



APG NEWS

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Photo by Molly Blossie

Community Center nearing completion, opens May 22

The Bayside Community Center is set to provide first-class amenities for post residents. The clubroom (pictured) features a full-size pool table, arcade games and flat screen TV. The center also includes a multi-purpose room with a full kitchen, tables and chairs, and three computer stations. This room can be reserved for parties. The fitness center will be accessible 24 hours-a-day and has an attached playroom for children and a yoga room with a large TV and DVD player for personal fitness training. The center grounds include a swimming pool, two playgrounds and a pavilion. Community members can attend the May 22 grand opening at 10 a.m. for a ribbon-cutting ceremony and tours of the facility.



AER Campaign begins May 15

By **RACHEL PONDER**
APG News

The APG 2014 Army Emergency Relief Campaign will kick off May 15.

The theme for the 2014 AER campaign, which runs through June 15, is "Army Emergency Relief -- A Soldier's First Choice."

The purpose of the campaign is to create a greater awareness of how AER can resolve short-term financial difficulties, as well as provide an opportunity for Soldiers to help fellow Soldiers.

"Since 9/11, almost \$800 million has been distributed to Soldiers and their Families in the form of interest-free loans, grants and scholarships to children and spouses of active duty and retired Soldiers," AER Director and retired Army Lt. Gen. Robert Foley stated in a press release.

"In the last four years, nine new categories of assistance have been added to include Family mem-

See **APPROVAL**, page 14

Armed Forces Week

APG activities set to salute America's military May 12-16

By **RACHEL PONDER**
APG News

A full week of activities saluting America's armed forces and the APG community is set for May 12 -16. All Armed Forces Week activities are Team APG events hosted by the U.S. Army Test and Evaluation Command.

Master Sgt. Linwood Parker, from ATEC, said this year's AFW activities emphasize the importance of health and resilience.

"The events will reflect the Army's focus of being ready and resilient with the hopes of encouraging a healthier, more productive workforce," Parker said.

AFD Golf Tournament

Armed Forces Week kicks off Monday, May 12, with a golf tournament at Ruggles Golf Course. Registration, a continental breakfast and warm-up is 7-8 a.m., followed by an opening ceremony from 8 to 8:30 a.m., led by ATEC Commander Maj. Gen. Peter D. Utley.

The event concludes 2 p.m. with a pig roast and buffet

See **AFW's**, page 12



Runners take off on the 2012 Armed Forces Day run at APG North. This year, the Armed Forces Day 5K Run/2-Mile Walk starts 6:30 a.m. in front of the Hoyle Gym at APG South (Edgewood) Friday, May 16. The run/walk is open to everyone. File photo

Motorcyclists urged to drive defensively

By **RACHEL PONDER**
APG News

Motorcyclists across the region are celebrating the warmer weather by hitting the road. May is Motorcycle Safety Awareness Month, an educational campaign to prevent motorcycle crashes, deaths and injuries.

During Motorcycle Safety Awareness Month and throughout the year, motorists are reminded to "share the road" with motorcyclists and motorcycle drivers, and passengers are reminded to wear personal protective equipment (PPE) and drive defensively.

"Motorcycle safety is a dual responsibility," said H. Mike Allen from the Installation Safety Office.

See **CLASSES**, page 12

Sgt. 1st Class Christopher Cox of 20th CBRNE Command circles the motorcycle course during a bike show hosted by the APG Installation Safety Office in May 2013.

File photo



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flickr.com/photos/usagapg/



INDEX

Pg 2 **Street Talk**
Pg 12..... **At your service**
Pg 8 **Crossword**
Pg 10 **Mark Your Calendar**
Pg 11.....**APG News history**
Pg 14.....**Did you know?**

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

IN THIS ISSUE



Soldier for life website

Page 8



New eye shield

Page 14

WEATHER

Thursday

AM showers
chance of rain 30%



75° | 55°

More inside

ATEC kids go to work **PAGE 3**
Days of Remembrance **PAGE 4**
Alternative Medicine **PAGE 9**
Snapshot **PAGE 15**

STREET TALK

If you could go any place you wanted on a trip or vacation, where would you go?

APG North (Aberdeen) Child Development Center

Disney World because we never go there. [My favorite princess] Ariel because she was a human and then she turned into a mermaid! I like to swim, too.



Ada Puhalla, 4

Chuck E. Cheese 'cause it's fun. [I like] cheese pizza [and] my favorite is the jumping game.



Ty-Annah Briggs, 4

Florida. I go with my mom and dad sometimes. I would sit down and watch "Caillou" [PBS Kids game show].



Addison Kelly, 4

Sharks. They're my favorite animals. I saw them in a book. They were swimming.



Devin Murphy, 3

Chuck E' Cheese. My favorite pizza is pepperoni, and my favorite game is the water shooting game.



Mazari Browne, 5

OPINION

Making good choices daily important to health care

By **CARRIE KILBY AND ESTHER PFAU, HEALTH ANALYSTS**
U.S. Army Public Health Command

There are many things we don't have control over when it comes to health care. For example, the number of specialty doctors in your region, out-of-pocket expenses, proximity of medical treatment facilities, amount of time it takes to see your healthcare provider, and more.

Luckily, health is more than just good health care. It's about the decisions and choices we make every day. Most health decisions do not happen in the doctor's office or hospital.

Instead, they are made when people are at work or at home with their families. It is in this "Lifespace" where the daily choices people make impact their health.

Each day you can make a difference in your quality of life. No matter who you are, how old you are or what you do, you need a balance of sleep, activity and nutrition to build and sustain great health.

This triad of sleep, activity and nutrition was initiated by the Army surgeon general in 2012 and is called the Performance Triad. Aberdeen Proving Ground deploys the Army Family Performance Triad Campaign with a kickoff this month. The campaign aims to bring Soldiers and retirees, their families, and civilians the tools and resources needed to make better sleep, activity and nutrition choices to improve their health and performance.

To kick-start your own healthy habits, Army Medicine experts in sleep, activity and nutrition have provided some daily targets to start impacting performance and health. These daily targets for adults are:

- Get at least 7-8 hours of sleep each night.



- Remove all electronics from your bedroom.
- Take 10,000 steps during your everyday routine. Consider getting a pedometer, using your smart phone or using a personal fitness device to track your steps each day.
- Get at least 150 minutes (2 hours and 30 minutes) of moderate-intensity activity and two days of muscle-strengthening activity per week.

- Build your plate with whole grains, lean proteins, fruits, vegetables and low-fat dairy at each meal.
- Make half your plate a variety of brightly colored fruits and vegetables.
- Refuel every 4-5 waking hours; don't skip meals.
- Make water your first choice for hydration.

If you don't know where to start, have an injury, or would like additional one-on-one support no matter your current fitness level, contact your primary-care manager at your medical treatment facility or contact the APG Army Wellness Center. The AWC provides invaluable wellness services to Soldiers, retirees, their families, and Army civilians at no cost. These services include:

- Sleep Education
- Weight Management and Metabolic Testing
- Exercise Testing and Exercise Prescription
- Stress Management Education and Biofeedback
- Nutrition Education
- Wellness Coaching
- Body Composition Analysis
- Health Assessments

So, here's to a "healthier you." You have the power to improve sleep, activity and nutrition and maintain or take back control of your health and future.

Leader involvement in motorcycle accidents

Leaders,

Little more than halfway through fiscal 2014, fatal motorcycle accidents are already 33 percent above last year's numbers. This is worrying, especially given lingering cold weather in much of the United States, where riding season has been delayed for many Soldiers.

A deeper look, however, reveals an even more disturbing statistic: as of 21 April, 10 of the 12 motorcycle losses reported this year have involved enlisted leaders at the rank of sergeant and above.

This trend is unacceptable. During the past several years, our Army has lost a staggering number of NCOs in preventable motorcycle mishaps, often due to indiscipline and negligence on the part of the rider. What kind of message is this sending to the young Soldiers in our formations?

It is time for us — command sergeants major and sergeants major across the Army — to start engaging with our subordinate leaders on safety, holding them to the same standards expected of their Soldiers.

Motorcycle riders inherently face more hazards than conventional vehicle drivers and passengers. But, that does not mean riders have no control over their personal safety. It is up to us, as senior leaders, to ensure our Soldier riders have the best opportunity to "train out" the risks of motorcycling.

Are your motorcycle mentorship programs alive and well? Are the right people leading them? Are your riders trained to anticipate all the hazards of the road, even those they cannot control like wildlife and distracted drivers? Are all your riders even trained to standard?

Those are tough questions without easy answers, but we owe it to every one of our Soldiers, regardless of rank, to answer them and quickly remedy any shortcomings discov-



As of April 21, 10 of the 12 motorcycle losses reported this year have involved enlisted leaders at the rank of sergeant and above.

ered during the process.

