue the pipeline of people who are qualified in this area," Donald said. "It's particularly important for the Army and CERDEC and APG communities because there are a lot of positions that will be available, and even in the commercial community. Our influence around the world is dependent upon qualified, innovative people."

"You see these very senior level people [at the conference] and when I look at them, I think 'Wow, that could be me in 20 years if I keep working hard,'" Courtney said. "So I want to make sure I'm that same role model for someone younger than me. To see me, a black woman, who is a computer engineer -- that it would inspire a young girl, who doesn't think girls code or do math, that she could do it, too."



Photo by Nancy Brown

Among the recipients of honors at the recent 28th annual Black Engineering of the Year Awards (BEYA) STEM Conference in Washington, D.C., was Dr. Victoria Dixon (center), HR/EEO/EO/Programs Director Officer, U.S. Army Test and Evaluation Command, who was presented the Diversity Leadership Award. Flanking Dixon in this photo are Lt. Gen. Thomas P. Bostick (left), Chief of Engineers and Commanding General of the U.S. Army Corps of Engineers, and Shelton Guinn, executive director of diversity and inclusion at Aerotek.

Number of suicides in Army dropped last year

By **LISA FERDINANDO**
Army News Service

The number of suicides in the Army dropped last year, compared to 2012, according to the Army deputy chief of staff, G-1.

Lt. Gen. Howard B. Bromberg said there were 301 suicides in the Army in 2013, while in 2012 there were 325 suicides Army-wide.

“We have seen an aggregate drop in suicides, and while not a declaration of success, it could indicate resiliency efforts are starting to take hold across the force,” he said. “Ultimately, the Army acknowledges there is more work to do.”

The figures are for the total Army -- the active Army, the Army National Guard and Army Reserve.

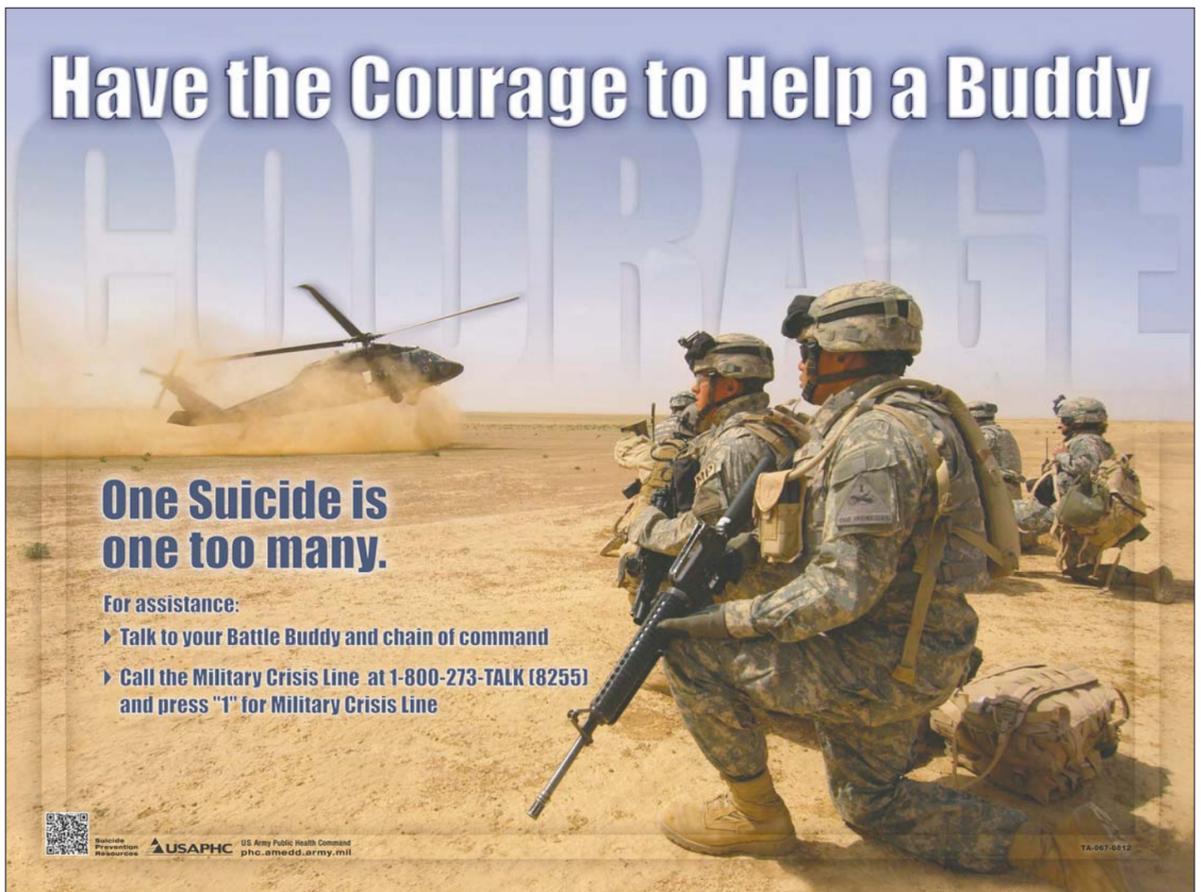
Last year, 125 of the suicides were in the active Army; 117 in the Army National Guard; and 59 in the Army Reserve. For 2012, 165 of the suicides were in the active Army; 110 in the Army National Guard; and 50 in the Army Reserve.

Because of the complexity of the issue, the Army said it is difficult to identify specific reasons for the decrease. It is also difficult to determine what efforts might have contributed to the change. According to Bromberg, the Army’s aggressive promotion of “help-seeking” behaviors may have something to do with it.

“I am optimistic that more Soldiers are seeking help and learning ways to address and cope with issues they may have,” Bromberg said. “It’s about what the Army is doing to prepare Soldiers.”

“We are enhancing ways to recognize what Soldiers need to make them stronger and more resilient,” he added.

Currently, the Army has numer-



U.S. Army graphic

The number of suicides in the Army dropped in 2013, compared to 2012, according to the Army deputy chief of staff, G-1.

ous efforts employed to reduce high-risk behaviors and incidents of suicide among its personnel to include working to combat the stigma associated with seeking behavioral care, and strengthening the whole person -- mentally, phys-

ically and emotionally -- to promote resiliency and improve readiness.

Through its Ready and Resilient Campaign, or R2C, the Army promotes the development of a healthy mindset and behaviors, and enhanced coping skills to strengthen the Army family, promote resiliency and improve readiness.

Within the program is the Comprehensive Soldier and Family Fitness program, or CSF2, which stresses resiliency and strengthening of the whole family unit, for a ready and resilient Soldier.

“I am very encouraged that we have hit a turning point where people are really talking about behavioral health,” Bromberg said. “It’s OK to have problems, but it’s what you do about those problems ...

that is what’s really important.”

In other efforts, the Army has expanded access to behavioral health services, increased pre- and post-deployment screenings to improve the diagnosis and treatment of Soldiers, and is focused on identifying and treating traumatic brain injury and post-traumatic stress disorder.

The Army stresses that leaders in all levels of the Army should know their Soldiers, be aware of warning signs and high-risk behavior, and immediately seek help if they or someone they know needs help.

Assistance is available 24 hours a day/seven days a week at the National Suicide Prevention Lifeline, 1-800-273-TALK (8255).

“I am optimistic that more Soldiers are seeking help and learning ways to address and cope with issues they may have. It’s about what the Army is doing to prepare Soldiers.”

Lt. Gen. Howard B. Bromberg
Army deputy chief of staff, G-1

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Medal of Honor recipient wages war on PTSD

By **JANE BENSON**
NSRDEC Public Affairs

Staff Sgt. Ty Carter has two words for Soldiers suffering from post-traumatic stress disorder, “Get help.” The Medal of Honor winner brought this message to the U.S. Army Natick Soldier Research, Development and Engineering Center (NSRDEC) on Feb. 19.

He developed post-traumatic stress disorder, known as PTSD, after his experiences at Combat Outpost Keating, where he said every day was “like the Wild Wild West.” Firefights were a constant, and Oct. 3, 2009, conditions escalated to the extreme when more than 300 anti-Afghan forces attempted to overrun the outpost.

Despite his many heroic actions during the battle, Carter was haunted by the fact that he wasn’t able to save his friend, Spc. Stephan Mace. He no longer felt equipped to save a life and he felt like a failure, “I lost faith in who I was and what I was doing.”

At first, he resisted getting treatment for PTSD, and had misconceptions about the condition. It isn’t really a disorder, Carter pointed out, it is a learning mechanism to help us avoid danger. It can become problematic, however, following extreme trauma.

He said seeking counseling and going through counseling is a difficult process but it is the only way to heal, and it is the only way you can help yourself and help others.

“Education is the only thing that can end the stigma,” said Carter.

While telling his story, Carter was visibly emotional and said when he thinks of Oct. 3, he thinks about the guys -- their families, their determination and the trust between Soldiers.

During his talk in Hunter Auditorium, which was attended by nearly 450 Natick Sol-



Photo by David Kamm

Medal of Honor recipient Staff Sgt. Ty Carter talks to Soldiers assigned to NSRDEC’s Human Research and Development Detachment, during a visit Feb. 19. The Soldiers are participating in the Human Research Volunteer program, which coincidentally was Carter’s first Army assignment.

dier Systems Center employees, he discussed the Advanced Combat Helmet. He recounted how the ACH saved Sgt.

Bradley D. Larson from sniper fire, “For those of you who worked on the product, thank you for saving his life.”

Because Larson survived, he was able to provide fire cover and give Carter direction. Carter credits Larson’s survival with his own.

Ever modest, Carter shared some lighthearted stories as well. He recounted that during the Medal of

Honor ceremony he focused primarily on not passing out. When President Barack Obama called to tell him he had won the medal, he was vacationing with his family in a camper his wife bought for five dollars.

Carter said although the medal is given to a few, the reality is that a firefight is like a football team. One section doesn’t function without the other.

While lunching with Soldiers in the dining facility, Carter said, “I’m no different than any of you guys. We all have the potential. You can follow your heart and do great things.”

He advised NSRDEC’s young Soldiers, “There will always be hard times. It is our ability to adapt and be resilient that matters.” He added, “We all make mistakes, but it is our ability to learn from them that will make us a better person.”

Carter has something very particular in common with many of NSR-

DEC’s Soldiers. Early in his Army career he served for two days as a Human Resource Volunteer in the Doriot Climatic Chambers in 2008. He then left when he heard that his unit was being deployed.

During his visit, Carter toured NSRDEC’s unique research facilities and learned about the organization’s many products that improve the safety and quality of life of the nation’s Soldiers.

He said that visiting Natick gave him insight into how much work goes into the development and testing of equipment to make sure Soldiers are combat ready.

Regarding all of the NSRDEC-developed items, Carter said, “You’d be amazed how important these pieces of equipment are.”

“All of you are choosing to help those who serve,” He told the NSRDEC workforce. “You here at Natick Labs create the future.”

