



APG NEWS

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CHPC meeting highlights health initiatives

By **RACHEL PONDER**
APG News

APG leaders and community members met July 9 for the quarterly Community Health Promotion Council meeting in Bldg. 6002.

APG Senior Commander Brig. Gen. Bruce T. Crawford chaired his first meeting since taking command in May. Crawford said he plans to fully support CHPC and he asked the panel to identify ways the CHPC can improve. He challenged attendees to solve problems creatively.

“I see this as a venue to share best practices. I intend to invest my time in the program, to help make it better.”

Brig. Gen. Bruce T. Crawford
APG Senior Commander

“I see this as a venue to share best practices,” he said. “I intend to invest my time in the program, to help make it better.”

After Crawford’s remarks, council members briefed attendees.

APG Health Promotions Office
See COUNCIL, page 14

The screenshot shows the Team APG website homepage. At the top is the U.S. Army logo and the text 'TEAM APG OFFICIAL HOMEPAGE OF ABERDEEN PROVING GROUND, MARYLAND / THE ARMY'S HOME OF TECHNOLOGY'. Below this is a navigation bar with links for 'Team APG Master Calendar', 'Special Events', 'Training & Expos', 'Child, Youth & School Services', 'Religious Services', 'Sports & Recreation', 'Army Community Service', and 'Add Calendar Event Request'. The main content area features a large photo of a community event with the headline 'Standing Strong: APG, community celebrate Independence Day'. Other news items include 'Training exercise builds coordination, strategy', 'Army upgrades SHARP campaign', and 'Prepare for Army Ten Miler in Performance Triad run'. There are also links to 'Events & Information', 'In the Spotlight', and 'APG Request Forms'. The footer contains various site policies, links, and contact information.

www.TeamAPG.com

New APG web portal launches today

By **YVONNE JOHNSON**
APG News

Be sure to log on and check out APG’s new Web Portal, www.TeamAPG.com, which launches today, July 17.

The site features a modern, fresh look that is de-cluttered and far more user-friendly than the former sites.

According to Garrison graphic designer Melissa Plummer, the

site is a yearlong effort brought to fruition. Plummer said work began on the site in late June 2013 with the goal of reinventing and combining the APG Garrison and installation websites.

“A lot of people didn’t even know there were two websites,” Plummer said, noting that the new site is, “consolidated with updated information.”

See INFO, page 14

APG Police test drive post exit route

PAO staff report

The APG Directorate of Emergency Services police department is conducting traffic surveys in response to motorists who say they wait too long in traffic while exiting post.

Police Chief Joel Holdford said the department gets one to two contacts a week complaining of excessive wait times. Holdford assigned patrols to the rush hour traffic starting at the Maryland-Aberdeen Boulevard intersection. Police officers drove with the traffic and timed the route to Old Post Road outside the Harford Boulevard (MD 22) gate.

During the most recent survey, conducted June 23-27 between 4 p.m. and 5:30, Holdford said the longest wait time to get off post was nine minutes—significantly shorter than the 20 to 30 minutes reported by callers. The shortest time was three minutes. Holdford said three to six timing runs were conducted in a day to ensure data accuracy.

“We understand that there is some backup, and it takes a little longer to get off post, but we’re asking drivers to be patient,” said Holdford.

He said causes for the slower times vary and are likely due to circumstances outside of the department’s control, including construction outside the MD 22 gate, weather, large numbers of employees leaving work at the same time and occasional vehicle accidents off post.

Holdford reminds motorists that drive times will improve once construction is complete, and he noted that traffic lights on post have been synced for optimal traffic flow.

He said the police department is doing all it can to minimize congestion but asked motorists to report any non-working lights or other issues that could contribute to congestion. Holdford also suggested that those altering their departure times by as little as 15 minutes could help ease the congestion.



Courtesy photo

Black Tigers band entertains on The Green today 7 p.m.

By **YVONNE JOHNSON**
APG News

Relax with coworkers and friends to the sounds of smooth jazz and classic oldies as the Black Tigers band entertains on The Green at Ruggles Golf Course today starting at 7 p.m. Doors open 5 p.m. This event is free and open to DOD ID card holders and their guests. For more information, call 410-278-4011/4907.

The Sutherland Bar and Grille will offer casual dining and beverage options.

Seating is limited; feel free to bring lawn chairs or blankets.

Coolers, outside food or beverages, and pets are not permitted.

Offering a mix of smooth jazz, classic R&B, and a little funk, the Black Tigers Band hails from the Baltimore region but has a Harford County tie in bass player Keith Grissom, an engineer technician

with the Aberdeen Test Center.

Band members include lead vocalist Natalie Phillips; vocalist Lynette Jones; Tony Elliott on lead guitar John Abrams on keyboard and sound technician Rodney Jones. Grissom says they’re just a group of friends who love what they do.

“We all have regular jobs,” he said noting he’s been a federal employee for 32 years. “One’s with the social security administration, one is a teacher, another is

a real estate agent,” he said. “We all have careers and we all share a love of music. So people can expect to relax, tap their feet and maybe even sing along to a little ‘old school.’”

“We believe that whatever you’re doing, you should enjoy it and the interactions between ourselves and with the audience is always fun.

“We plan to have a good time and we hope you will too.”

ONLINE

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WEATHER

Thursday

Isolated T-Storms
chance of rain 30%



82° | 61°

STREET TALK

What are you reading this summer?

I just finished 'Who Stole the American Dream?' by Hedrick Smith. It's about our corporate situation and how we let the corporate guys influence our government and how it's all intertwined. It's an excellent read for anyone trying to enlighten themselves about the American corporate world.



Lee Moore
Retired military

Right now, I'm in school and I'm so engrossed in it that I don't really have time to read too much. But I love to read, and I do read the paper every day. I'm just too busy right now to read a book.



Helen Rucker
Military retiree spouse

I read a book called 'Trouble Don't Last.' It was really good, but I just don't remember who wrote it. (Editor's Note: "Trouble Don't Last" was authored by Shelley Pearsall.)



Sage Hollie
Family member

Not much. Most of my reading these days is going toward jungle warfare for the 25th Infantry Division because they're opening their new school in Hawaii.



Staff Sgt. David A. Hoisington
ARL

Reading is for the winter, summer is for golf and landscaping. So I only read when I travel in the summer.



Michelle Ward
CECOM

OPINION

HEAT: The Invisible Enemy

By **CHIEF WARRANT OFFICER 5 MARC ASSUMPCAO**
U.S. Army Combat Readiness/Safety Center

Every year, the Army loses Soldiers during the summer months to an invisible opponent — heat. Fortunately, these needless losses and other heat-related injuries can be prevented by the application of risk management.

The nature of our business requires Soldiers to always be prepared to operate in severe weather conditions with extreme temperatures; however, heat injuries can occur even when temperatures aren't extreme. The cumulative effects of strenuous activity over time can result in a Soldier becoming a heat casualty during low-risk conditions. Leaders must remain engaged in order to provide the best protection for our Soldiers, and the best protection is prevention.

There are several control measures that will aid in heat-injury prevention, including monitoring wet bulb temperatures; paying closer attention when temperatures rise or when mission-oriented protective posture suits are worn; adjusting work and rest schedules; ensuring Soldiers are acclimated; conducting briefings on heat injury symptoms; checking Soldiers' activities throughout the day; taking into account earlier exposure to environmental heat and possible dehydration; and using the buddy system.

Another control measure several units have implemented is the use of a Soldier tracking system, which is capable of providing real-time tracking. The Soldiers' movements are monitored and displayed by a system that uses GPS information provided by the Soldiers' player unit radios and transmitted to a transportable relay radio. The position reports are then routed through computers to workstations that display the Soldiers' positions on an aerial overlay of the land navigation area. The system is contained and does not rely on a web-based interface.

In addition to prevention, it is critical leaders and Soldiers are able to identify and initiate the appropriate treatment measures

for the different types of heat injuries. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If action is not taken to treat heat exhaustion, the illness could progress to heat stroke and possibly death. To help avoid heat-related injuries, leaders and Soldiers should:

- Drink plenty of fluids. In hot environments, it's possible for the body to lose one liter of fluids per hour. Thirst is not a good indicator of fluid loss. Don't wait until you're thirsty to drink.

- Be aware of their environment. If you work in the heat or around heat sources, take whatever steps are possible to control the heat externally. It's also recommended that ice sheets are readily available during high-risk activities to reduce the severity of a heat injury.

- Take frequent breaks. As the temperature increases, more frequent breaks are needed to stay cool.
- Wear proper clothing. Loose, lightweight fabrics encourage heat release.
- Acclimatize. It takes at least seven to 10 days to adjust to working in a hot environment.
- Stay in shape. A healthy heart and good muscle tone work more efficiently and generate less heat.

- Eat light during the workday. Hot, heavy meals add heat to the body and divert blood flow to aid with digestion. Normal dietary intake typically replaces all salt lost during the day, so there is no need to take salt supplements.
- Be aware of special heat stress risks. Caffeine, alcohol, diabetes or medications for high blood pressure and allergies can increase the risk of heat stress.



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Risk management should be a continuous process applied across the full spectrum of Army training and operations. Through the engagement of our leaders, we can help ensure our Soldiers remain fit to fight.

Vice chief nominated for ISAF commander

By **LIBBY HOWE**
ARNEWS

Vice Chief of Staff of the Army Gen. John F. Campbell received a presidential nomination to serve as commander of NATO's International Security Assistance Force and U.S. Forces Afghanistan.

"I am truly honored and humbled by the president's nomination for me to serve as the next International Security Assistance Force commander," Campbell said.

"If confirmed, I look forward to serving alongside our Afghan and coalition partners as we continue operations in Afghanistan. Until such time, I remain committed to my current responsibilities as the vice chief of staff of the Army."

The International Security Assistance Force works with the support of the Afghan government to conduct operations in Afghanistan to reduce the capability and will of the insurgency, support the growth in capacity and capability of the Afghan National Security Forces, and facilitate improve-



Campbell

ments in governance and socio-economic development, in order to provide a secure environment for sustainable stability that is observable to the population.

Campbell, the 34th vice chief of staff of the Army, began his current position March 8, 2013. Campbell was one of three senior military officers to receive presidential nominations.

Adm. Bill Gortney, current commander of U.S. Fleet Forces Command, received a nomination to U.S. Northern Command and North American Aerospace Defense Command. Lt. Gen. Joseph L. Votel, current commander of Joint Special Operations Command, received a nomination to U.S. Special Operations Command and his fourth star.

Secretary of Defense Chuck Hagel expressed his confidence in Campbell and the two others in a statement announcing the nominations.

"All three are highly qualified officers who have devoted many years of service to their country," Hagel said. If confirmed, they will be "outstanding successors."

"I join the president in thanking all these leaders for what they have done and will continue to do for both our nation and our men and women in uniform," he said.

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APG SEVEN DAY FORECAST

Thurs



82° | 61°

Fri



84° | 65°

Sat



82° | 64°

Sun



82° | 65°

Mon



82° | 67°

Tue



83° | 69°

Wed



86° | 71°

APG NEWS

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RDECOM historian archives past

Story and photo by
ALAN FEILER
APG News

Lining the bookshelves in Jeffery K. Smart's office are enough items to start a minor conflict: grenades, mortars, shells, smoke projectiles, ammo cases, bottles that once held toxic substances, decontamination kits, protective face masks, a chemical landmine that looks like a gas can, and other staples of chemical and biological warfare. That's in addition to scores of books on chem-bio weaponry and the history of myriad conflicts.

But sitting at his desk behind a computer and stacks of papers, the soft-spoken and unassuming Smart, command historian for the U.S. Army Research, Development and Engineering Command (RDECOM), is the picture of tranquility and graciousness.

"This is a dream job for an historian," said Smart, who came to the History Office at APG South (Edgewood) in August 1984 after working for three years as a special agent for the Defense Investigative Service. "Most of the buddies I graduated with never became historians but went into other fields. To get an historian job was a dream for me, even though I knew nothing about chemical-biological warfare when I got here. The topic is actually quite interesting and I enjoy it."