Soldiers must have confidence in their leaders, and in turn, those leaders must build their Soldiers' confidence in safety. Leader indiscipline is reflected in the ranks, but the reverse is also true: Disciplined leaders produce disciplined Soldiers.

Please take a hard look at your formations and discuss this issue with your leaders down the NCO support channel. Our enlisted leaders are truly the backbone of our Army, and we need them all to keep our force ready for tomorrow's challenges.

May is Motorcycle Safety Awareness Month, and I encourage you to use the tools available at <https://safety.army.mil> to refocus your safety programs on this important topic.

The next few months will be critical, and we have no time to waste. Thank you for your efforts, and please let me know how I can help keep your Soldiers safe in all they do.

Army Safe is Army Strong!

Leeford C. Cain
Command Sergeant Major

U.S. Army Combat Readiness/Safety Center

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

APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
63° 42°	77° 60°	74° 58°	76° 60°	82° 61°	77° 58°	73° 56°

APG NEWS

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U.S. Army Test and Evaluation Command



Photo by Lindsey Monger

Daisila Dorsey (left), Joshua Virgil, and Miya Virgil (right) concentrate as they aim through the site of a replica rifle during a visit to the Aberdeen Test Center as part of the Bring Your Daughters and Sons to Work Day event April 24 at Army Test and Evaluation Command.

ATEC sows seeds for future... children join parents at work

By **SANDY GIBSON**
ATEC

Children filled the halls of the U.S. Army Test and Evaluation Command the morning of April 24 as the second annual "Take our Daughters and Sons to Work Day" event kicked off at ATEC Headquarters building at Aberdeen Proving Ground.

According to the Take our Daughters and Sons to Work Foundation, "Take our Daughters and Sons to Work Day" is an annual event, held the fourth Thursday each April, was designed to address self-esteem issues unique to girls and expanded in 2003 to include boys. Founded in 1993, this year marked the event's 21st anniversary.

ATEC personnel were invited to bring their daughters, sons, relatives, and friends to work to provide them a glimpse of the wide range of career and learning opportunities that exist at ATEC. Approximately 70 children arrived to participate in a full day of activities, which included hands-on experience in the day-to-day activities at ATEC, trying on field equipment worn by Soldiers in field environments, tossing dummy grenades, and simulating firing dummy M-16 rifles.

The event started with a welcome from Benita Bryant, ATEC equal employment opportunity specialist and coordinator of the event, and a brief overview of the activities planned throughout the day.

Bryant, who planned last year's event, was enthusiastic about this year's theme, "Plant a Tree, Grow a Future," and had confidence in ATEC personnel to serve as role models and inspire the children to reach their full potential during the event.

"This is a great opportunity for us to 'plant seeds' in the fertile ground of a young child's mind," said Bryant. "This event provided us a chance to discuss their future career aspirations and give advice on the steps necessary to reach and exceed those aspirations."

Robert Carter, executive technical director at ATEC, delivered introductory remarks highlighting the importance of the work ATEC employees provide to the Army and its Soldiers by testing equipment before it is deployed on the battlefield for Soldiers to use.

He shared his views on the benefits of the program and the impact this opportunity will have on children as they observe what their parents do for a living.

"First and foremost, it's about Army Families," said Carter. "Just as Families are the strength of our Soldiers, the same is true for our civilian workforce."

He, too, hopes the seeds planted will spark a child's interest in the science, technology, engineering, and mathematic fields, and ignite an interest in pursuing an Army career.

"The more young people that are exposed to Army activities and gain appreciation of what it is that we're about, can only improve public support and trust of the institution," said Carter.

This year's guest speaker, Sarah Wheat, program manager for ATEC's G-1 directorate, emphasized that it's nev-



Photo by Lindsey Monger

Children participants of Bring Your Daughters and Sons to Work Day held April 24, form two lines to march in cadence with Master Sgt. Sheila Sango, career counselor at the U.S. Army Test and Evaluation Command. ATEC hosts this event each year so children can better understand their parents' careers, learn more about Army career paths and to impress upon them the importance of going into the science, technology, engineering and math fields.

er too early to start thinking about career options. Wheat provided pamphlets that listed a number of internship programs available in a variety of career fields.

The afternoon portion of the day's events, children watched as Soldiers assigned to the Aberdeen Test Center demonstrated use of a Buffalo Mine-Protected armored vehicle used to detect, clear and/or destroy dangerous explosives. The vehicle featured a 30-foot robotic arm and claw and allows Soldiers to safely dispose of a dummy improvised explosive device.

Several parents expressed their satisfaction with the program and how it is one of the ATEC-sponsored events they now look forward to.

"My daughter Ella looks forward to it every year and so do I," said Natalie Dennison, program analyst, ATEC G-1 directorate. "It makes me proud to be a part of ATEC." Dennison feels the program helps give her 9-year-old daughter a greater understanding of her job, why she works as hard as she does, and why it is necessary for her to leave her and her sibling each day.

The day's event concluded with the children having their photos taken as Carter and Karen Taylor, ATEC chief of staff, presented certificates accompanied with some words of advice.

As he closed the day's activities, Carter addressed the importance of education and getting good grades in school.

"This program is another means of promoting STEM among young people and encouraging them to pursue education in these areas," Carter said. "The U.S. currently ranks only 25th in the world in producing degreed engineers and scientists." Carter believes that even if the "Take our Daughters and Sons to Work" program only encourages a small percentage to pursue these fields, the U.S. will still reap the benefits whether they choose a career with the Army or within the private sector.



(Top right) Soldiers outfit student participant, Hunter Sauer, in protective gear during the Bring Your Daughters and Sons to Work Day event April 24 at Army Test and Evaluation Command. This activity demonstrated some of the things the Aberdeen Test Center tests in order to keep Soldiers safe in the field. (Bottom right) Haley Belcher learns the correct way to throw a replica hand grenade at a target during the Bring Your Daughters and Sons to Work Day event April 24 at the Army's Test and Evaluation Command at Aberdeen Proving Ground, Md. This activity helped children recognize the way Soldiers train.

Photos by Lindsey Monger

Students inspired by Holocaust story

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

Holocaust survivor Robert Behr walked to the front of the stage and looked out at the crowd.

“I want everyone with brown eyes to stand up,” he said.

About 50 students stood up.

“All of the people who are standing, you are bad people,” he said. “You don’t have the same rights as those with blue eyes,” he told them. “See, that is how a dictatorship works. A dictatorship doesn’t ask you how or why, they just tell you [that] you are bad people...You can change your religion, but you can’t change your blood.”

Behr was the guest speaker at Aberdeen Proving Ground’s 2014 Holocaust Memorial Event April 30 at the APG North (Aberdeen) post theater. He shared his story of surviving the Holocaust with APG Soldiers, civilians and more than 500 local school students and faculty from across Harford County.

Team APG and U.S. Army Research Laboratory’s (ARL) theme for this year’s ceremony was “Confronting the Holocaust: American Responses,” - an examination of examining how countries responded to the tragedy. ARL has hosted the event for more than 15 years.

The ceremony was led with a benediction by Col. Jonas Vogelhut from PEO C3T and the singing of the national anthem by Courtney White of ATEC.

Six students from Bel Air Middle School—Will Solomon, Sierra Smith, Amanda Parkinson, Tyler Hamilton, Abby Lozada and Ryan Griffin—participated in a candle lighting ceremony honoring the six million Jews who lost their lives.

Born in Berlin, Germany, Behr and his family became subject to Adolf Hitler’s Nuremberg Laws and other anti-Semitic legislation in 1933. In 1942, after the family was deported to the Theresienstadt concentration camp, Behr worked at the camp transporting bodies for burial, laying railroad tracks to and from the camp and working in the camp’s kitchen until it was liberated by the Soviet Army on May 5, 1945.

After immigrating to the United States in 1947, Behr enlisted in the U.S. Army and was transferred to Berlin where he interrogated former Nazi personnel. He has since served in the



Bel Air Middle School student Amanda Parkinson lights one of six candles during the Holocaust Days of Remembrance candle lighting ceremony. The candles represent the six million Jews who lost their lives during the Holocaust.

U.S. Air Force civil service as an intelligence officer and as an adjunct professor at Sinclair College. He has a bachelor’s and a master’s degree in Modern European History.

“The question comes up, “What keeps you going?” Behr said. “What makes you get up every morning and do the best you can under the circumstances which we’re living? I’ll give it to you in one word: Hope.”

Behr added that he tells his story to keep the memory of the Holocaust alive.