“There will always be hard times. It is our ability to adapt and be resilient that matters. We all make mistakes, but it is our ability to learn from them that will make us a better person.”

Staff Sgt. Ty Carter
Medal of Honor recipient

Army leader emphasizes trust and respect

Story and photo by
GUSTAVO BAHENA
NTC and Fort Irwin PAO

Trust and respect.

Those two words and themes were expanded on by the Army's top non-commissioned officer to a group of junior enlisted Soldiers Feb. 19 at the National Training Center at Fort Irwin, Calif.

Sgt. Maj. of the Army Raymond F. Chandler III elaborated on those topics in a mid-morning gathering of Soldiers from various units on this high desert military installation. Chandler, the 14th sergeant major of the Army, was on his first day of a two-day visit to the National Training Center. The meeting with Soldiers in ranks below sergeant allowed him to discuss values he associates with successful Soldiers.

Chandler began with an explanation of what it is to be part of the Army profession. Not every occupation is a profession, he said, but Soldiers are part of one, which necessitates they follow and abide by a code similar to what doctors and lawyers are required to do in their fields.

"The military is the same way," Chandler said. "You go to school. You're tested. You go through the process and you graduate from [advanced individual training]. From that moment forward, we have the ability, given to us by the American people, to self-police. We set our own ways for people to get promoted, and they have to share and show confidence and have to live the Army's values."

Chandler explained even further that there are three fundamental characters inherent in Soldiers to be true professionals. They are character, commitment and competence.

"In other words, if you don't exhibit these qualities, then you are not the professional that you say that you are," he said.

The three qualities listed by Chandler set the groundwork for trust and respect.

"Our profession demands equal weight on character, commitment and competence, and if you're not willing to meet those needs, those performance measures, then you are not the professional that we need in the Army," Chandler said. "And I want you take this



Sgt. Maj. of the Army Raymond F. Chandler III received a demonstration on the UH-72 Lakota Multiple Integrated Laser Engagement System from Lakota Crew Chief Staff Sgt. Kristopher W. Rogers, with the 2916th Aviation Battalion, 916th Support Brigade, Feb. 19., at Fort Irwin, Calif. Chandler raised the MILES binoculars to target another Lakota on the helipad. The weapons system is routinely used to support the installations mission and adds to the tough, realistic joint and combined-arms training that the 2916th Aviation Battalion provides.

back to your fellow Soldiers, because if you're not a professional, if you're not competent, or committed, or a person of character, how are we going to establish trust amongst one another?"

Trust is the foundation of the Army, Chandler continued. If Soldiers can't trust each other, how can they put their lives in each other's hands when required in a deployment scenario, he asked.

"Our profession dictates that trust has to be extended to one another, but if you can't be a person of character, commitment and competence you're not going to get the trust that you need," Chandler said. "And if you are one those individuals, you are actually not a professional."

Chandler imparted that Soldiers, from the most junior to the highest ranks, have a duty to self-police, and not be a bystander when corrections are necessary. The Army, and individual Soldiers,

should not have to tolerate a person with little character or commitment. He explained that the problem of sexual assaults in the Army can be addressed directly through self-policing and that every Soldier, as dictated by the Warrior Ethos, has the responsibility to never leave a fallen comrade, which includes sexual assault victims.

"It's time for us to decide that we've had enough," Chandler said. "Prevent, and then if you see it happen -- if you're aware that it happened -- don't be that bystander, get engaged. Your job is to intervene, not to be a bystander."

Respect is also crucial to combating the sexual assault problem, Chandler explained. Refraining from and stopping inappropriate conversations of a sexual nature is an example of Soldiers being committed to showing respect for oneself and others.

"It's a sensitive issue and we don't talk about it enough," Chandler said. "Is it OK to be talking about who you hooked up with over the weekend in your business life? It's not. But we tolerate it. And if we can't respect one another, we're not committed to this thing we call a profession. Each and every one of us have a responsibility to say 'that's not OK.'"

The Army has been handed a huge responsibility when the country's sons and daughters have been placed under its care, Chandler said. Protecting the Army family, the team, is the job of every Soldier.

"We have to know that we can trust one another and that we're going to self-police," Chandler said. "Because our credibility as an Army, our ability to fight and win our nation's wars will be challenged or compromised by our inability to not look out for one another."

Delaware Reserve Soldiers get in shape at AWC

By **CHANEL WEAVER**
USAPHC

The weekends can sometimes be pretty quiet at APG, but that was not the case on a recent Sunday morning at the installation's Army Wellness Center.

Thirty-eight Army Reserve Soldiers from the Army Medical Command's 7221st Medical Support Unit based out of Newark, Del., had an opportunity to visit the center Feb. 9 and witness its capabilities firsthand.

The event -- the first to do a full fitness assessment of an Army Reserve unit at an AWC -- was organized by Lt. Col. Bradley Nindl, who is dual-hatted as the unit commander and scientific advisor at the U.S. Army Public Health Command.

"Soldiers in Army Reserve units generally have lower medical readiness percentage than those of active-duty units," said Nindl. "We wanted to provide Army Reservists with the tools they needed to improve their health and wellness, and leverage the technology available in the Army Wellness Centers."

Although the event was completely voluntary, more than 90 percent of the unit participated in the health assessment.

AWCs are a key element in the Army surgeon general's long-term strategy of refocusing Army medicine from a health-care system to a system for health by emphasizing primary prevention, which means stopping diseases and chronic conditions before they start. AWCs also support the Ready and Resilient Campaign and the Performance Triad, an Army medicine effort to focus on three components that build and sustain individual health and unit readiness -- sleep, activity and nutrition.

"Through Army Wellness Centers, Soldiers learn to take control of and responsibility for their own health," said Nindl. "Especially for those of us who are Reservists without easy access to these centers, it's empowering to gain the knowledge these assessments provide."

AWCs offer six core programs including health assessment review, physical fitness, healthy nutrition, stress management, general wellness education, and tobacco education.

Each of these programs is based in science and uses the highest sports medicine, fitness training and health standards to help Army personnel create environments



Sgt. Jeffrey Reed, a dental technician with the 7221st Medical Support Unit based out of Newark, Del., participates in a sit-and-reach exercise at the Aberdeen Proving Ground Army Wellness Center.

where healthy behavior can take place.

Maj. Zachary Solomon, Army Wellness Center project officer, said one of the most popular services AWCs offer is the metabolic testing. The test, which can be administered at any Army Wellness Center, helps individuals determine the number of calories their body burns just sustaining life.

"It tells an individual how many calories to consume each day in order to lose, maintain or gain weight," said Solomon.

In addition to the metabolic testing, Soldiers also performed a variety of fitness tests to determine their overall health and fitness level.

Sgt. Barbara Majoca is a licensed practical nurse, so she knows the importance of leading a healthy lifestyle. Although Majoca frequently counsels her patients on ways to achieve better nutrition and fitness, she knows that she needs to practice what she preaches.

When she learned that her Army Reserve unit would have an opportunity to serve as a pilot for Army Wellness Center services, she immediately volunteered to be included in the unit assessment.

"I wanted to be healthy," said Majoca. "I am here to learn what I need to do improve my health."

Majoca was quite appreciative of the AWC assessment technology that was available.

"I know that these services are expensive in the civilian sector, and the Public Health Command is really helping us by offering us these services at no cost to the Soldier," said Majoca.

Capt. Madhu Kasipathy serves in a dual capacity as an Army and civilian dentist. Because of his demanding job, Kasipathy spends a great deal of time attending to the needs of others, often neglecting his own health. He volunteered for the AWC assessment to take responsibility for improving his health. He said one of the easiest things to do was complete the AWC questionnaire that asks about a person's sleep, activity and nutrition habits, tobacco use, alcohol use and stress levels.

"It only took about 15 minutes to complete, and gave me instant feedback to help me reach and maintain my fitness and wellness goals," said Kasipathy.

He said he intends to use the wellness center in the future.

"I am looking forward to the opportunity to see where I am, and where I need to improve," he said.

Among the many attendees at the unit assessment was Col. Jacqueline Bradley, commander of the 4215th U.S. Army Hospital in Richmond, Va.

Bradley and her battle buddy, Command Sgt. Maj. Sonja Brewer, thought it was important to visit the Aberdeen

AWC to encourage the reservists to achieve their health goals. Bradley said that ensuring the health and readiness of the Reserve force is a key goal of the Army, and the AWCs are an excellent resource to assist commanders in achieving that objective.

"The first Army Wellness Center I visited was located at Carlisle Barracks, Pa., and I know firsthand that the AWCs offer a holistic approach to taking care of Soldiers," said Bradley. "While there, I even received customized advice on how to select healthy food when I am grocery shopping."

Bradley said that the Army Wellness Center services are transferable.

"What amazed me was that when I returned to Fort Meade, my record was transferred there, and the experts at that wellness center were able to follow up to ensure that I continued my progress," said Bradley. "The quality of care was the same at Fort Meade and Carlisle Barracks."

Todd Hoover, Army Wellness Center Operations program manager at the USAPHC, was delighted to hear that Bradley received the same level of care at both wellness centers.

He said the standardization of services is a goal that the program tries to achieve across the Army.

Hoover helped to stand up the first Army Wellness Centers in Germany, and since then, new AWCs have been springing up at Army installations all over the United States. So far, 19 AWCs have been opened, and the USAPHC has a goal of standing up 37 by the end of fiscal year 2018.

Although the team is waiting to see how the visit to the Aberdeen AWC will benefit Army Reservists, Hoover said AWCs have already demonstrated great results.

"We are seeing decreases in body mass index for users of our services, said Hoover. "Overall, Army Wellness Centers are demonstrating positive outcomes in people that have repeat visits."

At the conclusion of the day's activities, Bradley and Nindl presented awards to various individuals who sacrificed their weekend to do the unit assessments.

"We had unbelievable support from various personnel at the Public Health Command and the Army Wellness Center to ensure today's testing was beneficial," said Nindl.

Army recognizes institute's advances in biotechnology with \$48 million renewal

Story and photo by
JOYCE P. BRAYBOY
Army Research Laboratory

Army experts with leading university professors and industry partners have been collaborating over the past decade to explore biological systems that have the potential to drive sweeping bio-technological advances for Soldiers.

The research is led by the University of California, Santa Barbara, at the Institute for Collaborative Biotechnologies, or ICB, a University Affiliated Research Center.

The ICB contract with the U.S. Army Research Laboratory, Army Research Office, was extended in December 2013, providing an additional \$48 million over three years to study high performance biological systems and the translation of these to engineering systems of benefit to Soldiers, said Robert J. Kokoska from ARO's Physical Sciences Directorate, who manages the relationship between the Army and the Center.

"Looking ahead, the value first and foremost will be a more comprehensive integration between the ICB and partners in Army and industry. The institute researchers have unique insight about bio-inspired technology. Likewise, the Army has complementary capabilities and understanding of the military operating environment that the academic researchers could leverage," Kokoska said. "For example, in 2014, the ICB will start to look toward integrating some of their materials research into ARL's cross-directorate enterprise in the multi-scale modeling of materials."