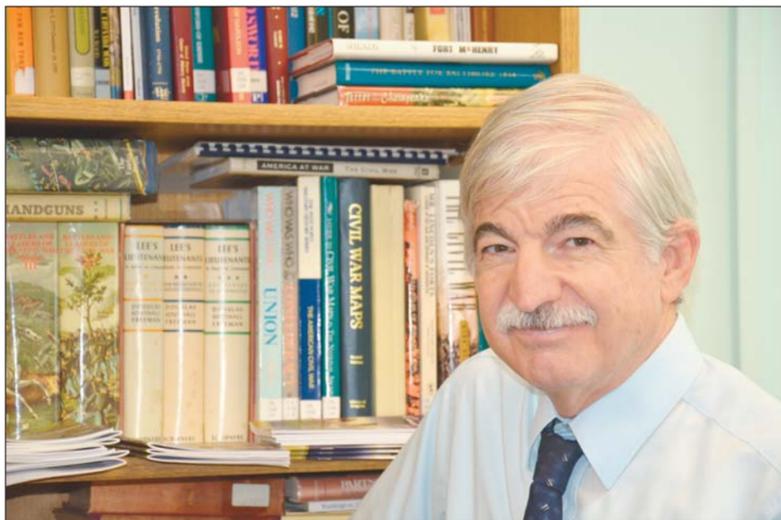
A Texas native who grew up in California, Smart is the son of a U.S. Air Force captain. Smart earned bachelor's and master's degrees in history from San Jose State University, with his thesis on the Civil War. He and his wife, Page, a librarian, have two daughters.

"The key to being a good historian is not necessarily knowing everything but knowing how to find it," Smart said with a chuckle. "If I don't know how to answer somebody's question off the top of my head, I can usually find it, if possible."

Two additional historians, a technical information specialist and a program support specialist assist Smart.

The RDECOM historical information collection consists of approximately 450 file cabinets in Bldg. E5027, containing more than 1 million documents. The materials are used regularly by Army and government contractor researchers, as well as Soldiers and other individuals associated with the Department of Defense or government agencies. (The History Office is for official use only and is not open to the general public.)

The files include papers, pamphlets, articles, manuals, blueprints and materials concerning APG, chem-bio weaponry and warfare, and related topics. Among the topics is an entire file on experimental rock musician Frank Zappa, who lived at Edgewood during his childhood. The office also has a library and a collection of approximately 4,000 films and videotapes on Edgewood and



RDECOM Command Historian Jeffery K. Smart says being a good historian "is not necessarily knowing everything but knowing how to find it. If I don't know how to answer somebody's question off the top of my head, I can usually find it, if possible."

chemical testing and training.

About 15,000 still photos and negatives are also housed there, as well as random maps and framed documents pertaining to Edgewood and its history. Much of these items came from the Chemical Warfare Service and the Signal Corps, as well as the Edgewood Historical Office.

"When I first got here, we didn't really have any photos," Smart said. "But we found a lot of photos and started cataloging them into our database, which is quite extensive."

In addition, the History Office maintains a large collection of protective masks that is exhibited throughout the space and an area with encased historical training aids for display. While some of the aids are in good condition, others are less than pristine. The items — which go all the way back to World War I — were donated by a variety of sources, including installation warehouses, various units from APG North (Aberdeen), and from Family members of former Soldiers.

"A training aid is intended to be handled — no white gloves are used — and is used for training purposes only," Smart said. "A training aide can be thrown away; an historical artifact cannot. This is not a museum."

Among the items on display are former mortar shells, landmines, detectors, containers and alarms from World Wars I and II; an old telephone, maps and flags; a model of the former Edgewood chemical stockpile; flame throwers from the

Vietnam War era; horseshoes that were used at Fort Hoyle, which from 1922 to 1940 was located on what was then known as the Edgewood Arsenal; a juice bottle from a World War I hospital site; and a photo of a World War II-era Mickey Mouse-themed gas mask for children that was developed by Walt Disney himself during a visit to Edgewood.

"We still have his signature in the original visitor's book," said Smart.

Smart -- who has appeared on the History Channel's "Modern Marvels" series to discuss the history of chemical weapons and warfare -- said all of the training aids and other items donated to the History Office are cleared by the 20th CBRNE Command before being accepted.

"Most of the chemicals are non-persistent, except mustard agent," he said. "Non-persistent agents have no residual effect. Mustard agent is very persistent. Everything I have here has been cleaned out, and I've never been burned by mustard agents or smelled any chemical agents."

Remembering Spring Valley

As the RDECOM command historian, Smart is not only commissioned to track history and collect documentation but also gives talks regularly to various installation groups, teaches classes, writes papers and pamphlets, and oversees research requests.

"Probably the most unique aspect of working here is the chemical-biological warfare research aspect, our technical

knowledge of what's gone on at different institutions and sites in terms of chemical testing and usage," he said.

That aspect was tested in 1993 when Smart was deployed to the northwest Washington, D.C., neighborhood of Spring Valley. During World War I, Spring Valley was an undeveloped area that the Army used for testing chemical weapons.

During excavations of a utility trench in 1993, construction workers discovered unexploded munitions and chemical agents there. The Army and the Environmental Protection Agency conducted a clean-up project at the site, and Smart was called in to help the Technical Escort Unit in the identification of the items and to document the removal operations.

"It was a very interesting experience," he said. "The neighbors were mostly sympathetic at that time. They just wanted us to get rid of the dangerous stuff, and we tried to be as open about everything as possible."

The Spring Valley project was a game-changer for Smart.

"Prior to that, my primary job was writing the annual history of the command," he said. "But after '93, that changed because they wanted us to research all of the old stuff, and that's what really helped us take off."

Still, for the most part, Smart said his job has changed little since when he started. One constant, he said, has been the occasional inquiries about paranormal activity at APG.

"One of the first years I was here, I spoke to a group of officers' wives about the buildings here," he recalled. "The first question was, 'Can you tell me about ghosts in various buildings?' They all told me their ghost stories. I was, like, 'Okay.' But people often ask me if anyone died or was killed in different buildings."

"We also get questions from time to time about us shooting down airplanes with invisible rays," Smart said with a laugh. "Or every 10 years, we get a call from an irate neighbor who just moved in and says, 'I didn't know you guys have chemicals over there!'"

Smart, who is writing a history of Harford County during the Civil War on his own time, doesn't plan to retire for a few more years. He said he still receives tremendous satisfaction from his job.

"We're helping the Warfighter by providing historical research and information that not only helps EOD [Explosive Ordnance Disposal] personnel cleaning up formerly used defense sites but also the scientists and engineers designing new equipment for the battlefield," he said. "The historical research is the most interesting part for me—to answer questions and go over documents from the past and see what they were doing and connect it to the present or future. That's very gratifying."

4,000
number of films
and videotapes
about Edgewood
and chemical
testing and
training at the
RDECOM library

British soccer camp returns to APG

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

Forty-five APG children, ages 2 to 13, braved the summer heat during the Challenger Sports British Soccer Camp at the Child, Youth and School Services soccer field July 7-11.

The popular annual summer camp, hosted by CYSS Sports, features experienced coaches who are trained primarily in the United Kingdom. According to the Challenger Sports British Soccer website, the goal of the summer camp program is to deliver "quality coaching with a unique British cultural twist."

This year's coaches were Corbin Roberts, Steve Lalley and James Thomson. Each day they taught soccer fundamentals and held scrimmages and competitions. The children were divided into different "countries" to compete for the "World Cup," which was awarded at the end of the week. Some campers also received awards for "Most Valuable Player" of the day, for demonstrating good sportsmanship. To add to the week's excitement, many campers were closely following the World Cup championship being held in Rio de Janeiro, Brazil.

"Most of the children are Lionel Messi fans," Lalley said, of the Argentine footballer. Messi received the coveted Golden Ball award, given to the best player at the World Cup, after Sunday night's final game.

In addition to soccer fundamentals, the camp is about exploring different cultures. The children were challenged to research and learn more about their team's country to receive more World Cup points. For example, Lalley, who grew up in Liverpool, England, the birthplace of the Beatles, taught the children

about the Fab Four throughout the week.

Lalley, who is spending his first summer with Challenger Sports British Soccer, said he has enjoyed touring the United States and meeting new people. During the week, the coaches stayed with host Families in the APG community.

Roberts, who has played soccer most his life, said he finds coaching very rewarding. So far, he has coached in 10 states.

"I like seeing the look on their faces when they learn something new," he said.

Thomson taught the "First Kicks" age group, for ages 2 to 4. He said he enjoys introducing children to soccer basics. Most children in the group attend the Bay-side Child Development Center, next to the soccer field.

"The kids are learning a lot, and having fun," he said.

Camper Savana Belsan, 9, said she attended the camp to improve her skills and hopefully join her school's soccer team.

"This is my second year attending the camp," she said. "What I like the best about camp is learning how to work together as a team."

Jennifer Gasidia, a military retiree spouse, said she liked observing the interaction between the coaches and the children. Her two sons, Lincoln, 4, and Xavier, 6, attended the camp.

"The coaches are very patient; they are teaching the children to enjoy the sport and have fun," Gasidia said. "Our Family loves the CYSS Sports program. The boys play sports on post whenever possible."

For information about upcoming CYSS Sports activities, contact CYSS Sports Director Bill Kegley at 410-306-2297 or visit http://www.apgmwr.com/family/youth_sports.html.



(From left) Coach James Thomson plays a soccer drill called "Cops and Robbers" with Alex Pelino during the Challenger Sports British Soccer Camp at the Child, Youth and School Services soccer field July 10.

ALL THINGS MARYLAND

Maryland, My Maryland



By **ALAN FEILER**
APG News

For natives of the Free State (or the Old Line State, take your pick), it's as familiar a sight as a can of Old Bay Seasoning, a package of Berger Cookies, or a picnic table covered in newspapers, paper towel rolls and wooden crab mallets.

With its bright, brassy colors of black and gold in the first and fourth quarters and the red-and-white design bearing a cross bottony in the remaining two quadrants, the Maryland flag is a source of great pride for its loyal subjects.

The flag, which was officially adopted on March 9, 1904, has its origins in a nod to the state's founding family, as well as a lingering remnant of Maryland's mixed legacy during the Civil War.

The flag's black-and-gold design summons the coat of arms of the Calvert family, the Colonial proprietors of Maryland. The colony of Maryland was founded in 1634 by Cecilius Calvert, the 2nd Baron Baltimore, and named after Queen Henrietta Maria, wife of King Charles I of Britain and Ireland. Initially, only the Calvert coat of arms was associated with Maryland, reportedly as a gesture to

George Calvert, the first Lord Baltimore, for his storming of a fortification during a battle. The red-and-white arms design belonged to the family of Calvert's maternal grandmother, Alice Crossland.

During the Civil War, the Crossland design gained popularity among Marylanders supportive of the Confederacy. While Maryland remained in the Union (thanks to the strong arm of President Abraham Lincoln), many of the state's citizens strongly supported the secessionist movement and even fought for the Army of Northern Virginia. They adopted the Crossland flag as a means of protesting the Union, even wearing the colors on yarn stockings and children's clothing. Meanwhile, the black-and-gold design was used in the flags of Union regiments in the Army of the Potomac.

After the war, the two designs were increasingly merged as a symbol of reconciliation (although the designer or exact date of origin of the new flag is uncertain). In its current form, the flag was first publicly flown Oct. 11, 1880, during a parade in Baltimore marking the 150th anniversary of the city's founding. Eight years later, it was flown by Maryland National Guard troops escorting Gov. Elihu E. Jackson at Gettysburg Battlefield during dedication ceremonies for monuments paying tribute to Maryland regiments of the Army of the Potomac.

A year later, the Fifth Regiment, Maryland National Guard, adopted the flag as its regimental colors, thus becoming the first organization to officially embrace what is now the Maryland flag.

Here are some other interesting facts

about Maryland's flag. In 1945, the Maryland General Assembly voted the gold cross bottony as the official ornament for any flagpole flying the state flag. That means Maryland is the only state in the union that maintains a guideline on how a flagpole bearing its flag must be adorned. To this day, State House flags adhere to this guideline, as do all government facilities and schools.

More fun facts: Maryland's is one of only four U.S. state flags that does not include the color blue; among the state counties and municipalities that incorporate elements of the Maryland flag into their arms or flags are Baltimore City, and Baltimore, Calvert, Caroline, Howard and Worcester counties; the official seal of Johns Hopkins University features the same colors and designs as the flag; and in 2009, the Baltimore Orioles added a patch on their uniforms featuring a round version of the flag.

One more thing: a survey conducted in 2001 by the North American Vexillological Association ranked the Maryland state flag in fourth place in terms of design quality out of the 72 North American flags.

Not too shabby, *Merlin*.

CARA validates laboratory capabilities

By **WALTER T. HAM IV**
20th CBRNE Command Public Affairs

The U.S. Army activity that analyzes and remediates Chemical, Biological, Radiological, Nuclear and Explosive threats validated its heavy expeditionary laboratory capability during Exercise Atropian Phoenix at Fort Irwin, California, July 9.

The Aberdeen Proving Ground, Maryland-based CBRNE Analytical and Remediation Activity, also known as CARA, tested its deployable Heavy Mobile Expeditionary Laboratory, or HMELE, during simulated combat operations.