“I think the world—you-have a right to know what was going on,” he said. “I’m a survivor, and all of us—the few

people who survived the Nazi regime—we’re getting older. I’m standing here at 92 years of age and talking to you. Why am I doing this? I could be at home relaxing. No, I come here to talk because we will not be here much longer, and it is you who has to carry on the mission of justice in this world.”

“Remembrance of the victims of the Holocaust is very important,” said ARL Director Dr. Thomas Russell. “The Holocaust survivors won’t be with us much longer, so hearing their stories is very important because we can’t allow this to ever happen again in our society. We all have the opportunity to make a dif-

ference. We all have the opportunity to ensure that this doesn’t happen again and to step up when something does happen.”

“I [felt] very honored to be in his presence and to light the candles at the ceremony,” said Tyler Hamilton, a participant in the candle lighting ceremony. “He [Behr] has a really powerful story.”

To learn more about the Holocaust, visit the United States Holocaust Memorial Museum website at <http://www.ushmm.org/remember/office-of-survivor-affairs/survivor-volunteer/bob-behr>.

Behr has been a volunteer at the museum since 2001.

ARL employees recognized during 2014 Excellence in Federal Career Awards

Army Research Laboratory release

U.S. Army Research Laboratory employees were recognized during the 2014 Excellence in Federal Career Awards Luncheon and Ceremony May 2 in Baltimore for excellence in job performance.

The event was held in conjunction with Public Service Week, which honors and recognizes the accomplishments and outstanding job performance, heroism and volunteerism of federal employees.

More than 850 federal officials, employees and military service members, Family members and guests from agencies throughout Maryland attended this prestigious event, hosted by the chair of the Baltimore Federal Executive Board, Charlene Ivey, director of the Defense Contract Management Agency

and the vice-chair, Commander. Patrick R. Dozier, U.S. Coast Guard Yard.

Gold, Silver and Bronze awards were presented to more than 300 Maryland federal employees, project teams and military service members in 20 different award categories.

The following 12 ARL nominations were chosen as Silver finalists:

- James J. Gyolai, Category 1c - Outstanding Supervisor - Trades and Crafts
- Dr. Frank Fresconi, Category 2a - Outstanding Professional (Non-Supervisory) - Technical, Scientific & Program Support
- Rebecca F. Clark, Category 2b - Outstanding Professional (Non-Supervisory) - Administrative, Management & Support
- J. Timothy Kerr, Jack Koontz and

Gregory Watt, Category 3b - Outstanding Para-Professional (Non-Supervisory) - Technical, Scientific & Program Support (Team)

▪ Cheryl Skibicki, Category 3c - Outstanding Para-Professional (Non-Supervisory) - Administrative/Management Analyst, GS-8 & above

▪ Claudia J. Coleman, Category 4a - Outstanding Administrative/Management Assistant (Individual)

▪ Terrence Taylor, Category 5 - Outstanding Trades and Crafts (Non-Supervisory)

▪ Dr. Sandra K. Young, Category 6 - Workforce Diversity or Equal Employment Opportunity Service

▪ Lawrence W. Burton, Category 8a - Volunteer Service (Individual)

▪ Timothy J. Mermagan, Dr. Christo-

pher P.H. Hoppel, James C. Gurganus III and Dr. Richard C. Becker, Category 8b - Volunteer Service (Group)

▪ Gary Gilde, Category 9 - Distinguished Public Service Career (for civilian retirees only)

▪ Dr. Brian P. Reen, Category 10b - Rookie Employee of the Year - Technical Scientific and Program Support

▪ The following two ARL nominations won "Bronze" level recognition:

▪ Dr. Ernest S.C. Chin, Category 1a - Outstanding Supervisor - Grade 13 & above

▪ James K. Raymond, Category 3a - Outstanding Para-Professional (Non-Supervisory) - Technical, Scientific & Program Support (Individual)

Gold award recipients were announced during the ceremony.

20th CBRNE supports National Capital Region Physical Evaluation Board

Special to APG News

Lieutenant Col. John Leahy remains on temporary duty in support of the National Capital Region Physical Evaluation Board (NCR PEB).



Leahy

Leahy is a member of the 20th CBRNE headquarters G3 staff and prior to that served for two years as team leader of CBRNE Coordination Element 3. Together with individuals from each of the three Army components, Leahy's role in support of the PEB is to research, investigate, adjudicate and vote on the physical fitness of Soldiers who have been seriously wounded, injured or have become ill.

The NCR Physical Evaluation Board is part of the Integrated Disability Eval-

uation System which processes Soldiers if they should become disabled in combat or in other ways.

The Disability Evaluation System is integrated in that the Departments of Defense and Veterans Affairs work together in an effort to make disability evaluating simple, seamless, fair and fast. Seriously wounded, ill or injured Soldiers who are no longer able to serve receive a VA disability rating and are able to calculate their compensation and benefits prior to separation.

The NCR PEB, is one of three U.S. Army Physical Evaluation Boards nationally. The other two are at Joint Base San Antonio, Texas, and Joint Base Lewis-McChord, Wash. Higher to the three boards is the U.S. Army Physical Disabilities Agency with which the NCR PEB is co-located.

Although the goals for getting active and reserve component Soldiers through the process are 295 days and 305 days

respectively, the actual average times in recent years have been higher.

To increase transparency, on Aug. 28, 2013, the Army released the web-based IDES Dashboard to enable Soldiers to track their open cases and commander's to track the open cases of Soldiers within their unit.

Other than CAC authentication, Soldiers with open cases do not need any further authorization to view their own IDES Dashboard at <https://cms.mods.army.mil/cms/protected/report/soldierDashboard.aspx>. Commanders wishing to gain full access to the Command Management System should go first go to <https://authentication.mods.army.mil/MCP/>. After achieving access, commanders may begin tracking and training for tracking at <https://cms.mods.army.mil/cms/>. For more information, visit the U.S. Army Physical Disability Agency website at <https://www.usapda.army.mil/>



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Visit us at <http://apgnews.apg.army.mil/archives/archives.html> or scan the QR code



ACRONYM OF THE WEEK

EFMB

Expert Field Medical Badge

Considered one of the most prestigious and difficult Army skill badges to earn, the EFMB is the non-combat equivalent of the Combat Medical Badge (CMB) and is awarded to military medical personnel who successfully complete a set of written and performance qualification tests. The pass rate for FY 2013 was 19 percent.

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency).

For info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Adams, Dwayne	Gaddis, Lonnie	Robinson, Jennifer
Armstead, Richard	Green-Farley, Jessica	Robinson, Lisa
Birch, Garfield	Gregory, Lisa	Rodriguez, Pedro
Blethen, Lena	Grimsley, Sylvia	Rodgers, Christopher
Blethen, Matthew	Hynes, Erin	Rushworth, Robert
Bruner, Stephen	Hoffman, William	Sherrod, Irving
Cannon, Marcy	James-Stewart, Sonya	Small, Errol
Clark, Lyra	Kennedy, Sandra	Solomon, Je'Neane
Cobb, Joyce	Kondu-Jammar, Tyshon	Stewart, Kathleen
Crawford, Curtis	Lamar-Reeve, Kellie	Sumic, Angie
Cwiertnie, Victoria L	Little, Angela	Sweeney, Joseph
Deans, Theresa	Lowry, Teresa	Teigue, Sarah
Donahue, Karen	Malczewski, Stephen	Trulli, Wayne
Donlon, Jacqueline	Martino, Rose	Urban, Brenda
Doran, Kemi	Mason, Tonya	Williams, Demetria
Eberhardt, Joanne	McCauley, Adrienne	Winne, Janeen
Evans, Doretha	McClintick, Jill	
Fike, Curtis	Nunley, Dana	

Field support hub streamlines for future

By **NANCY JONES-BONBREST**
PEO C3T

Reducing a campus by more than one-third is no small feat. Completing it in less than six months is even more difficult.

Yet, that's just what occurred at the Central Technical Support Facility (CTSF) located at Fort Hood, Texas. They went from planning the consolidation last November to completion in March, resulting in a decrease of 11 modular trailers, relocation of more than 600 people to better aligned space and a 30 percent reduction in costs.

"It's just a better way of doing business," said Col. Anthony Wizner, director of the CTSF. "Like everyone in the Army, we were looking for efficiencies. The workforce of CTSF decreased over the years and we knew we could do more with less when it came to our facilities."

The move comes as the Army realigns its field support to match the drawdown from Afghanistan and military spending decreases. This realignment, pioneered by the command, control, communications, computers, intelligence, surveillance and reconnaissance (C4ISR) community, will shape field support to meet the needs of the smaller, more mobile and agile Army of 2015 and beyond. It also aligns with the Army's overall effort to deliver troops the information they need to achieve tactical dominance through simplified, more intuitive communications systems.