The hallmark of UARCs is the collaboration between the Army scientists and engineers directly with university researchers throughout the research process, he said.

From the program's inception, "we've been able to gain a basic understanding of a number of biological systems to the extent that bio-inspired materials can be synthesized and studied. For example, the characteristics of a moth's eye are being mimicked toward the development of anti-reflective coatings," Kokoska said. "With an understanding of the physics underlying reverse adhesion of the gecko foot, we could create fascinating robotic technology.

"Biological systems offer endless possibilities for the military to model synthetic materials," he said.

The ICB also includes a channel to transition an idea from basic discovery toward technologies that address specific Army needs, or so-called 6.2 research, he said. The projects apply science to more spe-



Matthew Coppock is a post-doctoral student who explores synthetic antibodies with biotechnology experts at the U.S. Army Research Laboratory, and in collaboration with partners at the Institute for Biotechnology at the University of California, Santa Barbara, in hopes of finding ways to counter synthetic viruses like the pox virus.

cific military needs through collaborative efforts involving research contributions from academic, Army and industrial partners, he said.

"The Army/academic/industry partnership at ICB is a win-win-win proposition. We're looking forward to a number of technologies from the ICB 6.2 program to further mature down the pipeline," Kokoska said. "We expect further advances in power and energy; battery and fuel cell research; and field-expedient sensors."

ICB teams have already developed revolutionary technological innovations in bio-inspired materials and energy, biomolecular sensors, bio-inspired network science and biotechnological tools. Several scientists at ARL are now working with ICB counterparts on projects that have the potential for future Army applications, Kokoska said.

Research chemist James Sumner was first introduced to the ICB at its inception, and has collaborated in both the 6.1 and

6.2 programs. Recently named the ICB's associate program manager, Sumner's first ICB collaboration was an example of the synergy that is possible with the program.

Sumner met Professor Gui Bazan years ago at an ICB Academic/Army Collaboration Conference. Bazan was giving a keynote address explaining a new class of molecules designed to fluorescently label cell membranes. While Bazan and Sumner had different backgrounds, they discovered their research goals could be reached through mutual collaboration. This interaction has led to multiple peer-reviewed journal publications and a patent on enhanced electron transfer through cell membranes.

These advances have shown how it is feasible to enhance and control microbial metabolism for applications such as microbial fuel cells and waste mitigation, Sumner explained.

"The professors we interact with in the ICB are world renowned experts for their fields of specialty. To gain access to the knowledge that they possess and to be able to collaborate with them to provide new technologies for our Soldiers is a great feeling," he said.

The leading institution, UCSB, works in collaboration with the Massachusetts Institute of Technology and the California Institute of Technology. As part of the contract renewal, some 60 world-class investigators form teams to explore research in the areas of systems and synthetic biology, control and dynamical systems, biotechnology tools, photonic and electronic materials, cellular structural materials and cognitive neuroscience, Kokoska said.

UARCs like ICB conduct basic and applied research to ultimately develop technology. The university, considered at the forefront of innovation in a specific area, provides dedicated facilities and share space with Army and industry partners. The emphasis is to conduct research where breakthroughs are likely to enable revolutionary capabilities for the war fighter.

The Army has two other active UARCs that extend the lab's capability to develop revolutionary capabilities for Soldiers: The Institute for Creative Technologies at the University of Southern California; and the Institute for Soldier Nanotechnologies at the Massachusetts Institute of Technology.

For more information about the Institute for Collaborative Biotechnologies, visit www.icb.ucsb.edu. For general information about UARCs, visit ARL's website at <http://www.arl.army.mil/www/default.cfm?page=510>.

Commander presents AMC perspective at symposium

AMC Public Affairs

Army Materiel Command's top leader began the discussion Feb. 19 at the 2014 Association of the U.S. Army Institute of Land Warfare Winter Symposium and Exposition by emphasizing the suitability of this year's theme to the current status of the Army.

"The theme for this year's symposium is 'America's Army: Sustaining, training, and equipping for the future,' and I think it is very appropriate," said Gen. Dennis L. Via, the commander of Army Materiel Command, or AMC, during remarks to the symposium audience.

"As our Army continues its transition in Afghanistan, we must simultaneously prepare our Army for the next contingency -- for this we can be sure, as history has taught us all too well, there will be a future contingency somewhere in the world that will require 'boots on the ground,'" Via said. "Our forces must be ready, trained and equipped to meet that contingency when the nation calls. Our nation expects, and deserves, nothing less."

According to Via, diminishing fiscal resources and growing threats drive three priorities for AMC.

"We must continue to modernize our equipment; we must continue to sustain the force of today, and we must continue to develop capabilities and technologies that will give our Soldiers the decisive advantage to meet -- and defeat -- any

We must continue to modernize our equipment; we must continue to sustain the force of today, and we must continue to develop capabilities and technologies that will give our Soldiers the decisive advantage to meet -- and defeat -- any potential future enemies.

Gen. Dennis L. Via

Commander, U.S. Army Materiel Command

potential future enemies," he said.

During his remarks to the audience of nearly 3,500, Via provided AMC's perspective on how that decisive advantage is being maintained.

"AMC remains a global materiel powerhouse -- providing predictive readiness to our Army and the joint force. Our nine major subordinate commands continue to provide the Soldier world-class support each and every day," he said.

During his remarks, Via took the opportunity to showcase several of AMC's leap-ahead technologies that unburden, protect, empower and sustain the Joint Warfighter.

Female Soldiers demonstrated both the Army Combat Uniform-Alternate

and the Female Improved Outer Tactical Vest. Both pieces of gear were designed to improve mobility, increase comfort and performance, and enhance survivability for female Soldiers.

A Soldier also demonstrated the Helmet Electronics and Display System -- Upgradeable Protection, known as "HEADS-UP," during the presentation. "It provides mounted and dismounted troops with a more fully integrated headgear system with new technologies including improved ballistic materials, non-ballistic impact liner materials and designs, better eye, face, and hearing protection, and improved communications.

Many of the technologies Via discussed were also on display at the Army booth at

the exposition, including the newly-developed Meals Ready to Eat Pizza.

"These materiel solutions that I've just highlighted are but a glance into what our AMC engineers and scientists are researching and developing, and a glimpse of what's possible in the future as we move toward Force 2025 and beyond," Via said.

"Working in partnership with industry and academia, along with a sustained level of resourcing, I'm confident we can maintain the technological edge that will produce the next generation in vertical lift, ground vehicle, night vision advancement, and over-match capabilities in our next weapon systems, all while protecting and preserving what our Army has worked so hard to achieve over the past decade," Via said.

"As we support the Soldier of the future, we must strive to discover the leap-ahead technologies which will allow our Army to maintain its technological edge," Via said. "The Army and AMC, along with the help of every industry partner here today must continue to ensure our top priority remains providing the Joint Warfighter the equipment and materiel they need to accomplish their mission.

"Everything we do now and into the future must have this singular focus," he continued. "The Joint Warfighter, and the civilians who support them, are depending on us for our success."

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.

Kennedy, Sandra
Lamar-Reeve, Kellie
Nunley, Dana
Solomon, Je'Neane
Williams, Demetria
Urban, Brenda
Cwiernie, Victoria L
Smith, Antoinette
Jones, Michelle

Martino, Rose
Birch, Garfield
Crawford, Curtis
Green-Farley, Jessica
Scott, Chandria
Winne, Janeen
McClintick, Jill
Smith, Deborah
Rodriguez, Pedro

Blethen, Matthew
Robinson, Lisa
Chang, Jennifer
Little, Angela
Eberhardt, Joanne
Fike, Curtis
Gunter, Angelina
Lee, Aileen
Doran, Kemi

Lowry, Teresa
Rushworth, Robert
Torrise, Carmen
Williams, Jonathan
Wright, Sameisha
Young, Trier
Caron, Lois
Sherrod, Irving
Hoffman, William

Sweeney, Joseph
Park, Jessica
Blethen, Lena
Cobb, Joyce
King, Beverly
Shelton, Lena
Robinson, Jennifer
Sumic, Angie
Small, Errol

MARK YOUR CALENDAR

THURSDAY

FEBRUARY 27 RESTORATION ADVISORY BOARD

The next RAB meeting will be held on Feb. 27 at 7 p.m. at the Ramada Conference Center in Edgewood. The topic of discussion will be an update on The Long Term Monitoring Projects.

FRIDAY

FEBRUARY 28 MWP TEXAS HOLD 'EM TOURNEY

APG MWR will hold a Texas Hold 'em Tournament at Ruggles Golf Course. Registration is required by Feb. 21. Seating is limited and doors open at 5 p.m. First card is deal at 6 p.m. Must be 18 years or older to play. The tournament costs \$20 in advance and \$25 on the day of the event, and it includes food and two beverage tickets. To purchase tickets, visit <https://webtrac.mwr.army.mil/webtrac/apgretrac.html> or go to AA/EA Rec Centers, Leisure Travel Services, and at Ruggles Golf Course. For information, call 410-278-4011/4907 or email Leisure Travel Office at usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil. The event is open to DoD I.D. card holders and their guests.

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 5 FIRE EXTINGUISHER TRAINING

APG Fire & Emergency Services will hold a fire extinguisher training program March 5 from 1 to 2:30 p.m. at Building E4810 at the APG South Conference Center. The training will cover information on how to operate, perform and inspect fire extinguishers, as well as the basics of fire behavior and types of fire extinguishers. For information call 410-306-0093.

THURSDAY

MARCH 6 TAKE CONTROL OF YOUR LIFE

A free seminar, "Take Control of your Life" will be presented from 11 a.m. to

1 p.m. at the Myer Auditorium, Bldg. 6000. Featured guest is motivational speaker Ty Howard. The event is sponsored by KUSAHC, the Army Substance Abuse Program and the Community Health Promotion Council. Lunch will be provided for attendees. For information, email joseph.c.hill2@us.army.mil or call 817-403-9706

FRIDAY

MARCH 7 FOUR LEAF CLOVER 5K/WALK

Team APG BOSS is hosting a 5K Fun Run beside Hoyle Gym. The safety brief is at 6:40 a.m., run starting time at 6:50 a.m. For information, email Spc. Stephen Murray at stephen.k.murray3@mail.mil or call 410-436-4533.

WEDNESDAY

MARCH 12 SUICIDE PREVENTION TRAINING WORKSHOP

A Department of the Army Mobile Training Team (MTT) will be conducting a regional "Ask, Care, Escort -- Suicide Intervention" (ACE-SI) "train-the-trainer" one-day workshop at APG. The event is being hosted by the APG ASAP Suicide Prevention Program. ACE-SI is a four-hour program that provides more in-depth training than the basic ACE training, and is a one-time requirement for junior leaders and first-line supervisors. The training is open to Soldiers and DA Civilians who have the skills and commitment to train others. The training will run from 0800-1500 at the Installation Training Center, Bldg 3147 Aberdeen Blvd. Upon completion of the training, participants will be qualified as ACE-SI trainers and are to provide ACE-SI training to the other junior leaders and first line supervisors in their companies/organizations. Soldiers and DA Civilians who are interested in participating in the training can sign up by contacting Ken Gesch, Suicide Prevention Program Manager, at 410-278-7779 or

kenneth.a.gesch.civ@mail.mil. Participation is limited to the first 50 participants to sign up.