CARA's Mobile Expeditionary Lab, referred to as the MEL, participated in two National Training Center rotations on Fort Irwin this year with the Light Mobile Expeditionary Lab, or LMELE, prior to deploying the HMELE for the first time.

During Exercise Atropian Phoenix, eight civilian scientists from CARA tested environmental, chemical, biological and explosive samples inside the heavy mobile laboratory.

"The intelligence and information gained from the specialized analytical equipment contained within the HMELE is critical for commanders to make timely decisions and assists in the planning of WMD (weapons of mass destruction) sensitive site exploitation missions at the



Microbiologist Keith Beigel, of the 20th CBRNE Command's Heavy Mobile Expeditionary Lab and Analytical Remediation Activity, works on DNA and RNA of unknown environmental samples during an exercise at the National Training Center.

tactical, operational and strategic levels," said

"CARA's HMELE was very successful in the exercise," said Chesney. "The observer controllers were quite impressed with the professionalism and technical expertise of the chemists and microbiologists assigned to the HMELE. Overall the HMELE processed over 50 chemical and biological samples during

the exercise and validated all laboratory processes."

CARA is part of the 20th CBRNE Command, the U.S. Army's only formation tasked with combating Chemical, Biological, Radiological, Nuclear and Explosive threats.

Chesney said the CARA HMELE team has never been busier.

"CARA's HMELE operational tempo

is the highest it has ever been but this is good for the Army to understand and plan for this unique highly specialized capability," said Chesney, a native of Chicago.

"With these recent rotations, Soldiers who have the mission to sample and package CBRNE materials on a sensitive site all now have a better understanding of the importance of their work and the direct influence it has on decisions made at the theater level," said Chesney.

Lori Taylor, a chemist who deployed with the laboratory during the exercise, said the validation exercise enabled the CARA team to train new staff members and educate other units on the kind of services and expertise they bring to the battlefield.

"The most important experience for me personally has been the ability to interact with the teams collecting the samples and making sure we are all on the same sheet of music," said Taylor, a Maryland native who has been to multiple stateside and overseas exercises with CARA.

"The sampling teams are in the position to provide us with the best sample possible and making sure they know all the techniques to preserve those samples are key to us being able to provide the best analysis possible," said Taylor. "Our results help combatant commanders make decisions, so we want to make sure we are as accurate as possible."

Performance Triad app v1.0 now available

Army Medicine

Army Medicine is committed to reaching beneficiaries where they live. The Performance Triad application (v1.0) is now available to do just that.

Members of the U.S. Army Public Health Command, the Performance Triad Team at the Office of the Surgeon General and the Combined Arms Support Center Sustainment Center of Excellence Mobile, or SCoEMobile, team recently released the first version of the Performance Triad app for global distribution. This app provides specific educational resources for squad leaders, Soldiers, spouses, civilians, healthcare workers, pre-retirees, and retirees on how to optimize their performance and enhance their health.

For example, leaders can quickly get information on how to schedule sleep/rest cycles to maximize unit performance during field exercises. The Performance Triad app also provides leaders information about refueling after exercise to maintain performance over sustained operations.

Personal lifestyle choices make a huge impact on health, wellness, and

readiness. Sleep, Activity and Nutrition enable Soldiers, their families, and retirees to reach their goals and their full potential.

"Our goal was to provide an easy to use and free tool to assist our Soldiers, families, retirees, and [Department of the Army]-Civilians on optimal ways to enhance their performance, health, and wellness through sleep, activity, and nutrition," said Lt. Col. Mark Mellott, technology lead for the Performance Triad.

The Performance Triad app is available for free. You can download the app for iPhones, iPads, Android devices, and Windows phones by searching for "Performance Triad."

Learn more about the Performance Triad at <http://armymedicine.mil/Pages/performance-triad.aspx>

The Performance Triad app is available for free. You can download the app for iPhones, iPads, Android devices, and Windows phones by searching for "Performance Triad."



CID offers reward for night vision device

The Aberdeen Proving Ground office of the U.S. Army Criminal Investigation Command (CID) is offering a \$2,000 reward for information leading to the location and return of an AN/PVS-7A Night Vision Device. Anyone with information concerning this should contact the APG CID Office at 410-278-5261/4071 (DSN: 298-5261/4042); or the APG police at 410-306-0565 (DSN 458-0565). The payout of cash rewards to military and federal employees for information leading to a conviction is contingent upon exceptional actions regarding the information provided.

This reward will terminate June 26, 2015.



APG SUMMER SAFETY

Safety tips for handling summer heat

USACR/SC

Every summer, many areas undergo periods of seriously hot weather. Make sure you know how to avoid heat illness at work and off the job. The hot summer sun puts a whole new light on the workplace. Some people love the heat, while others can't wait for the dog days of summer to give way to blessed fall-like conditions. Regardless of your personal viewpoints on hot weather, everyone must take precautions to know and avoid heat injuries.

Here are the warning signs of heat illness:

Heat Cramps. Heat cramps affect muscles such as those in the arms, legs and abdomen – the muscles that have been used while working. These cramps may occur after work, when the person is resting. Heat cramps are a signal that the body has lost too much salt through sweating.

Heat Exhaustion. Heat exhaustion is a serious condition that needs immediate attention. It may have any or all of these symptoms: A feeling of exhaustion, nausea, dizziness, pale and clammy skin, quick pulse, and low blood pressure. Heat exhaustion is also a warning that the mechanism that controls heat for the body has been seriously overtaxed. Heat stroke may follow if heat exhaustion is not treated.

Heat Stroke. Heat stroke is a critical matter that can be fatal. It occurs when the body's heat control mechanism simply shuts down. Perspiration stops and the body temperature rises. The heart pounds and the skin becomes flushed and hot. This condition is a medical emergency and must be treated immediately.

Here are some suggestions for smoother sailing in the summer:

Let the water flow. People often wait until they are thirsty to drink water but if you are doing physical-



ly demanding work and become dehydrated, you can't catch up and are at risk for potentially fatal heat illness. Employees need to be encouraged to drink water continuously on hot days and employers must provide it.

Frequent breaks. Take frequent rest breaks when working in hot conditions. These breaks can consist of moving to a cooler area or switching to lighter work for a while.

You must acclimate. Acclimate to working in hot conditions. You cannot go from working in comfortable temperatures to working full tilt in a heat wave. Allow for frequent rest breaks in the shade and save extra-demanding physical jobs for cooler parts of the day.

The right protection. Wear hats and light-colored, lightweight, loose clothing. Use sunscreen with a sun protection factor (SPF) of at least 15 and reapply it if it sweats off. Persons who are overweight or have medical conditions that place them at risk in hot conditions should ask their doctors about additional precautions to take, whether indoors or outdoors.

Medications a must. Don't stop taking medication unless your doctor says you should. Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.

Ventilate. Ensure that indoor areas are kept well ventilated and that fans or air conditioners are operating.

Be on the lookout. Watch each other for signs of heat illness. Mild cases can be treated by moving the person to a cool area and providing water to drink. In the event of heat stroke, however, this is a life-threatening condition that calls for immediate medical help.

For more information visit the U.S. Army Combat Readiness/Safety Center website at <https://safety.army.mil/>. For first aid information, visit the American Red Cross website at <http://www.redcross.org>.

Surgeon General hosts virtual town hall meeting

By **LIBBY HOWE**
ARNEWS

Lt. Gen. Patricia Horoho, Army surgeon general and commanding general of the U.S. Army Medical Command, hosted the first Army Medicine Virtual Town Hall on Facebook, on July 9.

Horoho opened the Town Hall 1:30 p.m., by welcoming participants to the Army Medicine Facebook page and sharing that she was looking forward to answering as many questions as possible during the one-hour window. Any questions not answered by her or the subject-matter experts working with her, she promised would be answered in the coming weeks.

Horoho also used the opening post to share her priorities for Army Medicine, which include combat casualty care; readiness and health of the force; a ready and deployable medical force; and health of families and retirees.

The post also announced the release of the Performance Triad app, version 1.0. This app provides easy access on iPhones, iPads, Android devices, and Windows phones to the triad which emphasizes sleep, activity, and nutrition as the foundation to health and personal readiness.

In the one hour that the town hall was "live," a total of 133 comments were posted, asking questions ranging from medical innovation to budget-cut impacts, and various inquiries in between.

When asked about new military medical innovations, Horoho said, "The Biomarker Assessment for Neurotrauma Diagnosis and Improved Triage System (BANDITS) program is developing a blood test for brain cell damage, which may aid in clinical assessment of patients with traumatic brain injuries."

In addition to BANDITS, she said the Army developed and implemented the Behavioral Health Data Portal to track clinical outcomes, patient satisfaction, and risk factors.

"Research continues to determine how to optimize sleep, activity, and nutrition to optimize the wellness of our Soldiers, families, and retirees," she added.

When asked to elaborate on the care being provided for Wounded Warriors, Horoho explained the functions of the



Photo by Marlon Martin

Lt. Gen. Patricia Horoho and her staff of experts respond to 133 questions posted during the Army Medicine Virtual Town Hall on Facebook, July 9.

Army's Warrior Care and Transition Program.

"Wounded, ill, and injured Soldiers and their families receive the care and support they require to heal and either return to the force or prepare to transition to civilian status," she replied. "As part of the program, the Army has established Warrior Transition Units, the Army Wounded Warrior Program, and an Adaptive Reconditioning Program to manage and assist Soldiers in their recovery."

When asked which initiatives she was most proud of, she said there are several that she is "extremely proud of" as she believes they are directly related to improving patient care. The Patient Caring Touch System, Performance Triad, and the Behavioral Data Portal were the three she

chose to highlight.

When asked about the most significant challenges facing Army medicine, Horoho said, "One of the biggest challenges is getting the good news stories out that accurately describe the advances in technology, patient safety, quality of care and standardization of business practices."

Additionally, supporting a nation as well as multiple operations abroad efficiently with such a significant military downsizing poses a challenge, she said.

Lastly, Horoho mentioned the movement toward a culture of health. Increasing health literacy continues to be not just a challenge, but also an opportunity to enlighten the general public about healthy practices, she said.

Horoho and her staff of experts

addressed several issues well after the scheduled end time for the event. Later, Horoho posted a status on the Army Medicine page thanking participants for taking the time to voice their concerns. She discussed plans to hold Town Halls regularly with a commitment to answering all questions circulating in the Army Medicine community.

"Our primary focus is patient safety and quality of care whether it is provided on the battlefield or in garrison," she said. "We are committed to providing timely access to care, quality care and safe care that is evidence-based to all of our beneficiaries in an environment of transparency and continuous improvement. This is at the forefront of everything we do and we are honored to do it."

Army enterprise applications must move to core data centers

Story and photo by **DAVID VERGUN**
ARNEWS

The Army has started migrating all its enterprise applications and systems to designated core data centers as directed by Under Secretary of the Army Brad R. Carson in a June memo. Migration must be complete by the end of fiscal year 2018.

Carson's memo is the first step to establish policy and procedures that will drive the Army from hosting enterprise-wide services at local data centers to hosting these services in modern, standardized, centralized environments. This is part of a DOD-wide initiative and the Army's consolidation of more than 1,100 data centers.