In the end, the smaller yet more efficient CTSF campus maximizes the use of space, accommodates employees in a streamlined workspace and reduces site maintenance needs and costs.

The effort, which is expected to be completed this spring, will save as much as \$1.3 million annually in lease and facility support costs. That savings will be shared by the CTSF and associated organizations that pay reimbursable fees based on usage.

"Reorganizing within the CTSF Campus was a very large undertaking, but throughout the entire process, our main focus remained on supporting the currently deployed forces," said Frank Connolly, operations officer for the Digital Systems Engineering program of the Program Executive Office Command, Control and Communications-Tactical (PEO C3T) located at the CTSF. "It was a matter of getting a bigger bang for the taxpayer dollar and aligning offices that did a lot of similar work. This allows us to drive forward in a more streamlined, efficient manner."

The CTSF, assigned to the Army's Communications-Electronics Command (CECOM), was organized by PEO C3T in 1996 to provide a location for the rapid development and testing of the then - Army Battle Command Systems. Both CECOM and PEO C3T are headquartered at Aberdeen Proving Ground.

Today, the CTSF is dedicated to testing and integration of Army mission command systems and software, and includes advanced test architectures as well as a virtual data center.

It also houses representatives from multiple program executive and program management offices. The campus tenants execute various missions both related and unrelated to the CTSF organization's primary missions of Army interoperability certification testing,



Photo by Dave Brackmann

The CTSF recently decreased its footprint by 11 modular trailers, resulting in better aligned space and a reduction in costs

configuration management of the tactical LandWarNet software baseline and other engineering services in support of materiel developers.

With the ability to link with deployed and other remote locations, the CTSF also serves as a regional hub for field support for C4ISR systems. Any issues with these systems are sent to Digital Systems Engineers and Field Support Representatives through the campus Support Operations Center (SOC), which serves as the entry point for reach-back support for those deployed and in the field.

"This had to happen very rapidly," said Justin Zadnichek, chief of operations for the CTSF. "It was a tradeoff

between how fast we could remove the trailers to save current year lease costs used to fund the removal and how quickly we could reorganize everyone."

More than 600 people from a dozen different Army program and project offices were relocated or shifted around. Some programs chose to move closer to their test and integration facilities, while others stayed put but reconsolidated their workforce, said Zadnichek.

Facing increased fiscal constraints, reduced occupancy rates and an anticipated reduction of operational pace, CTSF leadership looked at the consolidation as a way to ensure long-term sustainability.



MDNG leadership salutes freedom unit

(From left) Maryland Adjutant General, Maj. Gen. James A. Adkins; Maryland National Guard Commander, Brig. Gen. Linda Singh; Lt. Col. Kerry Dull, Commander of the 1/224th Aviation Regiment; 1/224th Aviation Regiment Command Sgt. Maj. James Nugent and emcee Capt. Tomas DeJesus-Colon applaud during the Freedom Salute Ceremony celebrating the return of the Headquarters and Headquarters Company from Kosovo in support of Operation Joint Guardian, KFOR 17, in the MDNG Armory at APG South (Edgewood) May 4. The unit served as a combined air and ground maneuver task force, maintaining operation readiness above 75 percent; enabling the completion of more than 2,290 flight hours; supporting distribution of more than 5,000 pieces of mail; treatment of more than 300 sick call and 80 physical appointments and pumping more than 160,000 gallons of fuel. The unit supported U.S. and NATO forces from Poland, Switzerland, Turkey, Armenia, Ukraine, Lithuania, Romania and Slovenia.

Photo by Staff Sgt. Thaddeus Harrington



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Website new online home for retirees

By **C. TODD LOPEZ**
Army News Service

The Army's "Soldier for Life" website, launched May 1, is designed to be a new online home for retired Soldiers.

The Army's web portal "Army Knowledge Online" -- better known as "AKO" -- has been available to retirees and family members for several years. However, the Army is transitioning to a more secure enterprise network for business users -- Soldiers, Army civilians and contractors.

Retirees will continue to be able to access important information about the Army, and information pertaining to health, retirement, employment and education benefits online at www.soldierforlife.army.mil.

Mark E. Overberg, who serves as deputy chief of Army Retirement Services, said the new website will allow "ongoing communications with the retired community."

In February, the Army Retirement Services office was moved under the newly created Soldier for Life program, Overberg said, because retired Soldiers are "a part of the whole Soldier lifecycle -- the last part of the Soldier lifecycle."

Right now on the website, retirees can also opt-in to receive a newsletter that lets them know what's going on in the Army "with a primary focus on news that retired Soldiers care about," Overberg said.

EMAIL CHANGES

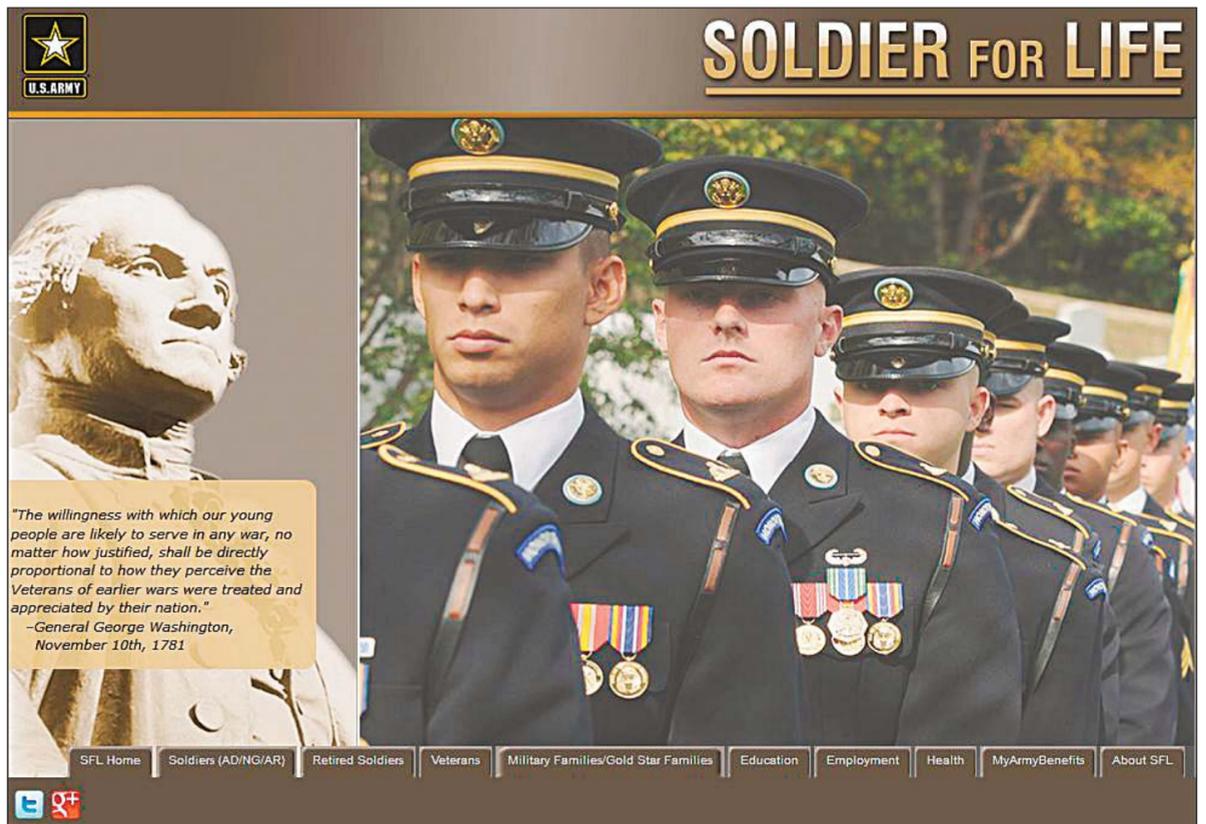
On AKO, retirees and Family members had access to web-based email services that gave them a ".mil" email address. Currently retirees and Family members are no longer able to send email from their AKO accounts or read emails within the site. What they are still able to do, however, is instruct AKO to forward any emails they might receive there to a commercial account. The AKO website will continue forwarding emails to commercial accounts, until Dec. 31.

Overberg suggests retirees and Family members set up a free commercial email account to replace what AKO used to provide for them. He said after setting up such an account, they should notify family, friends, and professional contacts about the new e-mail address.

Additionally, he said, retirees and family members should contact any businesses or other websites where the AKO email address is a part of their contact information and update it to reflect the new email address.

One such site in particular to update, he said, is the Defense Finance and Accounting Service's "MyPay" website, where retirees and Soldiers can view their leave and earnings statements and other important documents.