WEDNESDAY

MARCH 19 FWP WOMEN'S CONFERENCE

The Aberdeen Proving Ground Federal Women's Program will be hosting its 24th annual Training Workshop during Women's History Month March 19. This year's theme is "Celebrating Women of Character, Courage and Commitment." The workshop will be held at building 6008, Mallette Auditorium, from 8 a.m. to 4:30 p.m. Some of the topics to be covered will be "Time Management and Organization Skills," "Effective Presentation Techniques," and "Understanding Sharepoint: Making It Work for You." There will also be several educational vendors and food vendors. For information, contact Teresa Rudd, FWP Chairperson, 410-436-5501, and Elizabeth Young, FWP Vice Chairperson, 410-278-1392.

APG HEALTH FAIR

Come to the APG Health Fair on March 19 at the APG North (Aberdeen) recreation center from

10 a.m. to 2 p.m. Event will feature health screenings, seated massages and information on asthma, diabetes, stress management, nutrition, immunizations, tobacco cessation and more.

This event is sponsored by the APG Community Health Promotion Council, Kirk U.S. Army Health Clinic and U.S. Army Public Health Command. For more information call 410-278-1771.

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.

WEDNESDAY AND THURSDAY

MARCH 26-27 SUICIDE AND SUBSTANCE ABUSE TRAINING

APG ASAP will present "Skip" Johnson, HQ AMC, G-1 Wellness, Substance Abuse/Suicide Prevention program manager at the Redstone Arsenal, who will give 2-hour combined training classes (one hour on substance abuse and one hour on suicide prevention). The training sessions will be held at CECOM/Myer Auditorium, Bldg. 6000,, on March 26 from 9-11 a.m. and at 1-3 p.m. at APG Post Theater, Bldg. 3245; and on March 27 at APG South (Edgewood) Conference Center, Bldg. E4810. from, 9-11 a.m. and 1-3 p.m. For information, call Cindy Scott at 410-278-4013, Ken Gesch at 410-278-7779, or the ASAP Main Number at 410-278-DRUG/3784.

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, and 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.

ONGOING

BEGINNING MARCH 3 FINRA FOUNDATION MILITARY SPOUSE FELLOWSHIP FOR THE ACCREDITED FINANCIAL COUNSELOR® PROGRAM

The Association for Financial Counseling and Planning Education® (AFCPE®), in partnership with the National Military Family Association and the FINRA Investor

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

THROUGH APRIL 2 COLLEGE FELLOWSHIP APPLICATIONS BEING ACCEPTED

The U.S. Army Acquisition Support Center is currently accepting applications for the 2014-15 SSCF program through April 2, 2014. The SSCF Program is a 10-month educational opportunity conducted under the auspices of the Defense Acquisition University (DAU) at Huntsville, Ala, War-

ren, Mich, and APG.

The SSCF program prepares government civilians at the GS-14/15 levels or equivalent for senior leadership roles by provides training in leadership and acquisition. Program components include completion of DAU's Program Management Course (PMT 401), courses in leadership, applications of acquisition to national defense issues, research in acquisition topics, mentoring, and a distinguished speaker program.

For complete program information and application requirements, visit: <http://asc.army.mil/web/career-development/programs/defense-acquisition-university-senior-service-college/announcement/>.

For APG specific program information, please visit: <http://www.dau.mil/sscf/Pages/apg.aspx>

For more information about the program, please contact Jim Oman at james.oman@dau.mil or 410-272-9470.

TUESDAYS 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 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

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. 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.

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



At your service

Erin Flaherty

Health Educator

As an Army Wellness Center health educator, Erin Flaherty teaches people about behavior changes and sustaining healthy lifestyles.

At the AWC, there are six core programs: the Health Assessment Review, Healthy Nutrition, General Health Education, Tobacco Education, Stress Management and Physical Activity. In March, the AWC will add another program, Healthy Sleep Habits. The programs are individualized to meet clients' needs, motivational and confidence levels. The AWC takes a holistic approach, taking into account all of an individual's physical, psychological and social circumstances when providing services.

Flaherty, who has been in this position for a year and a half, helps clients set realistic, achievable goals. She has a bachelor of science degree in community health/health education from Towson University. She also is a certified nursing assistant/geriatric nursing assistant and a certified personal trainer with American College of Sports Medicine.

"I was drawn to this line of work because I have always loved helping

people," she said.

Flaherty said her favorite part of her job is seeing how her clients develop healthy habits and reach their specific goals over a period of time.

"Clients have to be ready for a behavior change," she said. "When they change their behavior, it is amazing to see not only their physical appearance has improved but their emotional state of mind has also improved. It is great to see clients walking out of the center with a positive outlook on life and helping them become a better person. Seeing clients cry because they are overwhelmed with happiness is also a great feeling to see and have."

The AWC program is a U.S. Army Medical Command Program overseen by the U.S. Army Public Health Command. The center, located on the third floor of the Kirk U.S. Army Health Clinic, offers free, standardized health services to Soldiers, retirees, their Family members and Army civilians. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m. For more information and to schedule an appointment, call 410-306-1024, or e-mail erin.c.flaherty2.ctr@mail.mil.



MORE ONLINE

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

DoD works with NBA to improve troops' transitions

By **CLAUDETTE ROULO**
American Forces Press Service

While looking for ways to ease the process for Soldiers to transition from service members to civilians, the Defense Department is seeking private sector companies that can help lead the way in training and hiring veterans, said Marine Corps Sgt. Maj. Bryan B. Battaglia, the senior enlisted advisor to the chairman of the Joint Chiefs of Staff.

One of those organizations, the NBA, was already searching for ways to broaden their interaction with service members, said Kim Bohuny, senior vice president of basketball operations-international for the NBA.

The NBA has a decade-long history of helping active duty service members, veterans and their Families through its Hoops for Troops program, Bohuny said.

Since 2004, Hoops for Troops has been the NBA's umbrella organization for volunteer projects directed at military members and veterans, she said. As part of the program, NBA teams and USA Basketball arranged their own volunteer opportunities during the playing season.

"Because of the tremendous success we've seen with our troops ... our new commissioner, Adam Silver, said, 'I want to make this a year-round program with NBA-WNBA-USAB programming,'" Bohuny said.

So earlier this year the NBA reached out to the Defense Department, and over All-Star Weekend in New Orleans Feb. 14-16 launched the expanded Hoops for Troops program with Battaglia's help.

Thousands of troops, veterans and family members were honored guests at events throughout the weekend, including concerts, visits from current and former NBA and WNBA players, on-court activities and the opportunity to attend the All-Star game itself.

Along with several hundred service members and veterans, Battaglia also volunteered to work on six homes in need of repair in the Algiers neighborhood of New Orleans -- including four homes belonging to veterans. And players from the NBA's developmental league as well as current NBA players worked side-by-side with the troops.

The volunteer work was the highlight of the weekend, Battaglia said.

He said he was particularly touched by one of the homeowners, an Air Force veteran named Louis Banks, who, despite

being in his late 70s, was not the kind of person to ask for help. So, Battaglia said, rather than offering a hand-out -- something Banks was unlikely to accept -- his fellow veterans and Hoops for Troops offered a hand-up.

"Even though Louis was too humble to ask for help, the help came to him," the sergeant major said. "Though he no longer serves, he still feels 'Airman.' And that was a priceless award we wear in our chest, not on it."

"What we'd like to do is put forth ongoing programming to take care of ... our men and women all over the world," she said.

A number of similarities exist between service members leaving the military and basketball players transitioning out of the league, Battaglia said.

"We're all ambassadors," he said. That ambassadorship is one that makes NBA players representatives of America not just overseas, but with America's youth, Battaglia noted. Service members carry the same responsibility.

"If you play in the NBA or the WNBA, you are the best in your craft," Bohuny said. Similarly, she added, U.S. service members are the best in the world. "We take great pride in our craft ... We both know what we're doing on behalf of our country. I think it brings us together."

"We think there are some ideas and sharing that can take place there. Collaboration is limitless," Battaglia said. "I think where we're going to take the next step is how we can improve each other's [transition] programs."

"I can't tell you how deeply it affects our players and coaches, especially sometimes when they see how young some of our men and women are that lost their lives on behalf of our country," she said.

"We want to do this [outreach] on behalf of our men and women to say thank you, but what they give back to us ... is to learn what it is to be American," Bohuny said.

"A lot of our efforts right now are focused toward the transition [process], because we have so many service members -- approximately 250,000 a year -- that are transitioning out of the service," Battaglia said.

"It's a growing demand," he said. "We have to exhaust every effort in the Department of Defense to ensure that we return America's sons and daughters into society as productive members."



U. S. Department of Defense courtesy photo
Marine Corps Sgt. Maj. Bryan B. Battaglia, senior enlisted advisor to the chairman of the Joint Chiefs of Staff, talks with Louis Banks, a Vietnam-era Air Force veteran, at Banks' home in the Algiers area of New Orleans, Feb. 14. Battaglia was working on Banks' home as part of a group of volunteers that included active-duty service members, veterans, Family members and current and former NBA players during the annual NBA Cares Day of Service as part of the NBA All-Star game weekend activities. DOD photo by Army Master Sgt. Terrence L. Hayes

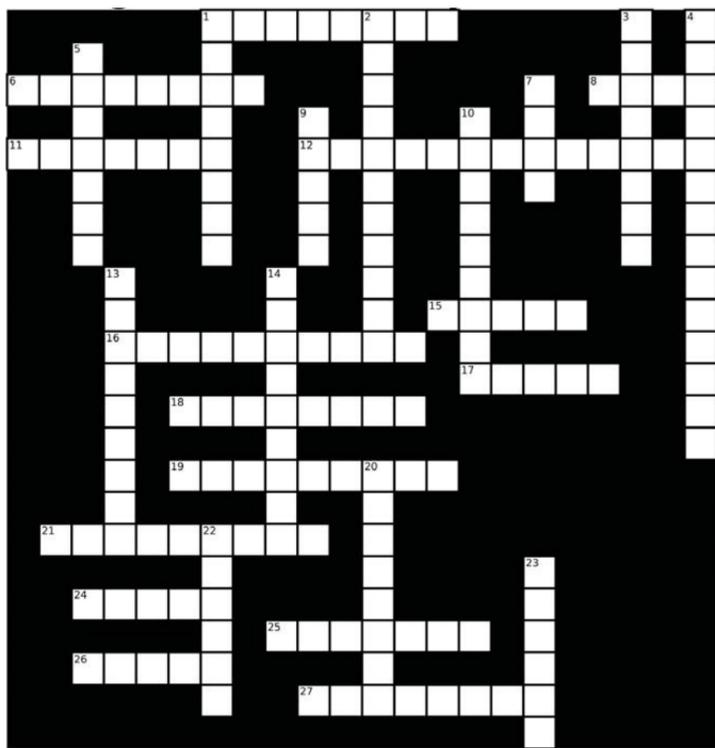
ACRONYM OF THE WEEK

DECA-APG

Defense Commissary Agency, Aberdeen Proving Ground

Delivers a premier commissary benefit to the Armed Services community encouraging an exciting shopping experience, satisfying patron demand for quality grocery and household products, delivering exceptional savings while enhancing the quality of life, fostering recruitment, retention and readiness of supporting Warfighters' peace of mind. For information, call 410-278-3101 or visit www.commissaries.com.