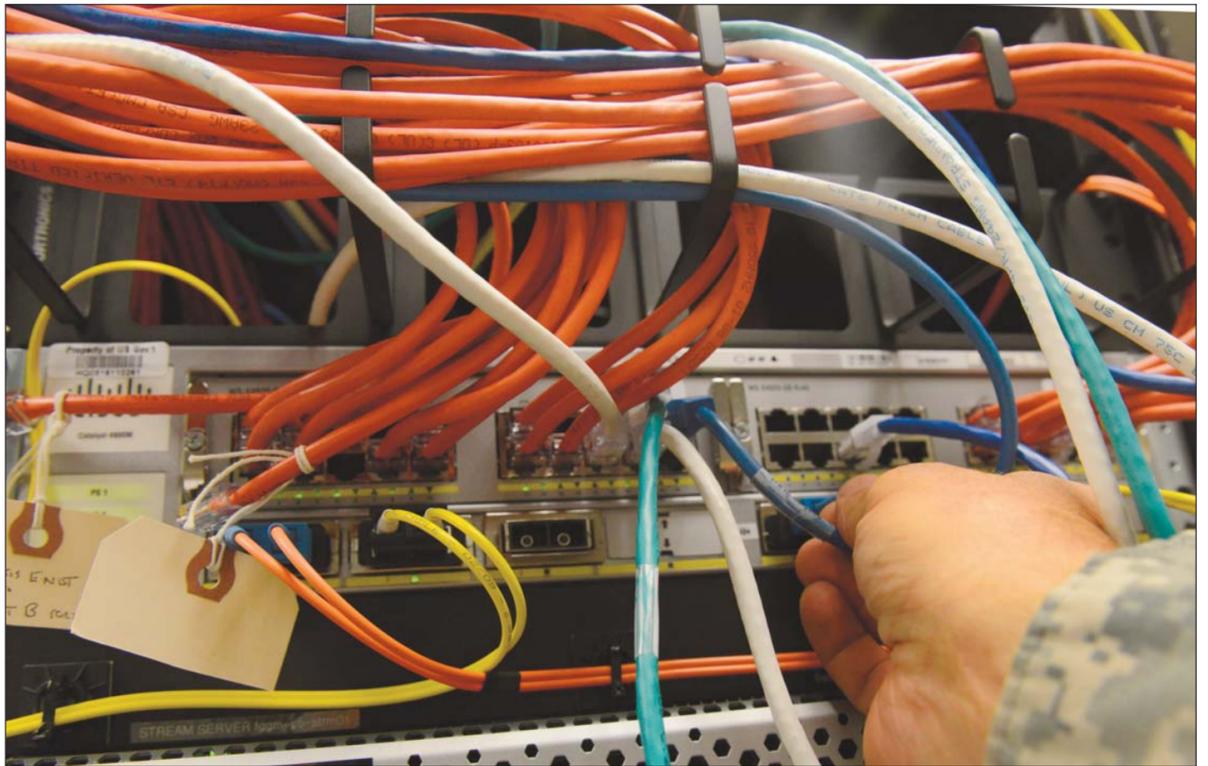
Enterprise applications are software programs that perform a specific task and require a user to cross an installation's boundaries to access the app. For example, Microsoft Outlook for email and the Defense Travel System for government travel are enterprise applications used across the entire Department of Defense.

Data centers typically include large numbers of data servers that move and process data. They link Soldiers to support systems and also with one another and others on the outside via the Internet.

The Army is starting to see cost savings from terminating apps no longer in use and still on computers and servers, said Neal Shelley, chief of the Army Data Center Consolidation Division.

By killing apps, the Army is saving on licensing fees and upgrades. About 800 unused apps have been terminated to date, out of about 11,000 Army apps. Fewer apps also increase economy of scale, since service providers typically discount on volume. Also, fewer apps mean less potential for malware, according to Shelley.

Consolidating apps into centralized data centers in the cloud -- hosted by the Defense Information Systems



Excess data centers are being unplugged as the Army reduces redundancy and eliminates apps no longer used.

Agency or commercially -- is also increasing efficiencies.

Recently the migration of the Structured Self-Development System, a distance-learning app, from Joint Base Langley-Eustis, Virginia, to the enterprise level, has dramatically improved user access to the app by increasing the available bandwidth. Prior to migration, a narrow data pipeline connected Eustis with the rest of the Army and potential breakpoints existed. Enterprise management is now making the distance-learning app more secure, robust and reliable, Shelley said.

Additional efficiency is gained by eliminating redundant apps and replac-

ing them with a standardized, or best-of-breed app, Shelley said.

Eliminating redundant apps is not as easy as eliminating unused apps. Invaluable data associated with the app may have been collected for 20-plus years and must be migrated to the new app, Shelley said. And, the app owners and users must be consulted so everyone is on the same page during the transition.

Once redundant, obsolete or inefficient apps are removed or replaced by enterprise apps, the cost savings can rapidly accrue. Just how much money can be saved is hard to calculate yet, said Shelley. The Office of the Chief Information Officer, G-6, is now tracking more than

11,000 Army apps. Identifying what's out there is a big deal in and of itself.

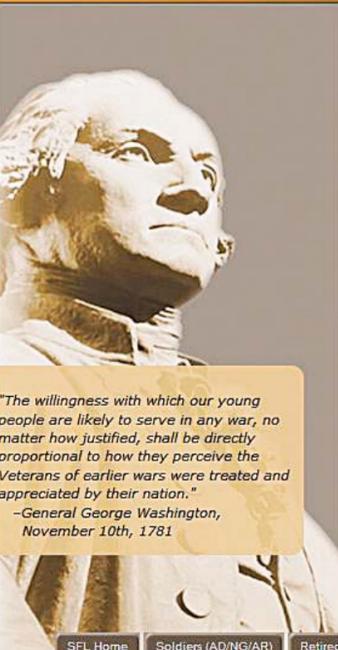
At one time in the mid-1990s, Shelley noted HQDA had seven different e-mail systems running at the same time. In 2013, the Army finished migrating 1.4 million Army users to a single enterprise e-mail system with DISA supporting the effort. The Army saved \$76 million in fiscal year 2013, and expects to save \$380 million through 2017.

Not all local apps will migrate to the enterprise level, he said. For example, special purpose apps used to power parts of the Army's industrial base, research labs or medical equipment will likely remain on local servers.

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



SOLDIER FOR LIFE

*"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by their nation."
-General George Washington,
November 10th, 1781*

SFL Home | Soldiers (AD/NG/AR) | Retired Soldiers | Veterans | Military Families/Gold Star Families | Education | Employment | Health | MyArmyBenefits | About SFL



Army transitions from ACAP to Soldier for Life

By **BRYAN THARPE**

Fort Rucker Soldier for Life Center

The Army's Human Resources Command recently announced that the Army Career and Alumni Program has changed names effective immediately to the Soldier for Life Transition Assistance Program.

This change was announced June 20, by Army Chief of Staff Gen. Raymond T. Odierno, to better reflect the new direction of Army transition.

Soldiers should not be confused when they call the formerly named ACAP Center, and hear the voice on the other end of the phone respond-

ing by the new name. Likewise, they should not be confused when they receive a memo or email from the newly named agency.

The services are not changing from what they have been since the inception of the Veterans Opportunity to Work Act, which went into effect in November 2011. The mandated VOW Act requirements, timeliness and career readiness standards will also remain the same.

Soldiers need to get into a new mindset of "once a Soldier, always a Soldier." Beginning Oct. 1, a new piece of Army transition, the Soldier for Life Program, will come into effect

and Soldiers will begin to be introduced to transition principles early on, and at set points throughout their military careers.

Currently, most Soldiers wait until near the end of their careers to find out about transition information. The Army feels this is too late. The goal is to have all Soldiers prepared to transition out of the Army and into a great civilian job, regardless of if they stay in the Army three years, or 33 years.

For more information, contact the Fort Rucker Soldier for Life Center -- formerly the ACAP Center -- at 334-255-2558 or visit <http://www.soldierforlife.army.mil/>



Come and follow us <https://twitter.com/USAGAPG>

WORD OF THE WEEK

Derive

Pronounced: dih-RAHYV

Part of speech:

Verb (used with object)

1. To receive or obtain from a source or origin (usually followed by from).
2. To trace from a source or origin.
3. To reach or obtain by reasoning; deduce; infer.
4. Chemistry: to produce or obtain (a substance) from another

Verb (used without object)

5. To come from a source or origin; originate (often followed by from)

Use:

- If we're lucky, we may derive one great benefit from this horrible experience.
- They're usually network broadcast feeds, but some derive from stadium-only feeds.
- Her step-by-step instructions derive from her 30 years experience as a teacher.
- You seem to derive great pleasure in overturning our basic assumptions.

By **YVONNE JOHNSON**, APG News

ACRONYM OF THE WEEK

NICBR

National Interagency Confederation for Biological Research

The National Interagency Confederation for Biological Research is headquartered at Fort Detrick, Maryland. A biotechnology and biodefense partnership of eight federal agencies, its mission is to develop unique knowledge, tools, and products by leveraging advanced technologies and innovative discoveries to secure and defend the health of the American people.

NICBR agencies that help accomplish this mission include:

- Department of Homeland Security
- Centers for Disease Control and Prevention
- Food and Drug Administration
- National Institute of Allergy and Infectious Diseases
- National Cancer Institute
- Naval Medical Research Center
- U.S. Army Medical Research and Materiel Command
- U.S. Department of Agriculture, Agricultural Research Service

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); or OPM 630- B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Cathy Davis at 410-306-0152/DSN 458-0152 or cathy.a.davis4.civ@mail.mil.

Adams, Dwayne
 Birch, Garfield
 Blethen, Lena
 Blethen, Matthew
 Cannon, Marcy
 Clark, Lyra
 Clelland, Patricia
 Crum, Laura
 Cwiernie, Victoria L

Donlon, Jacqueline
 Doran, Kemi
 Dunston, Samuel
 Duong, Huong
 Friedman, Marian
 Gaddis, Lonnie
 Grimsley, Sylvia
 Hacker, Kelly
 Hoerr, Dawn

Ingram, Debra
 James-Stewart, Sonya
 Kennedy, Sandra
 Martino, Rose
 McCauley, Adrienne
 McIntire, Melinda
 Petterson, Gerhard
 Rapp, Debra
 Robinson, Jennifer

Rodgers, Christopher
 Rodriguez, Pedro
 Sheckelford, Angela
 Solomon, Je'Neane
 Walsh, Sharon
 Williams, Demetria

Exchange Homeward Bound Campaign Offers Sizzling Giveaways in July

AAFES

The Army & Air Force Exchange Service's Homeward Bound campaign is heating up with a variety of giveaways to celebrate the homecoming of America's Warfighters and honor those who serve.

Military shoppers who visit the Exchange Facebook page at www.facebook.com/AAFES.BX.PX can enter to win prizes throughout the month. Prizes include one of six \$5,000 Exchange gift cards courtesy of Burger King, through July 31; two chances to win a trip for two to Las Vegas, Nevada to watch the Mr. Olympia competition. Shoppers can enter July 7-14 to win a trip from Nutrex Sports Nutrition or from July 18-24 to win a package from Iovate nutritional products; one of 10 \$750 Exchange gift cards, courtesy of GoPro from July 25-31.

For more information about upcoming Homeward Bound promotions, visit <http://www.shopmyexchange.com/homewardbound>

Exchange to give away two Smart cars

Exchange

Summer is about to get sweeter as the Army & Air Force Exchange Service teams up with Welch's/Sour Jacks to offer two military shoppers a chance to drive home a brand-new Smart cars.

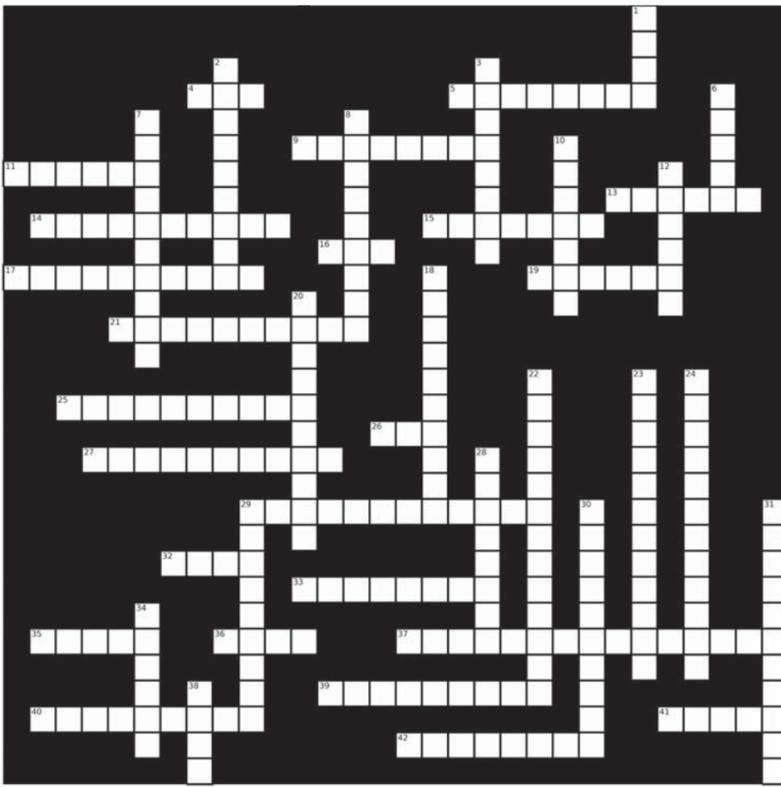
Through July 31, shoppers can enter the Promotion in Motion Smart Car Giveaway at Exchange locations worldwide for the chance to win one of two Smart cars, each valued at \$15,000.

"It's smart to enter this sweepstakes for a chance at a brand-new car," said Exchange Chief of Staff Col. Tom Ockenfels. "Military shoppers can stop by their nearest Exchange to fill out an entry form. It's that easy."

Authorized shoppers 18 years and older can enter the Promotion in Motion Smart Car Giveaway. No purchase is necessary, and the drawing will take place on or about Aug. 29.