To ensure that DFAS can contact them,



U.S. Army graphic

Retirees will continue to be able to access important information about the Army, and information pertaining to health, retirement, employment and education benefits online at www.soldierforlife.army.mil.

Retired Soldiers should visit the "MyPay" site and ensure that a new or non-AKO email address is listed. Overberg said that today, some 500,000 Army retirees have MyPay accounts. Of those, he said, about 350,000 are still registered there with their AKO-provided email address. By not signing up for a commercial e-mail service and updating business account information, former AKO users risk not receiving important notifications.

FUTURE SITE

Right now, the Soldier for Life website is extremely new. Overberg said the site is only in "stage one" of its development. But he said there are several ideas about what will be brought aboard as the site's development progresses into "phase two."

Future upgrades to the Soldier for Life website might include a "white pages" feature similar to what was available on AKO, Overberg said. The difference will be that the white pages-style directory will include only those retirees who "opted in" to the listing.

Also under consideration for inclusion in the next-generation of the site is a "Retired Soldiers Blog," Overberg said. "The intent of this blog will be to provide a three-way communication: the Army

to retired Soldiers, retired Soldiers to the Army and retired Soldiers to other retired Soldiers."

Overberg said that commenters to blog posts will be limited to those who have retired from the Army. "When somebody posts a comment, we'll want to make sure they are a retired Soldier."

Part of making that happen, he said, is ironing out the technical details of how to authenticate retired Soldiers on the site. That might include integration of services from DoD Self-service Logon.

Overberg also said that the Soldier for Life website has been designed to be easier to use than AKO. He said he has heard complaints from retirees that AKO was too complex -- and so they stayed away from the site.

MORE THAN JUST RETIREES

The Soldier for Life program, and its website, is about more than just retirees. In fact, the retiree program was just recently folded into the SFL program.

"Soldier for Life," is in fact about the entire "lifecycle" of being a Soldier: from the moment a Soldier shows up at basic training: "Start Strong;" to the day they arrive at their first command and begin their Army career: "Serve Strong;" to the moment they make the decision to transi-

tion from a uniform-wearing Soldier back into a productive member of civilian society: "Reintegrate Strong;" to the final separation or retirement from Army service and transition into an example in their community about what it means to be a Soldier: "Remain Strong."

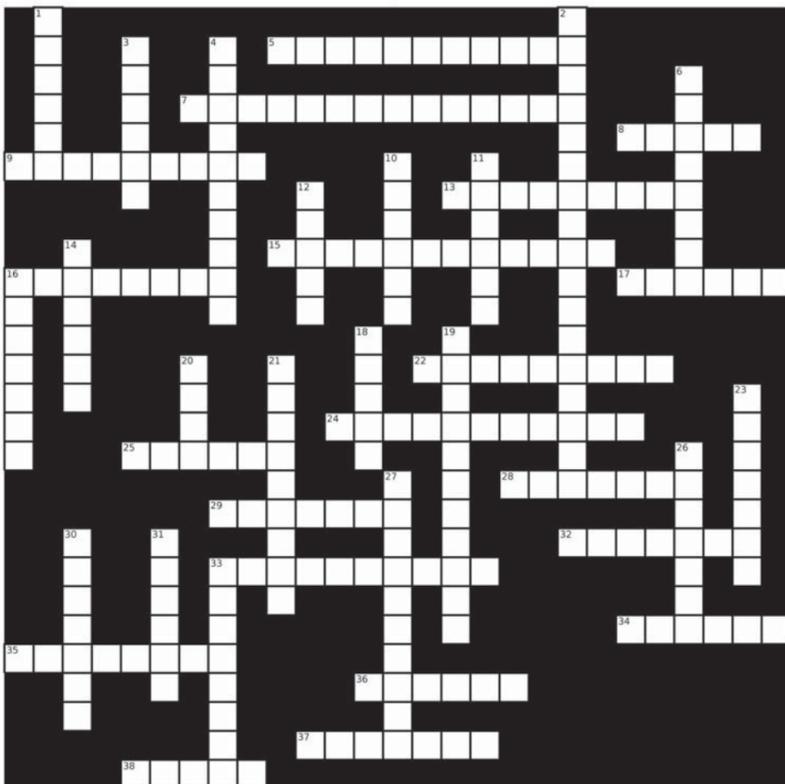
Lieutenant Col. Wenceslao G. Angulo, who serves as the communications and outreach director of the Army's Soldier for Life program, said the SFL program and its website aims to serve those in all four phases of being a Soldier.

"We want to attract talented young men and women to join the Army," he said.

"The new site provides current information and links to resources for all Soldiers, which include active duty, Army National Guard and Army Reserve," Angulo added. "We also provide access to information and links to resources for those preparing to transition to civilian life. Now with retirement services joining the Soldier for Life program, we can now provide services and information for those who have retired from the Army, but remain Soldiers for life."

For more information about the AKO transition, visit <http://ciog6.army.mil/AKOTransition/tabid/215/Default.aspx>

The APG Crossword



- Across**
- 5. Safe Motorcycle Awareness and _____ Trainer
 - 7. Stressors can be perceived as novel, unpredictable or _____
 - 8. AER Director
 - 9. Army _____ Online
 - 13. Performance Triad includes sleep, activity, and _____
 - 15. Armed Forces Health _____ Center

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

- 16. NAF human resources assistant
- 17. MDNG unit welcomed home from _____ May 4
- 22. Ready and _____
- 24. Process of gaining greater awareness of body functions
- 25. May is National _____ Care Month
- 28. Grand opening set for May 22
- 29. Authorized _____ Protective _____ List
- 32. _____ for Life website to be new online home for retirees
- 33. Defense Finance and _____ Service
- 34. HHC Garrison first sergeant
- 35. Deputy Chief of Army Retirement Services
- 36. CTSF director
- 37. _____ Salute ceremony welcomes MDNG unit home
- 38. _____ Therapy; another name for physical fitness
- 14. Fight or _____ response
- 16. Featured speaker at Brain Health Consortium
- 18. Garrison command sergeant major
- 19. Days of _____ ceremony remembers six million Jews lost in Holocaust
- 20. Acting APG News Editor
- 21. Army _____ Relief campaign starts May 15
- 23. Central Technical _____ Facility
- 26. Expert Field _____ Badge
- 27. Personal _____ Equipment
- 30. Mindfulness-based _____ Mind _____ Training
- 31. Armed _____ Week set for May 12-16
- 33. Its response to stress can be modified with training

Down

- 1. Tri-Service _____ Conservation and Readiness Program
- 2. _____ Pain Management Centers
- 3. Eye _____ included in new first aid kits
- 4. _____ Comprehensive Pain _____ Campaign
- 6. _____ Wednesday; AFW activity to be celebrated May 14
- 10. May is Motorcycle _____ Awareness Month
- 11. U.S. Army _____ Health Command
- 12. ATEC health and wellness coordinator

Solution to the May 1 puzzle



Send newspaper submissions to the APG News

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

HEALTHY LIVING

Army looks at alternatives to pain meds

By **GARY SHEFTICK**
Army News Service

Acupuncture and other forms of alternative and complementary medicine are helping reduce the use of opioids to block pain in Army patients, the service's assistant surgeon general said.

Brig. Gen. Norvell V. Coots, deputy commanding general of the U.S. Army Medical Command and assistant surgeon general for force projection, testified April 30, at a hearing of the Senate Veterans Affairs Committee about over-medication concerns.

In 2011, 26 percent of all service members were prescribed at least one type of opioid medication, Coots said. That number was brought down to 24 percent last year, Coots continued, partly due to the use of acupuncture, yoga and other alternatives to medication.

"It is a small difference, but I think it still represents a big cultural change and a move ahead," Coots told the committee.

Army Medicine has been working to change its culture since 2010, when the Pain Management Task Force issued recommendations, Coots said. The Army-led task force, which included members of other services and the Veterans Health Administration, examined best practices for pain management at 28 medical centers. One of the task force recommendations was to explore alternative treatments such as acupuncture, meditation and biofeedback.

Biofeedback is the process of gaining greater awareness of the body's functions, often using sensors and instruments. The goal is to try to control functions such as brainwaves, muscles, heart rate and pain perception. Biofeedback is sometimes used to treat headaches, especially migraines.

The Army has had a large upswing in the use of alternative medicine in the past few years, Coots said, and its use has been written into the Army's Comprehensive Pain Management Campaign.

"All the statistics are showing now that with a big push for cultural change with integration of these alternative modalities, that we're seeing a downturn in



Photo by Pfc. Jennifer Kennemer

Acupuncture treatment is administered to a patient by the Physical Medicine and Integrative Health Services chief, at Fort Bliss, Texas.

opioid usage across the military, particularly across the Army," Coots told the committee.