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.

Test your knowledge of APG History

Across

1. The _____ Warfare Service was the parent organization of Edge-

wood Arsenal.

6. Aberdeen, Md., is named after this city in _____

8. In 1971, Edgewood Arsenal became known as the Edgewood ____ of APG.

11. Government took over the land for APG in _____ 1917.

12. Historic hamlet once located near APG.

15. In '69, President _____ closed Edgewood's production of lethal chemical weapons.

16. Edgewood Arsenal's development displaced the _____ family, among others

17. Commanding general of _____ assumed APG commander position in '85.

18. The _____ Meeting house at APG was once known as Quiet Lodge.

19. APG's peacetime mission stressed R&D of _____.

21. The site of APG South (Edgewood) is _____ Neck.

24. Secretary of War who commissioned site that became APG

25. Thomas _____ was the first white settler on what became Edgewood Arsenal.

26. In 1922, a portion of Edgewood Arsenal became this fort.

27. Name of the historic church on Old Post Road located minutes from APG.

4. Baltimore County section of APG

5. Bldg. 310 is known for its imposing _____.

7. River that separate peninsulas of APG

9. Capt. John _____ explored the Upper Chesapeake region in 1608.

10. Gunpowder Meeting House is an historic _____ church at APG

13. Edgewood's Chemical School moved to Fort _____ in 1951

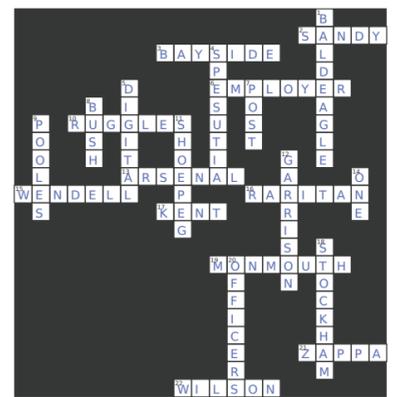
14. One of original inventors of ENIAC computer who famously worked at APG

20. APG was once known as the "home of _____"

22. The _____ D. Hodges Maryland National Guard Armory was constructed on a WW2 POW camp.

23. In '97, ARL's _____ Building was completed.

Solution to the Feb. 20 puzzle



Down

1. In 1825, _____ approved the building of a lighthouse on Pooles Island.

2. Testing site for Bradley Fighting Vehicles

3. APG is the third largest employer in _____.



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 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

Developing leadership still paramount

By **DAVID VERGUN**
Army News Service

Amid the drawdown and the “hammer of sequestration,” the Army’s No. 1 priority in the budget continues to be leader development within both the officer and noncommissioned officer ranks, said Chief of Staff of the Army Gen. Raymond T. Odierno.

“We cease to be effective as an Army if we let that go,” he said.

The general spoke during a discussion at the Council on Foreign Relations Feb. 11 in Washington, D.C. The discussion, led by James Sciuotto, chief national security correspondent for CNN, centered around strategy, the budget, rebalance to the Asia-Pacific region and lessons learned from war.

It’s important that the Army retain the lessons learned over the last 12 years of war and “incorporate them as we look toward the future,” the general said.

To do that, he said, the Army recently published its leader development strategy as well as an array of new doctrine focusing on mission command.

The leader development strategy focuses on a “leader-centric view of being adaptable, flexible, and able to adapt to the situation on the ground,” he said, adding that the future environment is likely to be “complex and asymmetrical” with insurgency, conventional warfare and a rapid flow of information within and between the populace.

That means Soldiers on the ground will have to call the shots in a decentralized fashion, he said, rather than calling up the chain through higher headquarters.

That sort of snap decision making, he said, calls for highly-developed critical thinking skills -- making informed and effective decisions in the midst of chaos, decisions that might one moment be military in nature and diplomatic the next.

A tangential but just as important part of leader development, he said, is continuing the cultural change of the military to one where no form of sexual harassment or unethical behavior is tolerated.

The general said when he talks to Soldiers about the profession of arms, he

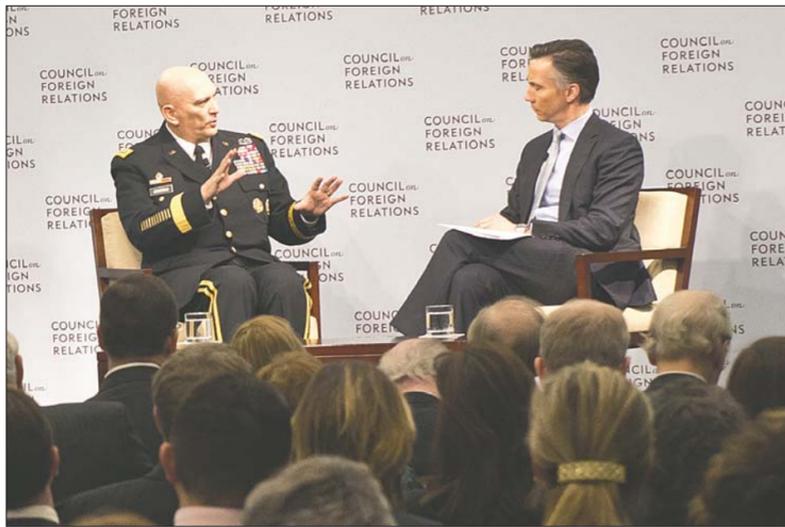


Photo by Sgt. Mikki Sprenkle
Army Chief of Staff Gen. Raymond T. Odierno is interviewed by James Sciuotto, chief national security correspondent for CNN, Feb. 11.

often focuses on what he calls the “three Cs,” which include competence, commitment and character. “That’s what underpins everything we do,” he said.

He said there are some Soldiers who are not meeting the standards the Army has, but the “large majority” of Soldiers are. Still, he said, “we can’t tolerate those that do not.”

Odierno then went on to answer questions about various regions of the world, beginning with Iraq.

Addressing the recent increased level of violence there, he said the country faces governance challenges with a continuing mistrust of political entities which others have exploited through violence.

With an election coming up in Iraq this year, Odierno said he’s hopeful the government will come together and effectively represent all of the people.

“What it’s going to take is the politicians to come back together,” he said. “They have an election coming up this year. And how that turns out will really probably dictate how well they move forward in Iraq.”

Asked if he thinks the U.S. military remaining there would have made a difference, he replied, “I’m not sure it would have made much difference

if we had a small force on the ground. What it would provide is confidence. Maybe it would have allowed us to put a bit more pressure on the political entities in order for them to maybe reconcile a bit more than they did. Maybe that would have made a difference, but it’s hard to say.”

Replying to whether he thinks the costs were worth it, he said “I will never forget the costs ... the men and women of the military did their job ... they left Iraq in a place that had peace, that had stability, that gave them the opportunity to move forward ... they should be proud of what they did.”

Considering the situation now in Iraq, Odierno said that for those in uniform, “it’s difficult for us to watch it now,” but noted that “there’s still a lot to play out yet.”

The focus then shifted to Afghanistan, a place Odierno just visited recently. He said Afghanistan has moved forward significantly, especially in the last two years.

“I think we’re in a place now where they have the capability to defend themselves,” he said. But also that “what they are not yet ready to do is, their institutions are not yet mature enough to sustain this over the long [term]. So I

think it’s important that we stay to help them to establish their institutions.”

He added that the U.S. still has a role to play in assisting with counterterrorism work and he said “it doesn’t have to be in large numbers, but we have to stay there to support them, so they can continue to progress forward.”

In comparing Iraq and Afghanistan, Odierno said Afghanistan is disadvantaged economically -- they don’t have the petroleum resources Iraq has, but Afghanistan’s population, though tribal, is more unified in terms of religion.

The biggest threat to Afghanistan, he said, is the return of the Taliban. With elections coming up in April, he said it’s important to see a peaceful transfer of power and to see signs the country is moving forward.

Focus then shifted to the Asia-Pacific region, a vast area extending from California to India. Odierno said that region is so significant economically and politically that the Army recently elevated its U.S. Army Pacific general to the four-star rank.

Because of the wars in the Middle East, the rebalance to the Pacific in terms of Soldiers and capabilities they bring will be gradual but inexorable, he said.

He pointed out that there currently are 82,000 Soldiers in PACOM, the most of any service.

The focus on the U.S. presence there, he said, will be to engage and build relationships with all of the countries. The Army can provide a lot of capability for those countries in terms of training, humanitarian assistance and other cooperative efforts.

Although the U.S. maritime presence there will always be vital, Odierno said the Army has a large responsibility to play in working together with the other services.

“We provide a large part of the logistics, a large part of the command-and-control capability, obviously, a large part of the missile defense, a large part of the engineering capability throughout the region in order to support all the services,” he said. “And so for us, it really is important as we rebalance towards the Pacific.”

Data collected for increased energy efficiency

Science for the environment examined at Army Base Camp Integration Lab

NSRDEC Public Affairs

Have you ever wondered how much electricity or water you use in a day? Scientists and researchers at the U.S. Army Natick Soldier Systems Center have, and are working to measure those resource uses to find ways to make base camps more energy efficient.

The center recently conducted a data collection event at the Base Camp Integration Lab, known as BCIL, at Fort Devens, Mass., in a partnership with Product Manager Force Sustainment Systems.

The data collection event was designed to measure the amount of electricity and water used in an expeditionary base camp such as those being used in Afghanistan today. The BCIL is composed of two instrumented 150-man base camps set up side-by-side. One camp establishes the base line data with standard issue equipment, while the other camp utilizes the latest innovations in energy-saving developments such as solar shades and water reclamation systems.

The importance of the data collection effort was summed up by NSRDEC’s Dr. David Darkow, who said that the purpose of the event was to “collect data from the system to lead the authentication process” which supports future modeling and simulation. He added that it was critical not to have a negative “impact on Soldier readiness or quality of life” in the effort to become more environmentally

friendly and reduce the logistics burden at Army base camps.

The data collection was supported by the 542nd Quartermaster Company (Force Provider), which occupied the BCIL for their annual training. The 542nd is the Army’s only Force Provider company, which is responsible for the types of systems found in expeditionary base camps.