For more information, visit the Exchange website at www.shopmyexchange.com/ExchangeStores.

The APG Crossword



In honor of the hot season, this week's crossword puzzle celebrates all things summer. The completed puzzle will be published in next week's paper.

Across

- 4. School's ___ for summer, according to Mr. Cooper
- 5. Arguably, the most popular summer drink

- 9. Tend to chirp more as summer gets hotter
- 11. The Summer Olympics in this town were cancelled in 1944
- 13. Two-piece bathing suits debuted

in this century

- 14. The eldest Beatle, he was born on July 7, 1940
- 15. Favorite item to toss during summer
- 16. The ___ Days of Summer (Woof!)
- 17. Nearby state with its own famous O.C.
- 19. First modern Summer Olympics held in this town (in 1896)
- 21. Enjoyed the "Summer of 69"
- 25. Most popular summer fruit
- 26. "I Know What You ___ Last Summer"
- 27. French engineer who introduced the bikini
- 29. Makes Seals and Crofts feel fine
- 32. June is named after this Roman goddess
- 33. Earth's semi-axis is most inclined toward the sun on this day
- 35. Gas or charcoal?
- 36. These get longer during summer months
- 37. Eddie Cochran, The Who and Blue Cheer had 'em
- 39. Greatest hits album titled "Endless Summer"
- 40. More of these take place during summer (think "Wizard of Oz")
- 41. Summer songstress, sang of "Hot Stuff" and "Bad Girls"
- 42. The Summer _____ take place every four years

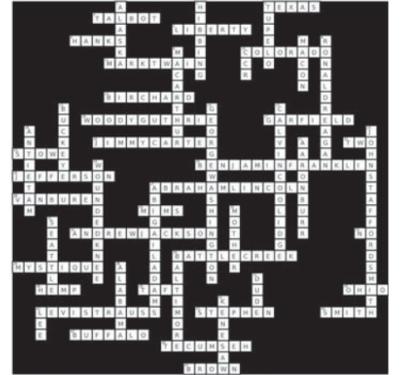
Down

- 1. What, according to "Oklahoma" tune, is just "busting out all over"?
- 2. _____ season starts June 1st
- 3. Wrote the classic "Summertime" for "Porgy and Bess"
- 6. "Summer lovin', had me a _____"
- 7. Brit band famous for their only hit

"In The Summertime"

- 8. They light up many a summer night sky
- 10. Used to be aired on TV during summer months
- 12. Busiest month for traveling?
- 18. Famed Baltimore-born harmonica player known for rendition of "Summertime"
- 20. Group that sang 1983 hit "Cruel Summer"
- 22. More of these take place during summer (think lightning bolts)
- 23. Sang "I Never Dreamed You'd Leave In Summer"
- 24. Patriotic holiday in summer
- 28. July is National _____ Month (Yum!)
- 29. Baltimore's favorite icy summertime treat
- 30. This summer pest has been around for 30 million years
- 31. Wrote "A Midsummer Night's Dream"
- 34. Maryland spice that's most popular during summer months
- 38. "Hot _____, summer in the city"

Solution to the July 10 puzzle



Sgt. Jessica Volpe

Veterinary Treatment Facility NCOIC

As the noncommissioned officer in charge of the APG Veterinary Treatment Facility, Sgt. Jessica Volpe is responsible for supervising staff, managing inventory and overseeing the clinic's daily operations.



"My end goal is to ensure the facility is meeting the needs of the patrons and is running according to standard," Volpe said.

The APG VTF provides routine care for military working dogs and pets of active duty, Reserve and National Guard Soldiers and military retirees. Services include vaccinations, laboratory tests, micro-chipping, health certificates for travel and minor sick call concerns.

"Due to our limited manpower and resources, veterinary emergency cases are best served through a full service civilian veterinary hospital," she said.

Volpe discovered the joys of taking care of animals from her mother, who frequently rescued animals. As a young adult, she was thrilled to learn that she could care for animals while serving in the Army.

"I joined the Army to be a part of something; to have purpose and stability in my life," she said. "The idea that I could care for animals and be a part of a bigger mission was intriguing."

August marks Volpe's nine-year anniversary in the Army. Before coming to APG, she served as the animal care specialist at the Fort Hood Veterinary Treatment Facility from 2006 to 2010 and as the NCOIC at the Vicenza, Italy VTF from 2010-2013. Volpe said the best part of her job is interacting with customers.

"I really enjoy working with the diverse group of pet owners," she said. "It is always a blessing when you have established a connection with them and are able to support their Family in times of need and to be a part of the times of joy."

The VTF is located on APG North (Aberdeen) at Bldg. 2479 Oakington Street across from Kirk U.S. Army Health Clinic. Office hours are 8 a.m. to 4 p.m., Monday-Wednesday and Friday. On Friday, the clinic is open for over-the-counter medicine sales only. Contact Volpe at 410-278-4604 or e-mail jessica.d.volpe.mil@mail.mil. For more information about the APG VTF, visit <http://phc.amedd.army.mil/organization/Pages/VtfDetails.aspx?VtfID=8&loc=MD>.

Healthy Living

To view health topics and the Community Health Promotion Council calendar of events, visit the APG homepage www.teamapg.com and click on the Community Health icon at the bottom right.

MARK YOUR CALENDAR

TODAY
JULY 17
C4ISR HEALTH EXPO

The APG Community Health Promotion Council will host a Health EXPO 11 a.m. to 1 p.m. at the Mallette Mission Training Facility, Bldg. 6008. This event will include health screenings for vision, blood pressure, spinal scans and fat analysis and offer seated massage and advice on nutrition and tobacco cessation. Topics will focus on stress and weight management, financial wellness, sleep disorders, organizational skills, life insurance, physical fitness, dental care and more.

Guests can chat with representatives and view displays from the APG Army Wellness Center (AWC), Army Substance Abuse Program (ASAP), Family & Morale Welfare and Recreation (FMWR), and various health care providers. Door prizes and promotional giveaways will be featured.

For more information, contact Tiffany Grimes at 443-861-7901 or email tiffany.l.grimes.civ@mail.mil.

FRIDAY
JULY 18
BOSS SUMMER ROCK PARTY

Better Opportunities for Single Soldiers (BOSS) will host a Summer Rock Party starting 5 p.m. at Bldgs. 4507/4509 on Susquehanna Avenue. Come celebrate summer and enjoy food, drinks, music and door prizes. Events include cornhole, pool, Call of Duty and Hotshots basketball tournaments and prizes and a bounce house.

This event is free and open to the public. For more information, contact Spc. Tracy Glover at 410-278-6903 or email tracy.s.glover4.mil@mail.mil.

TUESDAY
JULY 22
MRICD CHANGE OF COMMAND

Col. Bruce A. Schoneboom, will relinquish command of the U.S. Army Medical Research Institute of Chemical Defense to Col. Roman O. Bilynsky, during a 10 a.m. change of command and retirement ceremony at Bldg. E2900 in APG South (Edgewood). Schoneboom will retire from active duty.

For more information, contact Deborah Lee at 410-436-3276.

WEDNESDAY
JULY 23
RUN FOR ARMY TEN MILER/ PERFORMANCE TRIAD

Take the next step toward a healthier you. Prepare for the Army Ten Miler or just get in shape during the Army Performance Triad 5 Mile Run/5K Walk set for 6 to 8 a.m. starting from the Main Exchange (PX) parking lot. Run 5 miles or walk 5 kilometers. The first 50 to register receive free t-shirts. Register at <http://performancetriad5miler.eventbrite.com>. This event is open to the public.

Those interested in joining the Team APG Army Ten Miler should contact Byron Reason, Hoyle Gym manager at 410-436-3375 or email Byron.a.reasin.naf@mail.mil.

For more information, contact 1st Lt. Joanna Moore, KUSAHC, at 410-278-1773 or email joanna.t.moore.mil@mail.mil.

FRIDAY
JULY 25
DENTAL CLINIC CLOSURE

The Aberdeen Proving Ground Dental Clinic will close Friday, July 25 and resume normal business hours Monday, July 28. For more information, contact Spc. Crystal Thomas at 410-278-1798.

THURSDAY
AUGUST 7
ABILITYONE VENDOR DAY

The APG AbilityOne Base Supply Center will host Vendor Day, 10 a.m. to 2 p.m. at its 320 Johnson Road location on APG North (Aberdeen).

Operated by Blind Industries and Services of Maryland (BISM) the AbilityOne Vendor Day is a great opportunity for customers to interact with vendors and sample new products. Vendor Day will feature light refreshments, fully stocked shelves and much more. GPC cardholders are encouraged to attend.

For more information, contact Barry Councill at 443-360-5959 or email bcouncill@bism.org.

FRIDAY
AUGUST 15
OPERATION HOMEFRONT SCHOOL SUPPLIES

The Operation Homefront Back to School Brigade will distribute school supplies to eligible recipients 2 to 6 p.m. at a location to be announced. Eligible recipients include children of deployed, wounded and active duty service member in the ranks of E-1 through E-6. To register, or for more information, go to www.operationhomefront.net and click on "Upcoming Events." Users must create a profile to register. Identification of all children registered will be required the day of the event. For more information, email Operation Homefront representative Rosanne Coleman at rosanne.coleman@operationhomefront.net.

WEDNESDAY
AUGUST 20
EMPLOYMENT RESOURCE DAY & EXPO

The ACS Employment Readiness Program will host an Employment Resource Day & Expo, open to all job seekers, 11 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326.

Meet with local, regional, state, and national private and federal employers. Bring plenty of resumes; business attire is recommended. For directions, visit apg.army.mil/directions/cfm.

A valid driver's license, vehicle registration and proof of insurance are needed to access Aberdeen Proving Ground. Please obey all posted traffic speeds.

This event is the result of a partnership between the ACS ERP; the Maryland Department of Labor, Licensing and Regulation; Local Veterans Employment Representative (LVER); the Susquehanna Workforce; and the APG Military Personnel Office/Directorate of Human Resources.

For more information, call the ACS ERP at 410-278-9669/7572.

THURSDAY
AUGUST 21
WOMEN'S EQUALITY DAY

The Women's Equality Day program will be held 10:30 to 11:30 a.m. at the Mallette Training Facility, Bldg. 6008. The guest speaker is Dr. Karla Kendrick, principal enterprise architect for the MITRE Corporation.

The program includes the selection of the Woman of the Year and the Organization Most Supportive of Women as well as the winner of the Federally Employed Women's scholarship.

For more information, contact Karen Jobs at 410-278-6755 or email karen.w.jobs.civ@mail.mil.

FRIDAY
AUGUST 22
DENTAL CLINIC CLOSURE

The Aberdeen Proving Ground Dental Clinic will close Friday, Aug. 22 and resume normal business hours Monday, Aug. 25. For more information, contact Spc. Crystal Thomas at 410-278-1798.

SAVE THE DATE
THURSDAY

SEPTEMBER 18
HISPANIC HERITAGE OBSERVANCE

Team APG will host the Hispanic Heritage Month observance 10:30 a.m. at the Myer Auditorium, Bldg. 6000.

Judge Yolanda L. Curtin, Harford County Circuit Court, is the guest speaker. The theme is "Hispanics: A legacy of history, a present of action and a future of success."

For more information, contact Tracy Marshall, CECOM EOA, at 443-861-4366; Staff Sgt. Gloria Velasquez, ACC, at 443-861-5008; or Rose Satz, CERDEC, at 443-395-0419

SATURDAY
OCTOBER 18
MILITARY RETIREE APPRECIATION DAY

Save this date for APG's Annual Military Retiree Appreciation Day (RAD) to be held at the APG North (Aberdeen) recreation center. Registration begins 8 a.m. with the opening ceremony at 9 a.m. This year's guest speaker is John Radke, Chief of Army Retirement Services, Headquarters, Department of the Army. More details to follow.

ONGOING
HYDRANT FLUSHING THROUGH AUG. 4

The annual hydrant flushing at APG runs through Aug. 4. Flushing will be completed 7 a.m. to 5 p.m., Monday through Friday of each week. The schedule below is tentative and will be followed as closely as possible. The points of contact for this effort are Dennis Overbay, APG Directorate of Public Works, at 443-306-8910, dennis.a.overbay.civ@mail.mil, or City of Aberdeen representative, Roger Hall at 410-272-1449.

THROUGH AUGUST 19
EDUCATION CENTER SUMMER SEMESTER

The Army Education Center on post college schedule for the summer

semester is as follows:

- Florida Institute of Technology, Through - July 25
- University of Maryland, Through Aug. 10
- Harford Community College, Through - Aug. 1
- Central Michigan University, Through - Aug. 19

For more information, contact the Army Education Center at 410-306-2042/2037.