Robert Petzel, under secretary for Health, Department of Veterans Affairs, also testified at the hearing. He said the VA has added chiropractic care, massages, mindfulness meditation, exercise therapy and relaxation therapies to its treatment plan for pain.

"The burden of pain on veterans is considerable," Petzel said.

A 2011 Institute of Medicine report noted that more than 116 million Americans suffer from chronic pain. The annual cost of that pain in the U.S. was estimated at \$560 billion, including health care expenses, lost income, and lost productivity. Coots included that figure in his written statement to the committee. That statement was co-authored by Col. Kevin T. Galloway, Army Pain Management program director, who stood by Coots' side at the hearing.

Their statement pointed out that Interdisciplinary Pain Management Centers, known as IPMCs, are being established at each of the Army's eight medical centers. The IPMCs will be staffed by a multidisciplinary team of providers working to rehabilitate patients through a program that includes alternative treatments.

The written statement to the committee also discussed a tele-mentoring initiative involving the IPMC staffs. Called the Army Pain Management Extension for Community Healthcare Outcomes, or ECHO, this initiative is modeled after a project at the University of New Mexico. In fact, the Army is completing a two-year collaboration with the university to adapt this program. Essentially, ECHO uses weekly video tele-conferencing to link IPMC experts with remote primary care providers.

"Treating pain is one of medicine's oldest and most fundamental responsibilities, yet modern medicine continues to

struggle in its efforts to understand pain mechanisms and to relieve pain and suffering of our patients," Coots said.

The Centers for Disease Control identified prescription medication abuse as an "epidemic" in the United States, Coots said, adding "The military is not immune to these challenges."

The Army is adding clinical pharmacists to its patient care teams as another initiative to stop medication abuse. Clinical pharmacists can identify Soldiers with polypharmacy risk -- dangers due to using multiple medications -- and communicate those concerns to health care providers.

Coots reported the addition of clinical pharmacists translates into decreased overall costs, fewer adverse drug-related events, reduced hospital admissions, and improved patient outcomes.

"Effective solutions must involve innovative strategies, comprehensive solutions and collaborative efforts," Coots told the senators.

Life stressors can mean greater resilience

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

Repeated deployments into harm's way can accumulate unresolved tensions and stress, resulting in post-traumatic stress. On the other hand, Soldiers can learn adaptive techniques that inoculate them against it.

That's what Dr. Elizabeth A. Stanley concludes after years of pre- and post-deployment research with neuroscience and stress researchers and studies on Soldiers and Marines. Stanley pioneered the development of Mindfulness-based Mind Fitness Training, or MMFT, to optimize the performance of Soldiers during high-stress missions.

The associate professor of Security Studies, Georgetown University, was a featured speaker at the Brain Health Consortium, held at the Office of the Army Surgeon General in Falls Church, Va., in April.

FIGHT, RUN OR FREEZE

The culprit of the body's "fight or flight" response, she said, is a small structure of the brain known as the amygdala. It's wired that way to increase the chances of survival. For example, if the enemy is closing in with fixed bayonets, the amygdala could send an attack signal to the body, or activate the call to retreat. Those signals are relayed to various regions through the body's autonomic nervous system and via hormonal messengers.

Sometimes the panic signal can be so strong that a person's palms become sweaty, heart rate and breathing increase wildly and stomach churns.

There are three basic things that can magnify a stressful event, causing the amygdala to shoot into overdrive. They are, if the person perceives the stressor to be novel, unpredictable or uncontrollable.

DEALING WITH STRESS

Stanley said the amygdala is adaptive and malleable and its response to stress can be modified with training.

Her training incorporates the incremental use of stress in a controlled way, since not enough stress during training can weaken adaptation to later experiences like intense combat,



Dr. Elizabeth A. Stanley speaks at the Brain Health Consortium, held at the Office of the Army Surgeon General in Falls, Church, Va. in April.

Healthy Living

www.teamapg.com click on Community Health icon

Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage www.teamapg.com and click on the Community Health icon at the bottom right. To suggest health-related topics for the Health Living series, email adriane.c.foss.civ@mail.mil or call 410-278-1150

but too much stress can flood the body's mental and physical capacity to respond appropriately.

"Stress inoculation training" exposes Soldiers to the kinds of stressors that they will likely face in combat. The aim is to get Soldiers familiar with the stress so they feel more comfortable with it and in control.

However, stress inoculation training alone isn't enough, she said, because without follow-on training, it can cause cognitive degradation like lack of concentration, forgetfulness and loss of problem-solving skills.

MMFT complements stress inocula-

tion training by conditioning the body and mind to complete the stress activation cycle and return the body's stress response to normal following a stressful event. If the stress activation cycle is not shut off, she said resilience is compromised and a subsequent stressful event elevates risk even further.

Participants in MMFT learn to differentiate between their ideas about an experience and the direct physical sensations of that experience. In this way, they can limit the negative appraisal of their experiences and decrease stress.

A different way of putting it, she said, is teaching the brain to turn off its "auto-

pilot" and go into the "mindful" mode. In the mindful mode, one is able to perceive what is happening without hearing voices inside one's head giving judgments or preconceptions. A person's perception of stress is often greater than the reality of it.

It takes practice to switch from autopilot to mindfulness, she said. It's all about mind over matter.

PERSONAL EXPERIENCE

Stanley admitted that she herself has had a post-traumatic stress disorder, known as PTSD, diagnosis. Although she served in the Army in Bosnia, Macedonia and elsewhere, she said the stressors of the deployments and combat environments were not the cause. Rather, it was the accumulation of adverse childhood experiences, followed by the deployments that led to the "tipping point."

Her case is fairly typical, she pointed out.

She said many who are attracted to the military have had prior stressors in life. In her research, she found that two-thirds of the Marines she studied and three-fourths of Soldiers had "dysregulations" below the clinical level of PTSD before they even put on their uniforms.

Multiple deployments elevate those pre-existing conditions, she said. And it's not just deployments that worry service members, but also concern about family members back home.

SWEAT THERAPY

Another component to building resilience that isn't necessarily part of MMFT, is physical fitness, she said, tipping her hat to the Army surgeon general's emphasis on sleep, activity and nutrition, known as the Performance Triad.

She said the Army has been good at teaching physical fitness beginning at the U.S. Military Academy at West Point, which formalized a fitness regimen around the year 1900. From there, she said, it spread out to American society through the public school system.

Someday, she predicted, mindful mode training like hers will become popular and accepted throughout society just as fitness is today.

Visit us on facebook <https://www.facebook.com/APGMd>

MARK YOUR CALENDAR

FRIDAY

MAY 9 WOA MEETING

The U.S. Army Warrant Officer Association's Aberdeen-Edgewood "Silver" Chapter monthly meeting has been changed from May 7 to May 9 at the APG North (Aberdeen) Recreation Center, Bldg. 3326, room 102. Lunch will be provided 11:30 a.m. and the meeting will be held noon to 12:45 p.m. For more information, contact retired CW4 Owen McNiff at 571-243-6561, 443-861-1936 or email omcniff@yahoo.com.

TUESDAY

MAY 13 MOAA CAREER FAIR

Military Officers Association of America will host a Career Fair, 9 a.m. to 3 p.m., at the Walter E. Washington Convention Center, 801 Mount Vernon Pl. NW, in Washington, D.C. Meet local, national and international employers including Lockheed Martin, Amazon, Bank of America, Marriott, National Security Agency, Peace Corps, National Science Foundation, Department of Veteran Affairs and many more. The event is free and open to all military service members, government employees, retired military – including National Guard and Reserves- of all ranks, and their spouses. The Job Fair includes seminars like 'Federal Job Application Preparation' and 'LinkedIn Best Practices' as well as an Entrepreneurship Panel for those looking to start their own business.

For more information, contact Amanda Bainton, 703-838-8137 or email AmandaB@moaa.org.

To view the seminar agenda, go to <http://www.moaa.org> and click on 'Media Center,' and then scroll to 'News Releases.'

CLAIM REPRESENTATIVE VISIT

The Civilian Personnel Advisory Center has made arrangements for a claim Representative from Care First Blue Cross Blue Shield to visit APG from 12:30 to 1:30 p.m. in Bldg. E2800, rooms 103/104 in APG South (Edgewood). The representative will not be available this day in APG North (Aberdeen). No appointment is necessary.

Point of contact for this information is Teri Wright, Civilian Personnel Advisory Center, at 410-278-4331 or email teresa.l.wright28.civ@mail.mil.