A true team effort, the data collection also involved the Army’s Communications and Electronics Research, Development and Engineering Center, which supported many of the power and energy innovations; the Tank and Automotive Research, Development and Engineering Center focusing on water reclamation technology; U.S. Army Construction Engineering Research Laboratory; and the Maneuver Support Center of Excellence at Fort Leonard Wood, Mo.

Bill Harris, the Experimentation, Demonstration, and Validation Team Field Lead for the Sustainability and Logistics-Basing Technology-enabled Capability Demonstration team, said that the event was designed to use available technology to make the data collection “predominantly automatic with technical and environmental data coming from instrumented systems, enabling better input for the modeling and simulation programs that will ultimately be used to forecast demands for power, water and fuel as well as predict waste generated.”

The Sustainability/Logistics - Basing TeCD team is looking to reduce need for fuel resupply by 25 percent, reduce need for water resupply by 75 percent, and decrease waste by 50 percent while maintaining Force Provider- like quality of life. The focus of this effort is on the smaller bases, ranging from 50-person patrol bases to 1000-person small forward operating bases.

Harris described the data collection at the BCIL as “a good venue” with “the deliberate authentication process for validation of the information using 24 hour blocks of time, from midnight to midnight,” with a team of specialists review-



U.S. Army photo
Soldiers from the 542nd Quartermaster Company (Force Provider) install a solar shade on a shelter at the Base Camp Integration Lab during the data collection event.

ing the numbers before accepting.

“This rehearsal will give the Experimentation, Demonstration, and Validation Team of the TeCD valuable experience in executing these steps as a team. The data collected during official demonstration will be used to improve and validate inputs and outputs for the modeling and analysis that will certify achievement of TeCD goals. We want to be sure we have identified and resolved any issues with the data management plan prior to official demonstration,” said Harris.

The data collection utilized a number of measurement devices wirelessly connected to recording stations throughout the base camp. Monitors in the airbase shelters recorded and transmitted electricity usage based on the operation of the environmental control units. The team also collected energy use data from other shelters and equipment as well as monitoring water usage in the field kitchens, latrines, showers and laundries.

To further explore the capabilities of new technology such as integrated waste, water and fuel management solutions for

base camps, the Sustainability and Logistics-Basing TeCD is focused on reducing the fuel and water demands and waste generated while improving efficiencies, safety and, at a minimum, holding quality-of-life constant.

All of these efforts will reduce the logistics burden, make the camps more environmentally friendly and potentially save Soldiers’ lives by taking more supply vehicles off the road and reducing the need for ground logistical convoys.

NSRDEC is part of the U.S. Army Research, Development and Engineering Command (RDECOM), which has the mission to develop technology and engineering solutions for America’s Soldiers.

RDECOM is a major subordinate command of the U.S. Army Materiel Command. AMC is the Army’s premier provider of materiel readiness -- technology, acquisition support, materiel development, logistics power projection, and sustainment -- to the total force, across the spectrum of joint military operations. If a Soldier shoots it, drives it, flies it, wears it, eats it or communicates with it, AMC provides it.

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

APG NEWS

This Week in APG News history

By ALAN FEILER, APG News

50 Years Ago (Feb. 27, 1964)

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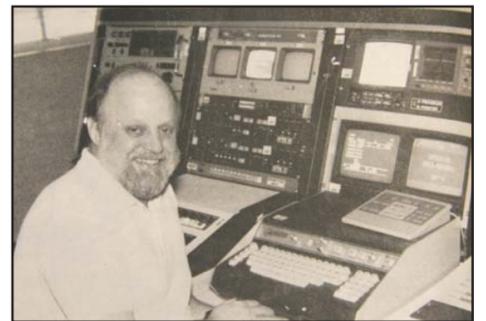
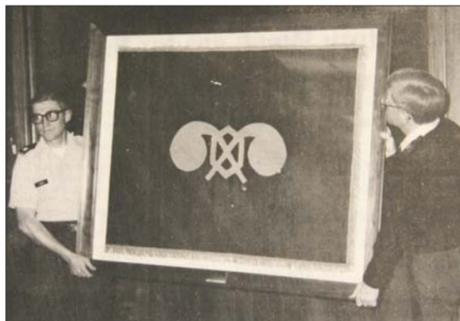
Sgt. Harry R. Kurtzrock Jr., of the APG-based 523rd Military Police Company, is one of 48 Soldiers across the nation to win the annual Freedom Foundation's George Washington Medal. Contestants were required to write an essay on the subject, "What Can I Do For Freedom?" Besides a medal, Kurtzrock was awarded a \$100 bonus for the honor. He is currently attending the Military Police School at Fort Gordon, Ga. His proud parents are Mr. and Mrs. Harry Kurtzrock of 686 Coulter Road in McKeesport, Pa. ... 1st Sgt. Harry Hayes has been promoted at a ceremony held in the office of Col. Eugene F. Boesch, assistant commandant at the Ordnance Center and School. The ceremony was a complete surprise to Hayes, a 17-year career soldier, but his wife, Mrs. Edith Hayes, was in on the secret. ... Nancy S. DiMauro, secretary to the secretary of the U.S. Army Ordnance Center and School, was presented with an outstanding performance appraisal certificate by USAOC&S Commandant Brig. Gen. David W. Hiester. This "petite North East [Md.] resident" has worked at APG since 1956 and is gathering "quite a collection of commendation certificates in her capacity as 'girl friday' for the office of the Secretary."



25 Years Ago (March 1, 1989)

Clockwise from top left:

The Chemical Corps flag from the old Edgewood Arsenal was recently restored and presented to Brig. Gen. David D. Hidalgo, commanding general of CRDEC, by Lt. Col. Lawrence Sagan, chief of staff, and Maj. Gary Sawyer, provost marshal at the U.S. Army Chemical, Research, Development and Engineering Center. The flag will be permanently on display in CRDEC's headquarters. ... Jack G. Frost, an audio-visual production officer for the U.S. Army Combat Systems Test Activity, was recently presented the Boy Scouts of America's Silver Beaver Award. It was presented by the BSA's Baltimore Council in recognition of Frost's service. "My time with the Scouts has been very productive," he said. "I've learned a lot of things and it's helped me grow. Training other people has brought me out. When I started, I was really kind of shy. It's helped me overcome my fears. Even something as simple as learning to tie a timberhitch has helped me - they're great for pulling up stumps." ... Chris White, an illustrator in APG's Visual Arts office, was recently named the winner of the 1988-1989 Maryland Migratory Waterfowl Stamp Competition. His entry was a painting of a pair of ruddy ducks floating amid wild plum blossoms. He recently appeared and signed autographs at a wildlife art show benefitting Harford Day School.



10 Years Ago (Feb. 26, 2004)

Clockwise from left:

Soloist Lisa Lyons was among the many performers at the 31st annual Wilbert Davis Gospel Night held at the Post Theater. More than 800 guests attended the program, which celebrated the 50th anniversary of the U.S. Supreme Court's Brown v. Brown Education ruling. "It's important that we don't forget how far we've come, and it's important that we don't forget where we're going," said Brig. Gen. William M. Lenaers, commander of the U.S. Army Ordnance Center and Schools and chief of ordnance. ... In honor of Black History Month, a pot luck meal and gathering was held in the Edgewood Chemical Biological Center Berger Laboratory. "Food has always been a way of bringing people together," said Mansfield Spicer, ECBC's acting team leader for the Industrial Base Planning Team and master of ceremonies. This year's pot luck gathering speaker was Eric Sheppard, an ECBC employee and author of the book "Ancestor's Call," which details his genealogical research into his family's roots. ... Thanks to the U.S. Army Research, Development and Engineering Command, Soldiers serving in Iraq now have an extra layer of protection. The Expedient Armor Survivability Kit Team at RDECOM's Army Research Laboratory created armored steel plating that can be installed in the field on High Mobility Multipurpose Wheeled Vehicles. "Think of it as body armor for a HMMWV," said Maj. Dan Rusin, leader of the team.



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

Military training helps Soldier-athletes

By **GARY SHEFTICK**
Army News Service

When racing blindly down the mountain at 80 mph, trust and teamwork are crucial for two Soldier-athletes who attribute their resilience in the sport of luge to military training.

In luge doubles, the athlete in contact with the small sled is almost completely covered by his partner and has limited visibility of the course, said Utah National Guard Sgt. Preston Griffall of the U.S. Army World Class Athlete Program. The two-time Olympian lays flat on his back on the sled while New York Army National Guard Sgt. Matt Mortensen, situated directly atop Griffall, helps steer the sled by signaling upcoming curves via body movements.

"You have to become one on the sled," Griffall said. "You have to know how your teammate is going to react -- or not react -- to a particular problem."

Griffall and Mortensen discussed teamwork and Army training during a Team USA Olympic luge doubles press conference last week. They said military training helped them conquer the "mental challenges" of luge.

Luge is considered one of the most dangerous Olympic sports because, even in singles competition, athletes lay on their back with eyes pointed skyward. At the 2010 Winter Olympic Games in Vancouver, British Columbia, Canada, an athlete died from an accident during luge training. Nodar Kumaritashvili of the Republic of Georgia lost control of his sled in a turn near the finish line at Whistler Sliding Centre and flew over the track wall and hit a steel pole.

The 16 curves of Sanki Sliding Center include a "switchback hairpin bend" near the top of the luge course that architects said was designed to send sleds into



Photo by Tim Hipps
U.S. Army World Class Athlete Program Soldiers New York Army National Guard Sgt. Matt Mortensen (top) and Utah National Guard Sgt. Preston Griffall (bottom) are clocked at 80 miles per hour on a run of 51.660 seconds during Olympic luge doubles training, Feb. 10, at Sanki Sliding Centre in Krasnaya Polyana, Russia.

a "rapid ricochet" in Turn 5. The next two turns combine to form an "S-shaped snake" known as "the labyrinth."

Although the new track has three uphill turns to slow the sleds, many of the luge competitors -- including Griffall and Mortensen -- encountered problems skidding out of Turn 5. In the second heat of doubles competition, they skidded after bumping the wall exiting Turn 5. The miscue was enough to drop them into 14th place with a combined time of 1 minute, 41.703 seconds.

"The second run was quite the wild ride," Griffall said. "There were a lot of problems. This track rewards perfection. We did not have perfection."

Luge doubles is an extremely chal-

lenging sport. Griffall explained that most luge athletes begin by competing in singles, and some progress to doubles.

"Doubles, itself, takes a lot of experience and a lot of working together," said Griffall, 29, of Salt Lake City.

He and Mortensen have been working together for eight years. Both have been members of the national luge team since 2005.

"I do most of the driving," said Mortensen, who is positioned on top. "Since I can see, I have more control."

Yet, he admits that his partner is instrumental in turning the sled.

"The bottom guy is the one in contact with the sled," said Mortensen, 28, of Huntington Station, N.Y. "I don't have

any direct feeling with the sled. Preston is really responsible for making sure he is right with his body weight for the curves. He'll roll back and straighten the sled out every corner."

Doubles is also more exhilarating because there's a teammate to share the challenges and achievements, said Mortensen. "It feels like you're accomplishing so much more."