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.

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.

ARMY WELLNESS CENTER OFFERING SERVICES AT APG SOUTH CLINIC

The Army Wellness Center is seeing clients at the APG South (Edgewood) Clinic, Bldg. E4110 twice a month. Clients can have metabolism and body composition assessments and other services without having to drive to APG North (Aberdeen). Service members and their Family members, retirees and Army civilians can make an appointment through the APG North AWC, or be referred by their unit or primary health care provider at Kirk U.S. Army Health Clinic. Upcoming APG South AWC dates are:

July 23 and 29; and Aug. 5, 14 and 27. For more information, or to schedule an appointment call 410-306-1024.

AIRBORNE HAZARDS & OPEN BURN PIT REGISTRY

VA encourages all Gulf War Veterans - anyone who served in the Persian Gulf area from August 1990 to present - to sign up for the Airborne Hazards and Open Burn Pit Registry which is established by Public Law 112-260. The registry provides an opportunity for veterans to receive information updates and to help VA improve its understanding of deployment-related health effects. During deployment, Gulf War veterans may have been exposed to smoke from burn pits, oil-well fires, and air pollution. Veterans must complete an online health questionnaire to participate in the registry. For more information, visit www.publichealth.va.gov/exposures/burnpits/.

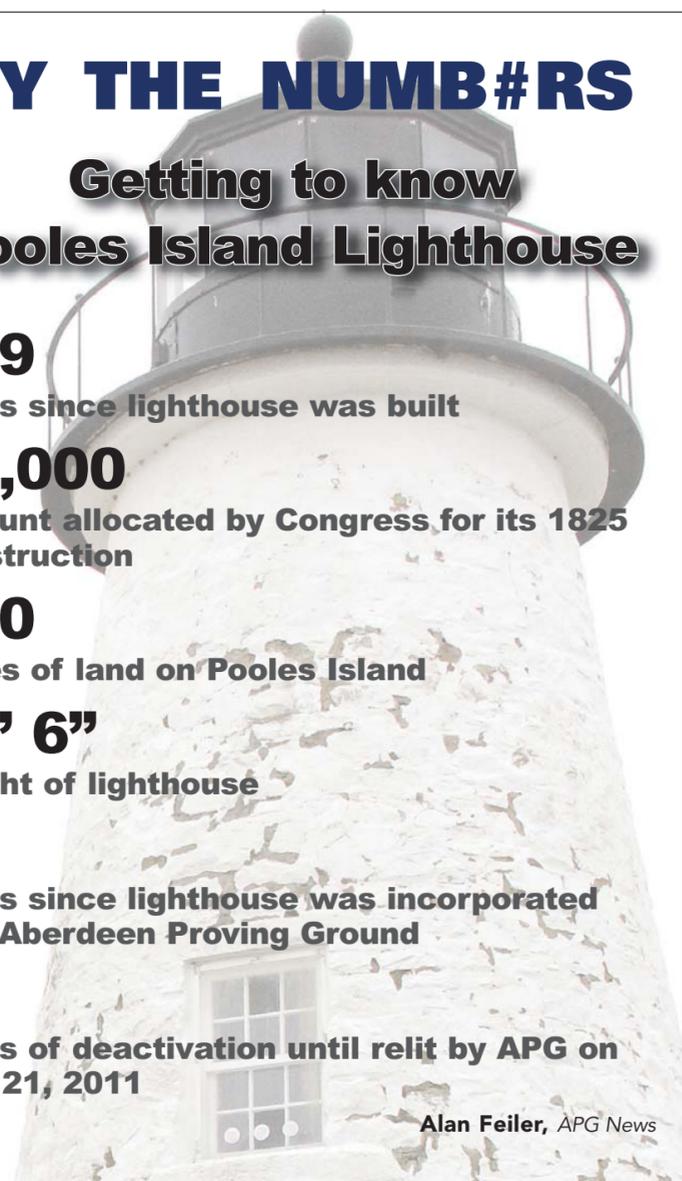
INSIDE APG

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/se7hTkwbnO8>

2ND INFANTRY DIVISION REUNION

The Second (Indianhead) Division Association is searching for anyone who served in the 2nd Infantry Division at any time. For information about the association and its 93rd annual reunion in Omaha, Ne. from Sept. 16 - 20, contact secretary-treasurer, Bob Haynes, at 2idahq@comcast.net or 224-

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



BY THE NUMB#RS

Getting to know Pooler Island Lighthouse

189
Years since lighthouse was built

\$5,000
Amount allocated by Congress for its 1825 construction

280
Acres of land on Pooler Island

40' 6"
Height of lighthouse

97
Years since lighthouse was incorporated into Aberdeen Proving Ground

72
Years of deactivation until relit by APG on May 21, 2011

Alan Feiler, APG News

CONSTRUCTION ALERT

300 Block Traffic Pattern Change

Traffic patterns will be disrupted July through September in the 300 block starting the first week in July to conduct steam line replacement work. This work will repair steam leaks emanating from steam vaults. Temporary fencing will define the staging area for pipes and equipment. Phase 1 fencing will be in place through Sept. 24. Phase 2 fencing will go up Sept. 25 through Oct. 15. Work began July 7. For more information, contact the Directorate of Public Works' Jeff Presgraves at 410-306-1848, jeffery.a.presgraves.civ@mail.mil; or Devon Rust at 410-306-1125, devon.a.rust.civ@mail.mil.

CONSTRUCTION ALERT

APG NEWS

This Week in APG News history

By YVONNE JOHNSON, APG News

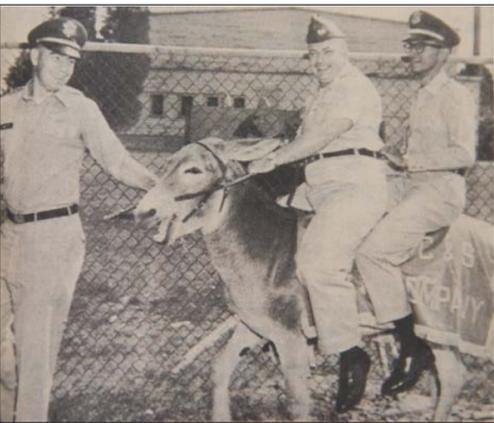


50 Years Ago: July 16, 1964

Clockwise from top left:
(From left) Marion Culp receives the one-millionth prescription distributed by the Kirk Hospital pharmacy from 1st Lt. Robert Brady, pharmacy officer. The million prescriptions were dispensed over a period of four years.

(From left) Mrs. Norman Cullum and Mrs. John Schaeffer, motor pool dispatchers, direct the course for post taxi drivers from the dispatch office at the APG post motor pool.

(From left) Capt. Jerry Beatty leads Deputy, the Ordnance Center and School mascot, carrying Capt. Robert Sheriff and Edward Washington to their Ordnance Officer Career Course class.

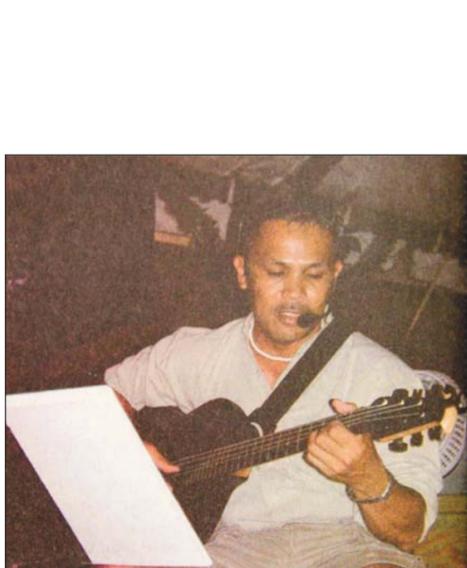


25 Years Ago: July 19, 1989

Clockwise from top left:
(From left) Brig. Gen. Peter Hidalgo helps Sally Creasy unveil the plaque dedicating the headquarters building of the U.S. Army Chemical Research Development and Engineering Center to her late husband, Maj. Gen. William M. Creasy.

Lucius and Catherine Williams look on as the Purple Heart Medal is posthumously awarded to their grandson, 1st Lt. George Williams, who was killed on Pan Am Flight 103 during a ceremony at the Ryan Building led by Brig. Gen. Robert Orton, deputy commander of the U.S. Army Test and Evaluation Command. Pan Am Flight 103 was destroyed by a terrorist bomb over Lockerbie, Scotland, Dec. 21, 1988.

(From left) Brig. Gen. Peter Hidalgo assists Marilyn Berger and her children Todd and Tara in dedicating the Berger Laboratory complex in the Edgewood Area to her father, Dr. Bernard Berger, July 11, 1989.



10 Years Ago: July 15, 2004

Clockwise from left:
Master Sgt. Louie Marohombsar of the Guardian Brigade's CBRNE Tactical Augmentation Cell, gives an acoustic rock performance at the Main Street Tower in Bel Air. A life-long singer, Marohombsar performs regularly at the restaurant and for other local events.

Outgoing APG Garrison Commander Col. Mardi U. Mark recalls "challenging times" during the Garrison Change of Command ceremony at Fanshaw Field July 8, 2004. Mark led the installation through the upheaval that followed the 9-11 terrorist attacks and into the early post-9-11 era.

Shortly after assuming command of the APG Garrison, Col. John T. Wright receives a congratulatory kiss from his mother, Jean Wright, during a reception at Top of the Bay.



Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit <http://ice.disa.mil>.
Click on "ARMY" then "Aberdeen Proving Ground."

DARPA seeks advanced manufacturing standards

By **DAVID MCNALLY**
RDECOM Public Affairs

Since the early 1970s, the Defense Advanced Research Projects Agency, known as DARPA, has been making investments to jump-start additive manufacturing. However, rapid adoption of advanced manufacturing techniques continues to face steep barriers as the industry seeks confidence that critical parts will perform as predicted. This led DARPA to focus on how to ensure that the technology meets the technical expectations of the marketplace.

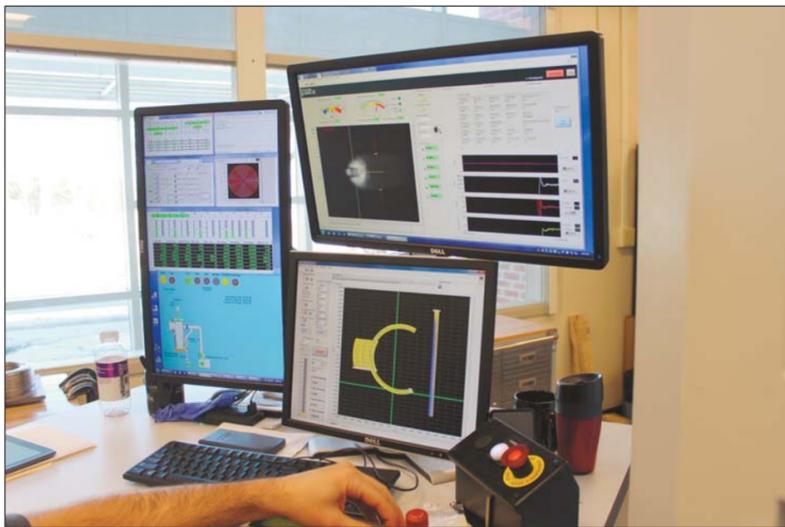
“We looked at setting up the Open Manufacturing program to see if we could build more confidence in these manufacturing technologies so that we can actually realize their potential,” said Michael “Mick” Maher, DARPA Open Manufacturing program manager.

Maher said metallic parts created through additive manufacturing, known as AM, have typically been used for rapid prototyping, not for the actual manufacturing of products.

“Improved build capabilities and expanded material palette have led to enhanced focus on using metals AM for rapid manufacturing of optimized parts intended for actual use in platforms, including rotating turbine engine components and critical load-bearing aircraft structures. But, metals AM still faces barriers to gaining acceptance,” he said.

For the past two years, DARPA has been developing a methodology and framework for building confidence in these new manufacturing technologies. The agency set up and funded two manufacturing demonstration facilities, known as MDFs.

The MDF located at the Pennsylvania State University Applied Research Labo-



Courtesy photo
Researchers monitor process control during a build for a rotor for an advanced turret. DARPA officials see additive manufacturing as an affordable method of reducing weight for land system components.

ratory focuses on additive manufacturing.

“At Penn State, they actually assess the technologies,” Maher said. “There are a lot of different types of additive manufacturing. Penn State has the capability to assess the strengths and weaknesses of each approach. They are also the facility that curates our process models. As people begin to develop new modeling techniques, they always want to know: Where do I use this? Why is this one better than the other? Penn State becomes my trusted agent that allows me to do that assessment.”