FRIDAY & SATURDAY

MAY 16 & 17 PILLARS OF A GODLY MAN CONFERENCE

Gospel Men of the Chapel invite all men, young and old, to attend the Pillars of a Godly Man Conference at the APG North (Aberdeen) Chapel, Bldg. 2485. Sessions begin 6:10 p.m. with an 8:45 p.m. closing, Friday, May 16 and 8 a.m., with closing remarks at 3:15 p.m., Saturday, May 17.

The theme for Friday, May 16 is: "Men Running the Race", Hebrews 12:1. Light refreshments will be served in the fellowship hall until 6:50. Welcome and worship begins 7 p.m.

On Saturday, breakfast will be served 8 a.m. and the conference begins 9 a.m.

Registration is encouraged. To register, contact Elder Larry Giles at 443-866-2372 or Felix Sanchez at 609-694-6248.

Visitors must access the Route 714 gate near Route 40 which also is the only gate open Saturday. A valid ID and vehicle registration is required at the gate.

SATURDAY

MAY 17 VETERANS MUSTER

The Harford County Commission on Veterans Affairs will host a Veterans Muster for veterans of Harford and Cecil counties and their Families, 9 a.m. to noon at the William N. McFaul Activities Center, 525 W. MacPhail Road in Bel Air, Md.

The event will include a briefing on veterans' benefits by Phil Surace, supervisor of the Disabled American Veterans National Service Office in Baltimore; representatives from local veteran service organizations, assistance for veterans requesting military service records, and courtesy shredding of up to three boxes of personal documents from 9 to 11 a.m.

In addition, special tributes are planned for Vietnam-era veterans and to women who served in the Women's Army Corp (WAC), Women Air Force Service Pilots (WASP), Women in the Air Force (WAF), Women Accepted for Volunteer Emergency Service (WAVES), and the U.S. Coast Guard Women's Reserve: Semper Paratus; Always Ready (SPAR).

To register go to <http://harfordcecil-veterans.org/go/veterans-muster-reg->

[istration/](#). Registration is not required to attend.

For more information, call 443-686-1484; email VeteranservingVeterans@gmail.com or visit the Harford County Commission on Veterans' Affairs Facebook site at www.facebook.com/HarfordVeterans.

MONDAY

MAY 19 BROTHERS IN ARMS BLOOD DRIVE

The Armed Services Blood Program (ASBP) will host the APG Armed Services Blood Drive 9 a.m. to 1 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326. To schedule an appointment to donate blood, go online to www.militarydonor.com. Use sponsor code: APGMD. Walk-ins are welcome.

MONDAY & TUESDAY

MAY 19 & 20 SESAME STREET/USO EXPERIENCE FOR MILITARY FAMILIES

Sesame Street and the USO will present a "Mini-show," Monday, May 19 at 5:30 p.m. or Tuesday, May 20 at 10 a.m. at the Aberdeen Area Post Theater Bldg 3245. The show features six popular Sesame Street costumed characters, including a new character, Katie, a military child. Elmo and his Sesame Street pals will help Katie relocate to a new place and open up about her fears and excitement in dealing with change and making new friends. Tickets will be distributed starting Monday, May 5. Pick up tickets at Central Registration in Bldg. 2503; at the APG South (Edgewood) Child Development Center, Bldg. E1901; the APG North (Aberdeen) CDC, Bldg. 2485; or the Bayside CDC, Bldg. 2521.

A maximum of eight tickets per family. This event is free and open to DoD ID card holder Family members.

For more information, contact APG Schools Liaison Stacie Umbarger at 410-278-2857 or email stacie.e.umbarger.naf@mail.mil.

WEDNESDAY

MAY 21 DAU-SSCF GRADUATION

The Defense Acquisition University - Senior Service College Fellowship graduation ceremony for the 2013-2014 class will be held 11 a.m. in the Mallette Hall Auditorium, Building 6008. The graduation ceremony marks the culmination of ten months of full-time, rigorous study focused on developing acquisition and leadership attributes. A short reception will follow. RSVP by May 15 to James Oman at 410-272-9470 or email James.Oman@dau.mil.

WEDNESDAY & THURSDAY

MAY 21 & 22 TAPS TRAINING FOR MENTORS

The Tragedy Assistance Program for Survivors (TAPS) is seeking active duty service members or recently-separated veterans to volunteer as mentors during the TAPS Good Grief Camp, supporting children of fallen military, over the 2014 Memorial Day Weekend.

Approximately 500 children are expected in the Washington, D.C. area to learn coping skills and support systems through the camp during the 20th Annual TAPS National Military Survivor Seminar and Good Grief Camp.

Mentors will be matched with children ranging from 4 to 19-years-old and serve as a "big brother/big sister to remind them that they are not forgotten and still very much a part of the military family.

Activities last Friday, May 23 through Sunday, May 25.

Mandatory training takes place 6 to 9 p.m., May 21 or 1 to 4 p.m., May 22 at the Marriott Crystal Gateway, 1700 Jefferson Davis Highway, Arlington, Va. 22202.

Hours for Memorial Day weekend events, also located at the Marriott Crystal Gateway, are 7:30 a.m. to 5:30 p.m., Friday, May 23; 8 a.m. to 10 p.m., Saturday, May 24; and 8:30 a.m. to 5:30 p.m., Sunday, May 25.

Volunteers also can participate in the Arlington Cemetery ceremony May 26. Dress uniform is required for this ceremony.

All other days dress is casual and volunteers will receive two TAPS t-shirts to wear. There is no cost for food, mentors and children will eat together.

Trained grief facilitators will lead each group of mentors and children. Volunteers must successfully pass background checks.

View a list of expectations here: <http://www.taps.org/National/2014/GGCMentorRequirements/>

To register, go to the TAPS website

at <http://www.taps.org/GGCMentors> and click on register as a "Good Grief Camp Mentor." For more information or to request a letter requesting time off, email: mentors@taps.org or call 1-800-959-TAPS (8277).

THURSDAY

MAY 22 ENDANGERED SPECIES DAY

The Environmental Division of the Directorate of Public Works will host Endangered Species Day activities 9 to 10:30 a.m. at the APG North (Aberdeen) theater. The event will feature the film "Nature's American Eagle" and is open to all ID card holders. For more information, contact Jessica Baylor at 410-436-7198 or email jessica.m.baylor.civ@mail.mil.

THURSDAY

MAY 29 ASIAN PACIFIC OBSERVANCE

Team APG will present the Asian Pacific and Pacific Islander Heritage Month observance 10:30 to 11:30 a.m. at the Myer Auditorium, Bldg. 6000 on the C4ISR campus. For more information, contact Staff Sgt. Andrew Coggins at 410-436-5138 or email andrew.j.coggins.mil@mail.mil.

ONGOING

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

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

MAY 12 – AUG. 19 EDUCATION CENTER SUMMER SEMESTER

The Army Education Center on post college schedule for the summer semester is as follows:

Florida Institute of Technology, May 12 – July 25

University of Maryland, June 16 – Aug. 10

Harford Community College, June 30 – Aug. 1

Central Michigan University, July 9 – Aug. 19

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

TUESDAYS THROUGH

MAY 20 AMERICAN SIGN LANGUAGE CLASS

American Sign Language basic and advanced classes runs through May 20, 11:30 a.m. – 12:30 p.m. in Bldg. E3330-31, Room 270, APG South (Edgewood). Bring your lunch. Class is free. Text book (encouraged, but not required) is "A B C, A Basic Course in American Sign Language". To register or for more information, call Beth Ann Cameron, 436-7175, Pat Reeves at 436-2917 or Randy Weber at 436-8546.

CORVIAS 2014 GRANT AND SCHOLARSHIP APPLICATIONS AVAILABLE

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

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

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

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

AIRBORNE HAZARDS & OPEN

BURN PIT REGISTRY

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

INSIDE APG

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

CPR, AED CLASSES SCHEDULED

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

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

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

ARMY WELLNESS CENTER OFFERING SERVICES AT APG SOUTH CLINIC

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

FRIDAY NIGHT OPEN RECREATION FOR TEENS

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

YOUTH CENTER OPENINGS

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

PIANO & GUITAR LESSONS

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

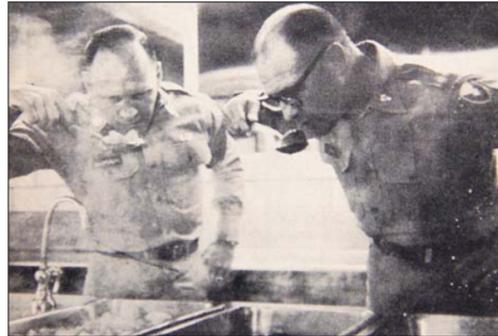
MORE ONLINE

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

APG NEWS

This Week in APG News history

By YVONNE JOHNSON, APG News



50 Years Ago: May 7, 1964

Clockwise from left:
(From left) Donnie Boomer, 94th Signal Company lobs the ball through the outstretched hands of Jim Pinkerton of the U.S. Army Garrison during the APG intramural volleyball playoff action. The USAG won the game and the post championship.