Luge doubles is a mental challenge, much like the Army's basic combat training, Griffall said.

"Going through basic training is probably 95 percent mental," Griffall said, explaining that it's a mental challenge to stay focused when sometimes training from 4 a.m. to midnight. He added that it takes discipline and determination to battle on without much sleep.

In luge, the start is all physical," Griffall said, "but once you lay down on the sled and you're navigating the sled down the track, it becomes all mental. You have to be extremely focused and stay on your game, because it's fast.

"Everything is happening in the blink of an eye."

Mortensen said the communication skills he learned in the Army also help him excel at luge.

The communication is challenging, Mortensen said, because on the track verbal communication is nearly impossible because of wind noise. There's no time for talking, even if words could be heard. Communication must be made by subtle movements, he stressed, such as a tilt of the head.

The Soldiers said being part of the Army and National Guard has been helpful in developing resilience, as well. That resilience has helped them bounce back after disappointing races, such as their 14th-place Olympic finish on Feb. 12, to focus on future challenges.

Army coaches help U.S. women make Olympic history

By **GARY SHEFTICK**
Army News Service

Two Olympic coaches from the U.S. Army World Class Athlete Program had an unofficial hand in Team USA earning two Olympic medals in women's bobsled competition Feb. 19 at the Sanki Sliding Center.

U.S. Olympic men's bobsled assistant coach U.S. Army World Class Athlete Program 1st Lt. Mike Kohn and Team USA Olympic skeleton coach Vermont Army National Guard Sgt. 1st Class Tuffly "Tuffy" Latour, a former U.S. and Canadian men's and women's bobsled coach, assisted Team USA silver medalists Elana Meyers and Lauryn Williams and bronze medalists Aja Evans and Jamie Greubel.

"I coached the women's drivers in their early years, as they were learning to drive, but moved over to the men's side two years ago," said Kohn, who humbly downplayed his value added to U.S. Olympic women's bobsled squad. "We all still pitch in to help all teams on race day."

Williams, a silver medalist in the 100 meters at the 2004 Olympic Games in Athens and a gold medalist in the 400-meter relay at the 2012 Olympic Summer Games in London, became one of a few women in the history of the modern Olympic movement to win medals in both the winter and summer Games.

Jasmine Fenlator and Lolo Jones fin-

ished 11th aboard USA-3. Kohn and Latour were at the track to motivate and help all of the Team USA women's competitors with their sleds.

"He's definitely a help on our race days and preparation for driving," Fenlator said of Kohn, a two-time Olympic bobsled competitor making his Olympic coaching debut in Russia. "I was an athlete -- a brakeman -- when Mike Kohn qualified for the 2010 Vancouver Olympics. His story, alone, in qualifying that third sled for the Olympics was inspiring."

Kohn, a member of the Virginia Army National Guard from Myrtle Beach, S.C., began competing in bobsled in 1990. At age 18, he was the youngest competitor at the 1991 U.S. Olympic bobsled trials. Kohn won a bronze medal in four-man bobsled at the Salt Lake City 2002 Olympic Winter Games in Utah, and was an alternate for Team USA at the Torino 2006 Olympic Winter Games in Italy. Kohn drove USA-3 to a 13th-place finish in four-man bobsled at the Vancouver 2010 Olympic Winter Games in Whistler, British Columbia.

"He's definitely a big support system for us," Greubel said. "He'll be at the bottom of the track helping us with the sleds."

Greubel's teammate, Evans, comes from a family of professional athletes. Her brother, Fred Evans, is a defensive tackle for the Minnesota Vikings. Her uncle, Gary Matthews, was a hitting



Photo by Tim Hipps
U.S. Army World Class Athlete Program and Team USA skeleton coach Sgt. 1st Class Tuffy Latour leads Noelle Pikus-Pace (right) to an Olympic silver medal and Katie Uhlaender to a fourth-place finish in women's skeleton Feb. 14 at Sanki Sliding Center in Krasnaya Polyana, Russia.

coach before becoming an announcer for the Chicago Cubs. Her cousin, Gary Matthews Jr. was an outfielder who played for the Chicago Cubs, Pittsburgh Pirates, New York Mets, Baltimore Orioles, Texas Rangers and the Los Angeles Angels.

Jones finished fourth in the wom-

en's 100-meter hurdles at the London 2012 Olympic Summer Games and began bobsledding later that year. She considers being selected to compete for Team USA at the Sochi 2014 Olympic Winter Games one of her most memorable athletic achievements.

Skier says Army father helped her achieve Olympic dream

By **GARY SHEFTICK**
Army News Service

U.S. Olympic skier Jacqueline Wiles, 21, said the support of her Army father has been instrumental in allowing her to ski competitively and achieve her dream of getting to Sochi for the winter games.

Her father has been the state judge advocate of the Oregon National Guard since 2005, and he has almost 34 years in the Army. He left active duty in 1984, after serving at Fort Irwin, Calif., the Presidio of San Francisco, Calif., and in the Military District of Washington.

Wiles competed in the Olympic ladies downhill event Feb. 12, finishing 26th with a time of 1 minute 44.35 seconds, as her father, Col. David Wiles, watched from the stands.

She finished just 2.78 seconds behind Slovenia's Tina Maze and Switzerland's Dominique Gisin, who tied for the gold, both crossing the finish with a time of 1 minute 41.57 seconds. Switzerland's Lara Gut took the bronze with a time of 1:41.67.

USA's Julia Mancuso finished in 8th place, .99 or just under a second behind the leader. Her speed at the bottom was just over 100 kilometers per hour while Wiles was clocked at 99.44 KPH.

Even though her time wasn't as fast as what she hoped, Wiles said just com-

peting and representing her country in the Olympics was a dream come true. She finished fourth among U.S. skiers in the final downhill training run at Rosa Khutor, Feb. 8, qualifying her to actually compete in the Olympic downhill event.

Wiles said she was somewhat surprised just over three weeks ago when she found out that she would definitely be coming to Sochi. Nominations for Team USA at the Olympic Winter Games are made based on World Cup standings and Wiles has only been competing on the circuit for a few months.

She was named to the U.S. Ski Team in November at Copper Mountain, Colo. Then in December, she won the Nature Valley Alpine Championship downhill title there at Copper Mountain. On Jan. 10, she won the downhill championship at Squaw Valley, Calif.

Wiles has been skiing since age 2,

though, almost since she began to walk. She said her father took her and the family to Mount Hood, Ore., for regular ski outings.

"My brother and I loved to go fast," she said about her need for speed and decision to take up downhill racing at

age 5. She said her father has always been supportive.

"He's so supportive of everything I do," she said. "If it wasn't for him, I probably wouldn't be here. I'm very lucky."

Both skiing and the military have been family tradi-

tions for Wiles.

Her grandparents were also Army officers during World War II. Her grandmother, then-1st Lt. Jane Wilcken, was an Army nurse in World War II at the Battle of the Bulge. Her grandfather was an Army dentist in the Pacific Theater during the war.

When her father commanded Camp Rilea, Ore., from July 2011 to 2012, Jacqueline went there to observe Army

“He’s so supportive of everything I do. If it wasn’t for him, I probably wouldn’t be here. I’m very lucky.”

Jacqueline Wiles
U.S. Olympic skier

Pins honor fallen Family members and friends

Continued from Page 1

Campaign. The first PSA aired Feb. 2 during the Super Bowl XLVIII pre-game show.

The PSAs, called “Unsung Heroes” were produced with assistance from the Army’s Survivor Outreach Services, or SOS program, and features stories from real survivors.

Gold Star mother Donna Robinson, from Baltimore, said she is very happy to hear that the PSA aired during a program with such high visibility. She said she hopes more people will learn about Gold Star Family members as a result of this campaign.

Her son, Staff Sgt. Damion Campbell, 23, was killed in action in Afghanistan in 2005.

Robinson became active with the American Gold Star Mothers Maryland Chapter about two years after her son passed away. She said meeting other Gold Star Family members and volunteering for the military community helped with the grieving process.

“I wear my Gold Star pin for my son and all Soldiers who have passed,” she said. “When people ask me about my pin, it does not bother me because



DoD graphic

it gives me a chance to tell them about Gold Star mothers and about my son. I don’t want my son to be forgotten. He loved the military too much to be forgotten.”

Philip Warman, from Havre de Grace, participated in the PSA to honor his wife, Lt. Col. Juanita Warman, who was killed during the Fort Hood, Texas, shooting on Nov. 5, 2009. Warman currently serves on a council that addresses survivor concerns to the Chief of Staff of the Army Gen. Raymond T. Odierno. “As a survivor, I found that many

people do not know what the Gold Star represents,” he said. “Even some members of the military community are not aware.”

Warman said he wears the Gold Star pin to honor the sacrifice his wife made while she was protecting her country.

“It symbolizes what was given for liberty and for freedom,” Warman said in the PSA.

APG SOS Coordinator Annette Sanders, from Army Community Service, said she can help eligible Family members apply for a new or replacement

lapel pin. Eligible Family members can also fill out a form on the National Archives website, www.archives.gov/veterans/replace-medals.html.

SOS is a holistic and multi-agency approach to delivering services by providing access at communities closest to where Families live. SOS came to APG in 2009 and serves Families in Maryland and Delaware. The program links Survivors with grief counselors, financial counselors, benefit coordinators and more.

Services are provided to all survivors. Spouses, children, parents, siblings and friends who are grieving the loss of a Soldier are eligible to receive services, regardless of how the Soldier died. All Army active duty, National Guard, Reserve component and other military branch survivors are eligible for SOS services. The Army is the only military branch with a dedicated program for Survivors.

For more information about Gold Star pins and to view the PSAs, visit www.goldstarpins.org. To find out more about the SOS program, contact Sanders at 410-278-2861 or casandra.a.sanders-nash.civ@mail.mil.

Praise Band members share talents via many outlets



Continued from Page 1

tronics Command, is also the president of the Susquehanna Symphony Orchestra. Seven other members of the APG Praise Band are also members of the SSO.

Grotke said that the APG Praise Band serves the community by providing live music and gives musicians an outlet to perform and improve their skills. Their repertoire tends to be in the patriotic, hymnal and classical vein.

“It’s a good opportunity to meet other musicians on post,” said Robert Storey, a contractor from SURVICE Engineering Company, who plays the trumpet in the SSO and plays for the Baltimore’s Marching Ravens, the official marching band of the Baltimore Ravens.

Wanda Scott, from the Program Executive Office Intelligence Electronic Warfare and Sensors, said she enjoys singing every opportunity she gets. “Music can impact people,” she said. “Talents should be shared with others.”

Terry Perkins, retired Army, said he has been singing with his wife, Marsha Perkins, for the past 46 years. They both sing in the Main Post Chapel’s Protestant Choir.

(From left) Marsha Perkins, a spouse of a military retiree, and Wanda Scott, from the PEO IEW&S, sing “America the Beautiful” during an APG Praise Band rehearsal Feb. 19.