The other MDF, located with the U.S. Army Research Laboratory at Aberdeen Proving Ground, Md., supports a bonded composites effort.

“What is particularly important to the additive community is that the ARL MDF is also the place where we store our material and process data,” Maher said. “For a long time, government agencies would buy material analysis. We wouldn’t buy the actual raw material data and the pedigree that goes with it. The ARL MDF becomes a facility that now, whenever the government is generating data, they will be able to store it and make it available for other government agencies.”

DARPA hopes to help create a definitive knowledge base for the entire industry. “One of the things we have been doing is working with the America Makes manufacturing institute,” Maher said. “They are utilizing our framework and our data-

base as the basis for what they’re doing.”

America Makes is the presidential initiative to create a public-private partnership to create advanced manufacturing techniques and empower the U.S. economy.

DARPA is also working with industry to develop rapid qualification methodologies and frameworks.

“With Open Manufacturing, we are highly optimistic,” he said. “We are coming out of our phase one and looking at the results that we are getting from our performers.”

Building confidence in critical parts created with new technologies and rapid qualification of these procedures are still major challenges.

The DARPA Open Manufacturing program will continue its quest for two more years during phase two.

“To fully implement, we have a plan that goes out another year-and-a-half after that,” Maher said. “One of the things we’re doing to ensure that we get adoption of the technology is by including an expert panel to provide some informal feedback for the Open Manufacturing program.”

The expert panel includes members from the service science and technology communities, certification authorities, the U.S. Army Manufacturing Technology Program, Federal Aviation Administration, National Aeronautics and Space Administration, and U.S. Army Evaluation Center.

“They know what’s coming down the road and they are aware of our capabilities and what we’re doing with the technology,” he said. “That’s one of the reasons we’re very confident that people are going to adopt these techniques in the future.”

DOD Directory guides parents of special needs children

By **TERRI MOON CRONK**
DOD News

A permanent-change-of-station move prompts its own challenges, but Family members with special-needs children face another complexity when looking for the right schools at their new home, according to Defense of Department officials.

Ed Tyner, acting deputy director of DOD’s special needs program, said that service members and their families can find a comprehensive tool in the newly updated Education Directory for Children with Special Needs, which addresses opportunities in all 50 states and the District of Columbia.

Available on the Military OneSource website, the directory gives parents guidance to make informed decisions on new school districts, programs and services for special-needs children.

“DoD is supportive of all families with special needs,” Tyner emphasized.

The directory has been available for about four years. It initially covered 15

states with the largest military populations and certain special needs, such as autism, intellectual deficits and behavioral concerns, Tyner said.

In addition to those needs, the new directory includes “the whole gamut,” from speech and language to learning disabilities to physical impairments, he said.

The new directory, Tyner said, is “much more comprehensive.”

Tyner noted that the directory is an education resource that’s also useful to families without special-needs children.

Navigational tools provide family members with tips on transitioning between schools by providing questions to ask and offering forms to download.

“It’s organized in a way that makes it very [user-friendly]. The feedback we’ve gotten from families has been great,”



Tyner said.

The directory comprises two components: one on early intervention for children up to age 2, and another for school-aged children and young adults up to age 22, and both provide a substantive guide of

tools and resources to make education transitions easier during a PCS move.

While the directory on Military OneSource neither compares nor rates schools, it will walk family members through school districts near the new installation and lists what schools offer for special-needs education opportunities and services, as well as enrollment numbers, Tyner explained.

“Contacts are listed so family members know who to call for more information,” he said.

Other tools in the directory include a

checklist to give family members questions to ask at the new school and tips for organizing school records and other advice to help in the transition.

A common theme is that families look for special-needs education opportunities that are comparable to the school resources from which they’re moving, Tyner said. Laws ensure that special-needs education must provide comparable services, he added.

“Parents need to be sure the individualized needs, goals and objectives for their child are being met,” he said, even though the new school might be organized differently.

“The directory has been designed to help parents make better decisions, and it gives them information and tools as they work with their family members’ special needs,” Tyner said. “It shows the commitment by DoD to really put resources where they need to be for these families.”

(Follow Terri Moon Cronk on Twitter: @MoonCronkDoD)

Wounded Warrior golf program draws national interest

By **TIM HIPPS**
IMCOM

PGA head professional Steve Greiner credits the Army Morale, Welfare and Recreation Wounded Warrior Golf Program for helping keep golf on the map at Fort Belvoir in Northern Virginia.

Greiner participated in a series of high-profile events with President Barack Obama and legendary golfer Jack Nicklaus that reaffirmed his belief that accommodating injured veterans, women and junior players are essential keys to a successful future for military golf programs.

Launched in 2008 to help injured troops overcome physical and psychological setbacks, the Fort Belvoir MWR Wounded Warrior Golf Program has received accolades from the commander in chief and arguably the world’s greatest golf champion.

Greiner started Fort Belvoir’s program before an Army hospital was built on the south post’s nine-hole course. The 36-hole layout on the north post will be altered by construction of the National Museum of the United States Army. Greiner is determined to make the most of the situation, preferably by making one of the 18-hole courses better suited for adaptive and beginning golfers.

It did not take long for Greiner to ask himself “if the post is becoming a leader in adaptive treatment, how about us becoming a leader in adaptive golf?”

“There has been a lot of attention paid to this program since people have



U.S. Army Photo
Jack Nicklaus peruses a map of courses at the Fort Belvoir Golf Clubhouse with Army Morale, Welfare and Recreation and PGA Pro Steve Greiner and members of the IMCOM MWR garrison and headquarters teams. Greiner envisions adaptive golf playing a major role in future success of the sport on military installations.

learned Jack Nicklaus actually came and visited the Fort Belvoir Golf Club,” Greiner said. “We’re talking a legend the magnitude of Babe Ruth or Pele. Jack Nicklaus is an American icon.”

Obama has played golf at Fort Belvoir frequently, and nine times he has visited Soldiers in the Fort Belvoir MWR Wounded Warrior Golf Program, said Greiner, who noted that 98 wounded warriors and their family members participated in the program during the spring of 2014 alone. All told, more

than 600 wounded warriors have benefited from the program.

On the morning of May 21, Nicklaus spoke to members of Congress to commemorate National Golf Day on Capitol Hill. That afternoon, he presided over the grand opening of his Potomac Shores Golf Club in Dumfries, Virginia, where Fort Belvoir MWR Wounded Warrior Golf Program participant Staff Sgt. Robbie Laux launched a ceremonial tee shot alongside Nicklaus.

Greiner and his wife, Marty, along

with Spc. Kevin Carman, Marine Corps Sgt. Brandon Hughes and 1st Sgt. Tony Henry and wife Teresa served as official greeters June 24 at the White House President’s Cup reception, attended by Obama, Vice President Joe Biden, Speaker of the House John Boehner, golfers Tiger Woods and Phil Mickelson, among others.

“It was a great opportunity to network with the players, their families, and leaders in the golf industry,” said Greiner, who uses these opportunities to spread the word about adaptive golf.

More than 40 professionals from the Mid-Atlantic PGA have been trained to work with the wounded warriors.

Greiner started the program to help wounded Soldiers returning from Iraq and Afghanistan. With the addition of a new hospital, coupled with the Warrior Transition Battalion’s move to Fort Belvoir, growth was inevitable. He hopes to parlay the recent attention into something bigger and better – all the while working with the concept of “less is more.”

“We’re going to redesign into a smaller footprint because of the new U.S. Army Museum,” said Greiner, who envisions one course that appeals to beginners, veterans, women and Wounded Warriors – a flatter, more open and shorter layout called the Warrior Course.

“This could be really good for MWR and for our disabled veterans and Wounded Warriors,” Greiner said. “It gives an additional purpose to the MWR golf program that I think can prosper.”

Council plans post health and wellness events

Continued from Page 1

cer Wendy LaRoche, from the U.S. Army Public Health Command, said the council's long-term goal is to have a ready and resilient force; this includes the whole community -- Soldiers, civilians, contractors, Family members and retirees. Another goal of CHPC is to network with representatives from outside the gate, to improve the health and wellness of local communities.

Laura Culbertson, a registered nurse from the Baltimore County Department of Health, highlighted several improvement priorities for Baltimore County. They include tobacco cessation, substance abuse prevention, reducing emergency room visits for hypertension and reducing childhood obesity.

Col. Heidi Warrington, USAPHC chief nurse executive, briefed attendees about USAPHC's "Tobacco-Free Living" initiatives. Warrington, the lead consultant on tobacco-free living in the U.S. Army Medical Command, said every year, tobacco-related medical, increased hospitalization and lost work days costs the Department of Defense more than \$1.6 billion. She said tobacco use has been shown to impact and increase training costs of new recruits and failure to complete basic training costs the government about \$16,000 per recruit.

Warrington said the USAPHC policy for "Tobacco-Free Living" was approved Jan. 10. This policy directs USAPHC personnel and visitors to avoid using tobacco products while on USAPHC campuses, with the intent of creating a healthier workplace and workforce. She said in a year, the program will be fully implemented throughout USAPHC and that the implementation period gives employees time to attend tobacco cessation classes and become acclimated to living tobacco-free lifestyles during duty hours.

Warrington said there are free resources in the area for people who want to quit or reduce tobacco usage. The Kirk U.S. Army Health Clinic provides classes on post. For more information, call 410-278-1771. The Harford County Health Department also provides free classes. Call 410-612-1781 for more information. To learn more, visit www.cdc.gov/tobacco, www.ucanquit2.org, or [\[phc.amedd.army.mil/topics/healthy-living/tfl/Pages/default.aspx\]\(http://phc.amedd.army.mil/topics/healthy-living/tfl/Pages/default.aspx\).](http://</p>
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According to 1st Lt. Joanna Moore, APG Performance Triad action officer, an APG Healthy Kids Kickoff for preschool children who attend the Child Development Centers was held in May. During the event, Soldiers, Freestate ChalleNGe Academy cadets and staff from the Army Wellness Center led exercises and talked about the importance of eating a balanced diet and getting a good night's sleep.

Moore said the Army Performance Triad team is collaborating with Child, Youth and School Services to host a similar event for school-aged children. Crawford added that he would like to see more events like this on APG to help combat the serious problem of childhood obesity.

Moore said the Army Performance Triad team is hosting a series of fun runs this summer in preparation for the Army Ten Miler, which takes place Oct. 12 in Washington D.C. The first 5K run is set for Wednesday, July 23, starting from the Main Exchange (PX) parking lot from 6 a.m. to 8 a.m. The run is open to the general public, and participants can either run 5 miles or walk 3.1 miles. Register at <http://performancetriad-5miler.eventbrite.com>.

Other upcoming health and wellness events include the C4ISR Health Fair July 17, the Resiliency Health Fair Sept. 17 at the APG South (Edgewood) recreation center and the Performance Triad 10K run set tentatively for Aug. 20.

Suicide Prevention Program Manager Kenneth Gesch, from the Army Substance Abuse Program, said September is designated as Suicide Prevention and Awareness Month. This year the Army theme for Suicide Prevention and Awareness Month is "Enhancing Resiliency- Strengthening our Professionals." Gesch said several suicide prevention awareness training sessions will be held on the installation over the next two months. For more information contact Gesch at 410-278-7779 or email kenneth.a.gesch.civ@mail.mil.

Janice Downey director of Army Community Service, said ACS is currently working on building its volunteer corps and will host a Volunteer of the Year Recognition Ceremony at the Top of the Bay Aug. 21 from 11 a.m. to 1 p.m.