Photo by Rachel Ponder

“I sang to my wife at our wedding,” he said “Singing is something we enjoy doing together.”

Besides the many social benefits, music making has been shown to improve concentration, memory, reduce stress and more. Singing has been shown to release pain-relieving endorphins, improve posture, lung capacity, mental alertness and confidence.

“Music helps develop both sides of the brain, which is good for nurturing future scientists and engineers” said Colleen Grotke, from Battelle, who plays the violin and is a member of the SSO. “Music makes you smarter.”

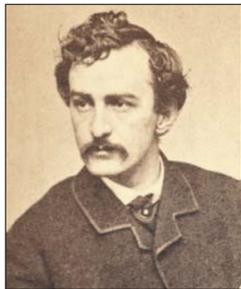
Mark Grotke added that many people who think they don’t like classical music discover that they enjoy listening to orchestral music live. The SSO performs modern orchestral music of Hollywood’s John Williams and Carl Orff, as well as the symphonies of Beethoven, Haydn and Mozart. Grotke encourages everyone to attend a local performance to see for themselves.

For more information about performing with the APG Praise Band, contact Kim at 443-861-4353, or e-mail young.d.kim6.mil@mail.mil. For more information about the SSO, visit www.ssoorchestra.org.

For more information about the National Prayer Luncheon call 410-278-4333

DID YOU KNOW?

ABE LINCOLN’S ASSASSIN WAS BORN NEAR APG?



Okay, so being the ancestral home of John Wilkes Booth – he of Confederate sympathies, extreme violent tendencies, indisputable hubris and chutzpah, questionable thespian skills, and possession of a really cool mustache – may not be something Harford County boasts about too much. But Tudor Hall, the 1½-story Gothic Revival cottage and estate that was the Booth family residence and childhood home of JWB (and his far more noble and talented elder bro, Edwin Booth), is an important area historic landmark – and only about 14 miles from APG.

In 1824, JWB’s English-born, acclaimed Shakespearean actor dad, Junius Brutus Booth Sr., purchased a 150-acre tract of land near Bel Air. Originally, he bought a four-room log house and moved it to the property, near a spring. Edwin was born there in 1833; JWB five years later. Junius had Tudor Hall itself built in 1847 by James J. Gifford, the same architect responsible for Ford’s Theatre in D.C. (where you-know-what happened). It was originally the Booths’ country retreat while they lived in East Baltimore, but they eventually moved permanently to Tudor Hall. The pater familias died in 1852, but his family – including JWB and his mom, Mary Ann Holmes Booth (whom Junius didn’t marry until 1851, on JWB’s 13th birthday, after having 10 kids with her without the benefit of matrimony) – remained at Tudor Hall.

In 1856, the family moved out and rented the home to the King family and later sold it to Sam Kyle and Ella V. Mahoney. Ella lived at Tudor Hall for seven decades (zoinks!) and in 1928 opened a museum there. After her death in 1948, the house passed through a number of owners, including the Worthington family, which owned the Aegis newspaper. Eventually, the house was sold to the Fox family, which reopened Ella Mahoney’s museum.

Over the years, Tudor Hall has served as an inn, a farm, a bed-and-breakfast, a theater and a ballroom, as well as a museum, home, and magnet for history buffs and curiosity seekers. In 1973, Tudor Hall was listed on the National Register of Historic Places, with an historical boundary of 136.5 acres to maintain its rural integrity. Tour guides, some in period getups, today provide an overview of the entire Booth family, a brief history of the Booth farm and Tudor Hall, and “limited information” about the Lincoln assassination.

Tudor Hall is located at 17 Tudor Lane near Bel Air. For information, call 443-619-0008 or visit spiritsoftudorhall.blogspot.com.

And if you go there, please try to drive slowly and cautiously around Tudor Hall, since the neighbors and wildlife there enjoy the area’s tranquility and rural charms.

Alan Feiler, APG News

Many factors considered in delaying or closing post

Continued from Page 1

Aberdeen Test Center (ATC) Meteorological Team, local media, and school and government liaisons.

“In addition to the input we get from the National Weather Service, our ATC weather specialists are professional meteorologists and provide accurate, reliable and specific storm effects to APG,” said Deoliveira.

Weather information is then evaluated during a destructive weather working group meeting hosted by the installation’s Directorate of Plans, Training, Mobilization and Security, and attended by representatives from Morale, Welfare, and Recreation; Safety; Police; Fire; Public Works; 20th CBRNE Command; Human Resources; Public Affairs; Aberdeen Test Center; Communications-Electronics Command; Research, Development and Engineering Command and the Communications-Electronics Research, Development and Engineering Center.

Representatives develop recommended courses of action for APG senior leaders based on storm expectations and each staff element’s capabilities and response requirements.

“This means if a foot of snow is projected to fall overnight: how quickly and efficiently can our DPW teams clear and make safe our roads and parking lots before our workforce arrives?” said Deoliveira. Decision factors include current and forecast weather, the effect of DPW clearance operations (how much has been plowed, swept or cleared), hazardous conditions on post, surrounding county conditions, school and local government closures, installation infrastructure status (power, water, sewage, etc.) and the condition of each installation access control point.

Recommended courses of action are presented to APG’s Senior Commander,

who will make a final decision on closures and delays, usually no later than 4:30 a.m. The Senior Commander is the only individual authorized to make changes to installation status.

“After we identify the weather, we make an analysis of how that affects APG,” Deoliveira said. “We have to be conscious about warnings affecting Baltimore City or the state of Maryland because those may not necessarily apply to APG. We have to make sure its relevant to the installation.”

Although the Senior Commander makes the overriding decision on the installation status, each tenant on post can authorize its own administrative instructions for its employees and is encouraged that they do so, Deoliveira said. Notably, Tenant leaders may designate sufficient personnel as mission essential in order to complete vital mission duties which cannot be delayed.

Decisions about installation status are released to local media before 5 a.m. to accommodate employee travel schedules.

DPW workers also prepare for storms before they hit, according to Deoliveira, by salting roadways and parking lots. Once a storm hits, and it is reasonably safe, workers are on continuous deployment to ensure roadways and parking lots remain clear. Ahead of significant events, DPW coordinates with individual tenants to identify and establish priority areas that need to be cleared in case of heavy snowfall.

“In the end, we also know storms change, and so we’re flexible,” Deoliveira said.

The Installation Status condition is available through the APG Snow line at 410-278-7669, the APG webpage and the Post’s social media sites, including Facebook and Twitter.

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/>.

OFFERING A WARM WELCOME TO APG NEWCOMERS

Soldiers, civilian employees, retirees and Family members attended the APG Newcomer's Orientation at the Aberdeen North recreation center, Bldg. 3326, The Feb. 19. gathering was sponsored by the U.S. Army Garrison-APG, Army Community Service, MWR and other installation organizations, many of whom had vendor tables at the orientation.

Among the speakers welcoming newcomers to APG were Garrison Commander Col. Gregory R. McClinton and representatives of KUSHAC, the Main Post Chapel and the APG Police Department.

Clockwise starting bottom left:

Justice Coats, 1, plays with sister Journey, 3, at the Newcomer's Orientation. Their mom, Serenity, is outreach coordinator for the Protestant Women of the Chapel at APG.

(From left) Ken Gesch, from the Army Substance Abuse Program, chats with Sgt. 1st Class Daniel Sponsel, the new Noncommissioned Officer in Charge from the Main Post Chapel.

(From left) Staff Sgt. Anthony Thomas from the 20th Chemical, Biological, Radiological, Nuclear, Explosives Command, receives information about on post educational opportunities from Jessie Yerkic, from the Florida Institute of Technology.



Photo by Rachel Ponder



Photo by Alan Feiler



Photo by Rachel Ponder

Budding business owners learn tips for success

Continued from Page 1

tify who would be able to afford the product, he said.

"If people can't buy your services, they are probably not your ideal client," Garrity said.

With the aid of a good library or reference center, he encouraged audience members to research their intended business field and develop a comprehensive and effective business plan. The latter is absolutely essential before approaching financial lending resources, prospective partners, clients and others, he emphasized.

"The question is, are you a kid sitting there at the Thanksgiving dinner table or are you a real business owner with a business plan? Don't wait for someone to ask you if you have a business plan. Then, it's just like a report in high school," Garrity said. "It's your document. Don't go online and hire someone to do it. Again, it's your document. It will help you get started and move forward. So put your thoughts and paperwork together."

Garrity also encouraged his listeners to develop a business equation plan with a formula of five projected drivers to create a small business. Those drivers are the number of prospects identified (businesses or individuals defined as potential customers); a conversion rate (the percentage of prospects that could become customers); the average purchase amount (the volume of business); the projected average transactions per customer annually; and the anticipated profit margin (the cost-effectiveness of a business).

Garrity also advocated what he said is known as the MOO (Marketing/Operations/Organization) Concept as a means of transforming a business into a "cash cow."

"Over the last six years, too many of us have had friends and family who have gone into businesses that are now gone. The recession has been brutal and horrible," Garrity said. He said the MOO Concept is important because marketing and organization are hallmarks of good businesses, "and operationally you have to be strong. ... When you get to know this concept and work with advisors and network, you'll actually find that being a business owner is a lot of fun. Everybody and their brother should know this if they want to go into business."

Also speaking at the workshop was John O'Brien, associate director of the RDECOM Small Business Programs Office. O'Brien offered viewpoints and resources about entrepreneurs who are seeking federal subcontracts, as well as spoke about the different types of specially designated businesses recognized by the government (i.e. veteran-owned businesses, woman-owned businesses, etc.). He encouraged audience members to strive to find ways to "stand out" among the competition in their fields and to check out the U.S. Small Business Administration's website (www.sba.gov) before starting a business.

Golden said the workshop helped her contemplate some of her next strategic moves for opening a baking business, of which she has come up with a name that has not yet been registered. For one thing, she said, the gathering convinced her to try finding part-time



Photo by Alan Feiler

Michael Garrity of the Small Business Technology and Development Center says having a business plan is imperative for a budding entrepreneur. "It will help you get started and move forward," he says. "So put your thoughts and paperwork together."

work at a local bakery, even if it is on an unpaid basis.

"My passion is baking, but I know I need to learn a lot," she said. "I need to learn the ins and outs of the business management side. It really helps to get things in order first and think."

Golden said she hopes to have a baking business up and running sometime over the next five years, both as a retail store and online. "But I have to have it fine-tuned before I go," she said. "Some of the information [from the workshop] was very helpful and made me think about getting connected with it all and

knowing your subject matter ... I'm excited. It's created a spark in me and helped me think."

On March 31, a small business conference titled "Powerful Women" will be held at Top of the Bay, Bldg. 30, in the Chesapeake Room from 11 a.m. to 2 p.m. For information, call the Employment Readiness Program at 410-278-9669/7552.

To contact Michael Garrity, call 443-910-6715 or email mgarrity@harford.edu. To contact John O'Brien, call 410-278-1619 or visit www.rdecom.army.mil/SmallBusiness.

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APG News

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