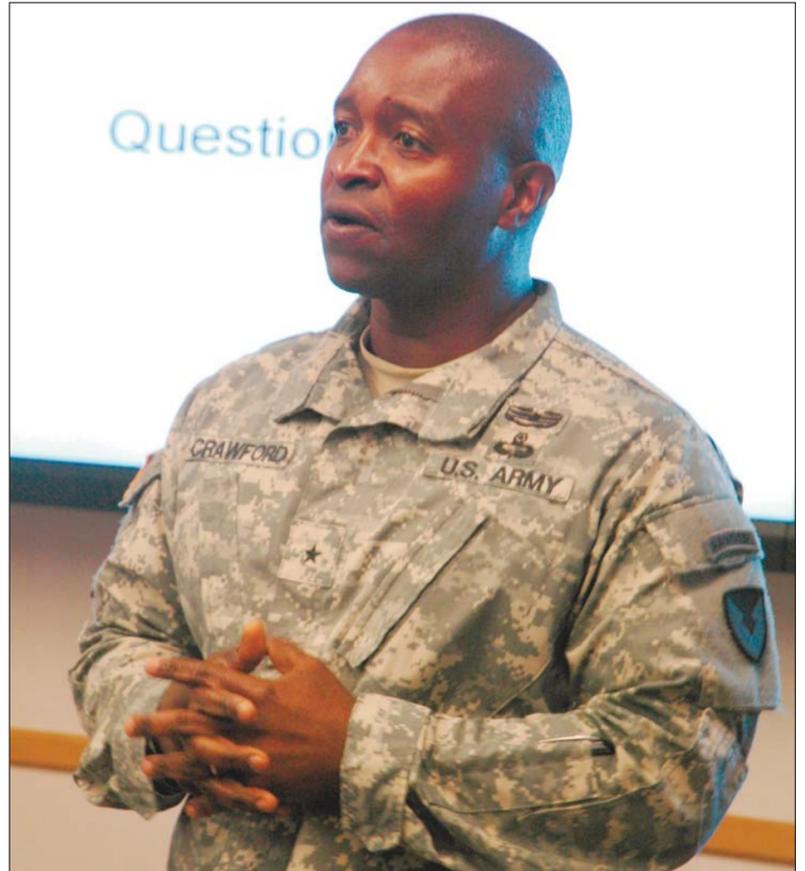


Photo by Rachel Ponder

APG Senior Commander Brig Gen. Bruce T. Crawford addresses the APG Community Health Promotion Council during its quarterly meeting in Bldg. 6002 July 9.

At the Top of the Bay Aug. 21 from 11 a.m. to 1 p.m.

Attendees also heard from Theresa Owolabi, the APG Sexual Harassment and Assault Prevention program manager. Owolabi said the goal of the SHARP program is to respond to 100 percent of inquires for assistance, provide each victim with options for reporting and ensure perpetrators are held appropriately accountable.

Crawford added that the Army takes SHARP seriously.

"It is about treating people with respect and decency," he said.

During closing remarks, Crawford said that APG must continue to take a proactive approach to wellness. He

said Soldiers, DoD civilians and their Families will be under increased stress due to the Army drawdown and asked CHPC members to closely examine it will affect the health and wellness of the APG population. "It's a huge problem and we only seen the tip of the iceberg," he said.

Crawford said the key to facing these challenges is effective teamwork.

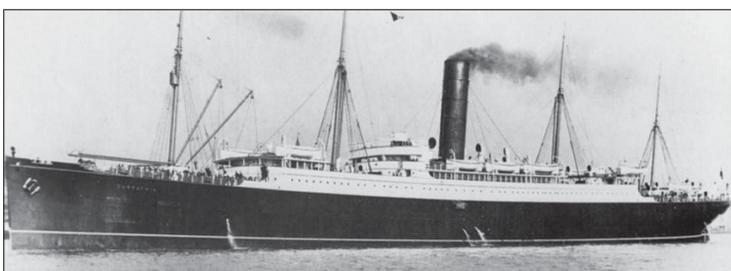
The next CHPC meeting will be held in September, at a date to be determined. For more information on upcoming CHPC events, visit <http://www.apg.army.mil/APGHome/sites/commander/CHPC/healthpromotion.cfm> or call LaRoche at 410-278-1153, or e-mail wendy.c.laroche.civ@mail.mil.



MORE ONLINE

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

DID YOU KNOW?



Did you know that on July 17, 1918, the RMS Carpathia, the passenger steamship that rescued Titanic survivors, was sunk in the Atlantic by a German Navy submarine?

Yup, 96 years ago today, the same ship that ferried Titanic survivors safely to New York City was torpedoed by an Imperial German Navy U-boat six years later.

The Carpathia sped to Titanic's location after receiving her distress signal after midnight on April 15, 1912. After being awakened by his wireless operator, Carpathia Captain Arthur Henry Rostron ordered the ship at full speed, 17 knots (20 mph) arriving at the scene, approximately 58 miles away, four hours later.

Carpathia's crew was awarded medals by the survivors and Rostron was knighted by King George V. He later received a Congressional Gold medal and was a guest of President William Howard Taft at the White House.

A Cunard line passenger steam ship, Carpathia was put to service transporting Canadian and American troops to Europe during World War I.

On July 15, 1918, Carpathia departed Liverpool, England, in a convoy bound for Boston.

She was torpedoed 9:15 a.m. July 17 in the Celtic Sea by the Imperial German Navy submarine U-55.

Of the three torpedoes fired at the ship, one impacted the port side while the other penetrated the engine room, killing two firemen and three trimmers.

As Carpathia began to settle by the head and list to port, Capt. William Prothero gave the order to abandon ship. All 57 passengers and 218 surviving crew members boarded lifeboats as the vessel sank.

The U-55 surfaced and fired the third torpedo into the ship and was approaching the lifeboats when the Azalea-class sloop HMS Showdrop arrived on the scene and drove away the submarine with gunfire before picking up the survivors from Carpathia.

Carpathia sank at 11 a.m. approximately 120 miles west of Fastnet, Ireland.

Carpathia's wreck was discovered in 2000 at a depth of 500 feet by American author and diver Clive Cussler's organization, NUMA. Today it is owned by Premier Exhibitions, Inc., the same company that owns the salvor-in-possession rights of Titanic.

Yvonne Johnson, APG News

Info three clicks away on Team APG site

Continued from Page 1

Planning was careful and meticulous, she added. From the start, planners put out feelers to a select group of individuals unfamiliar with the installation and requested feedback about what makes sense for the site. They even coordinated with the Schweinfurt, Germany community because its site had the look they wanted to incorporate into the new site.

"They said it took them two years to get their site put up," she said.

Information through the search options are set up so that searchers are no more than three clicks away from the information they seek, Plummer said.

For example, under Newcomers & Visitors, searchers will find "Gate hours & directions," "Housing & Lodging," and "Installation Information." From there, clicking on "Housing & Lodging" will take you to a list of on-post options like Corvias Military Housing and Housing Service Office points of contact to a listing of local hotels.

"We tried to make it as user-friendly as possible," she said. "This is a living document and information will constantly be changing. We tried to leave names off and just use generic phone numbers and emails so the information won't become outdated so quickly.

We're hoping it's easier to navigate and it should be less than three clicks to your information. This means everyone can navigate a lot easier," she said.

The site is titled "TEAM APG, Official Homepage of Aberdeen Proving Ground, Maryland/The Army's Home of Technology."

User selections across the top of

the page include the Team APG master calendar, Special Events, Training & Expos, CYSS, Religious Services and Sports & Recreation.

Along the left border search options include Newcomers & Visitors, Major Commands, Tenant Activities, FMWR, HHG Garrison, Public Affairs, the APG News, Installation Support, Installation Policies, the APG Directory and the APG Employee Toolbox. Revolving images and lists of the latest news and photos make up the center of the page. Along the right border, users can Connect with APG through links to Facebook, Flickr, Twitter, YouTube, and the Garrison's Army Community Service and Child, Youth and School Services.

Searchers can download request forms, submit ICE comments, access the SHARP and Suicide Prevention hotlines and even submit a question to APG Senior Commander Brig. Gen. Bruce T. Crawford.

A big plus, Plummer said, is the Team APG Master Calendar.

"It lists special events for the installation events, not just Garrison, and it offers you the option to submit your event to be added to the calendar."

Submissions are cleared and then posted through the Garrison Public Affairs Office, she said "The plan is to have tenant organizations use it to have a central location to look for everything."

Along with the new portal, www.TeamAPG.com, users can keep up with APG happenings through the installation's other information resource social media sites at www.facebook.com/APG-Md; www.twitter.com/USAGAPG; and www.flickr.com/photos/usagapg.

Like us on facebook

www.facebook.com/APGMd

Follow us on twitter

<https://twitter.com/USAGAPG>

Check us out on flickr

<http://www.flickr.com/photos/usagapg/>

APG SNAPSHOT

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



Photo by Christopher Bodin

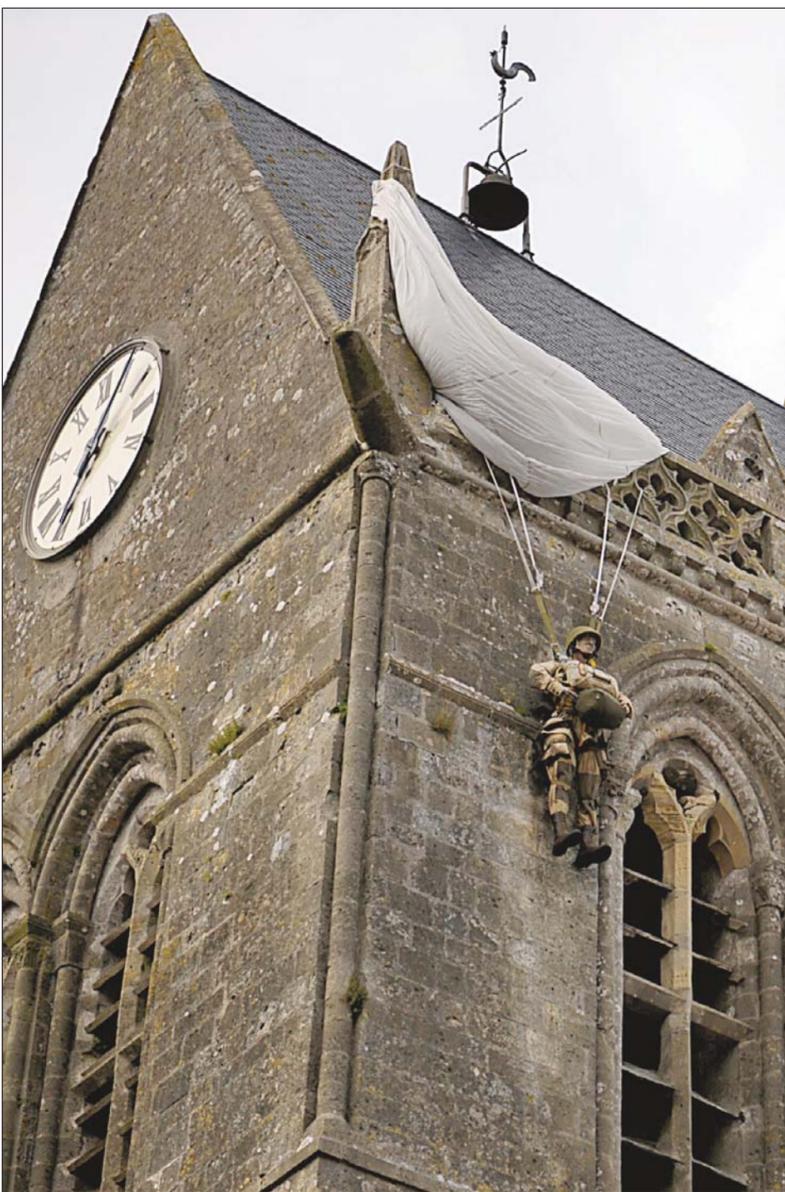


Photo by Staff Sgt. Sara Keller

AROUND THE ARMY IN PHOTOS

Clockwise from top:
U.S. Marines and Republic of Korea complete Air Assault mission
 Pilots from the 2nd Battalion (Assault), 2nd Aviation Regiment and 3rd General Support Aviation Battalion fly in over 300 Republic of Korea and U.S. Marines on 25 UH-60 Blackhawk helicopters for an air assault on the multipurpose range complex in May.

Army watercraft support 3rd Marines during RIMPAC 2014
 Logistic Support Vessel-2, the U.S. Army Vessel CW3 Harold A. Clinger, got underway from its home port July 2, to conduct the first of eight surface lifts between Kaneohe Bay and Kawaihae Harbor, Hawaii, in support of the 3rd Marine Regiment as part of the biennial Rim of the Pacific 2014 exercise. LSV-2 will also partner with 25th Infantry Division's 25th Combat Aviation Brigade, for casualty evacuation operations and a shipboard aerial resupply with the New Zealand Navy, and conduct Logistics over the Shore operations during RIMPAC 2014.

Simulated Normandy paratrooper
 A simulated U.S. Army paratrooper hangs from the infamous church in Sainte-Mere-Eglise in Normandy, France, as citizens of Normandy welcomed thousands of visitors for the commemoration of the 70th Anniversary of D-Day in June.



Photo Sgt. 1st Class Mary Ferguson

APG CHILDREN CATCH SOCCER FEVER

During the annual Challenger Sports British Soccer Camp, 45 children, ages 2-13, learned different soccer techniques. The camp was hosted by the Child, Youth and School Services Sports program at the CYSS soccer field July 7-11. (Right) Taylor Flagg practices juggling during a soccer drill. (Bottom, from left) Goalkeeper Joseph Amaral anticipates a shot as Brandon Morgan, Keely Lockwood and Chris Morgan approach.

Photo by Rachel Ponder