(From left) Col. Richard Hall, Troop Support director, and Staff Sgt. James Murtagh, mess sergeant, sample steaming potatoes and meatballs at the U.S. Army Garrison mess hall. The facility was selected Best Mess for the second consecutive month.

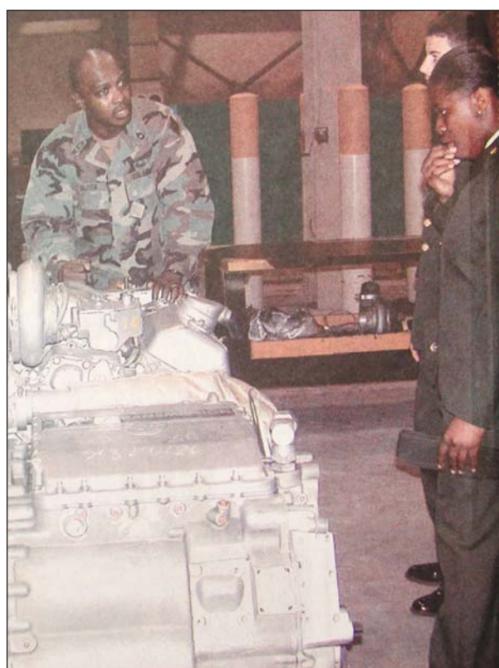
Virginia Military Institute students check out the view through battery commander scopes in the Trench Warfare are of the Ballistics Research Laboratory during a tour of APG organizations.

25 Years Ago: May 10, 1989

Clockwise from left:
Firefighter Gary Bott lifts Derrick King, 4, down from a fire truck during an APG Fire Department visit to the Edgewood Area Child Development Center.

Sgt. Jamie Reese, an animal care specialist with Kirk U.S. Army Health Clinic, holds Tom Cat, a 2-year-old domestic short hair available for adoption from the Veterinary Branch.

Spc. Tsun Kai Young of the U.S. Combat Systems Test Activity takes aim with one of four prototypes being tested as potential future combat rifles for the Army.



10 Years Ago: May 6, 2004

Clockwise from left:
Master Sgt. Gerald Oliver, chief instructor, shows a HEMMIT Engine to JROTC cadets during a tour of the Edgewood Area's Donner Hall.

Spc. Andrew Boyle, a 369th Engineer Detachment firefighter, embraces his mother and 20-month-old son, Andrew during their reunion at the APG recreation center after his return from Iraq April 28, 2004.

Drill Sgt. Petra Casarez, Company A, 143rd Ordnance Battalion, marches JROTC cadets from Patapsco High School to the unit barracks during the group's March 31, 2004 visit to APG.



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."



Mandy Sullivan NAF Human Resource Assistant

Mandy Sullivan is a Nonappropriated Fund human resources assistant.

Employed by the U.S. Army Civilian Human Resources Agency, Sullivan provides assistance and services to Morale, Welfare and Recreation personnel and prospective employees.

Some of Sullivan's responsibilities include in-and out-processing employees, posting job announcements, explaining employees benefits, making job offers, processing personnel transactions, rating applications, assisting MWR management and employees with

guidance, advice and more.

"We have a small staff that supports about 400 employees," she said.

Sullivan said the NAF Office uses USA Staffing, which means that all applicants must apply for NAF jobs through www.usajobs.com/.

Although the NAF Office no longer accepts applications in person, staff members are available to answer questions, if needed. Information and job announcements are also posted in the office lobby.

Sullivan has worked for the NAF office since November 2011. In the past she sold insurance, was a travel agent and worked at two phone companies.

"I wish I would have discovered how

much I enjoy HR sooner," she said.

Sullivan said there are many aspects she enjoys about her job.

"I love working with people, making job offers, and being part of a team," she said.

Sullivan has an associate degree and wants to pursue a bachelor's degree in human resource management in the future.

The NAF Office is located in Bldg. 305, on the lower level.

Hours of operation are Monday to Thursday, 8 a.m. to 4 p.m. and Fridays 8 a.m. to 3 p.m.

Contact Sullivan at 410-278-5127 or email amanda.e.sullivan3.naf@mail.mil for assistance.

AFW's Wellness Wednesday kicks off with Bike to Work Day

Continued from Page 1

lunch at the Sutherland Grille and presentations of tournament awards and remarks by Utley. Award presentations include longest drive, closest to the pin, lowest team score and highest team score. Cost for the tournament is \$70 per person. Rain date is Tuesday, May 13. For more information or to register, contact Rick Bond, Golf Program manager at 410-278-4794 or email richard.j.bond.naf@mail.mil.

"There are a few spots still open, hurry before they fill up," said Ruggles Pro Shop Manager Matt Williams.

Wellness Wednesday

New to APG's AFW festivities is "Wellness Wednesday." The fun begins with "APG's Bike to Work Day" starting at 6:30 a.m. Participants meet between 6:30 to 7 a.m. in the parking lot at Raritan and Erie Streets across from the APG North (Aberdeen) recreation center. Bring bicycles, helmets and other safety gear for an 11.5 mile ride on the installation.

Participants are encouraged to register as teams, representing their organization or unit. The organization or unit with the most participants will receive the "Cycle Smack Down" trophy. Teams should submit their roster to Alan Doran at rideshare@harfordcountymd.gov by May 12. Participants should also register at www.B2W2014-apg.eventbrite.com, or call Alan Doran at 410-638-3389 for more information.

The event will include organization and vendor displays, free refreshments and raffle drawings. This is the second year in a row that Team APG has partnered with Harford County Government to bring a "Bike to Work Day" event to the installation.

"It is exciting to see the cycling community at APG grow," said Health

I feel that participating in a fun run gives a chance for everyone to get together and build APG community esprit de corps. Some of us take this opportunity to wage friendly competition between individuals or even units.

Sgt. Eric Jimenez

President, Better Opportunities for Single Soldiers

and Wellness Coordinator Gale Sauer, a contractor in support of ATEC who is organizing the event.

After the ride, from 9 a.m. to 3 p.m. several health and wellness displays and demonstrations will be held in the recreation center ballroom. Highlights include:

- A drunk driver/distracted driver demonstration sponsored by the Army Substance Abuse Program.
- A Safe Motorcyclist Awareness and Recognition Trainer (SMART), demonstration sponsored by the Installation Safety Office. The motorcycle simulator offers several dangerous scenarios to teach drivers how to react to dangerous traffic situations.
- APG Master Resiliency Trainers will give a brief overview on MRT skills and the importance of resiliency, for Soldiers and civilians.
- Army Performance Triad- sleep, activity and nutrition- information, sponsored by the Community Health Promotion Council.
- Asthma and tobacco cessation.
- Displays and exhibits from APG organizations, featuring the latest technological advancements that benefit the nation's Warfighters and communities.

Appreciation Luncheon

During the Thursday, May 15 Military Appreciation Luncheon, the Harford County Chamber of Commerce Military Affairs Committee will recognize the APG Noncommissioned Offi-

cer of the Year, Soldier of the Year and Military Family of the Year. The guest speaker will be retired Brig. Gen. Mike Hayes, program director of the Office of Military and Federal Affairs for the Maryland Department of Business and Economic Development.

Visit <http://web.harfordchamber.org/events/Military-Luncheon-171/details> for more information. The luncheon is 11 a.m. to 1 p.m. at the Richlin Ballroom in Edgewood. Cost is \$30 for Harford County Chamber of Commerce members, \$45 for non-members. Reservations are required. For information, contact Karen Holt at 410-838-2020 or visit www.harfordchamber.org.

Armed Forces Day 5K Run/2 Mile Walk

The week's festivities end with an Armed Forces Day 5K Run/2 Mile Walk starting at 6:30 a.m. in front of the Hoyle Gym in APG South (Edgewood). This event is free, no registration required. For information, call 410-417-0149.

"I feel that participating in a fun run gives a chance for everyone to get together and build APG community esprit de corps" said Better Opportunities for Single Soldiers President Sgt. Eric Jimenez. "Some of us take this opportunity to wage friendly competition between individuals or even units."

CSM MESSAGE

Soldiers, Civilians, Family and Friends of APG: Many Americans celebrate Armed Forces Day annually on the third Saturday of May. It is a day to pay tribute to men and women who serve the United States' armed forces. Armed Forces Day is also part of Armed Forces Week, which begins on the second Saturday of May. On August 31, 1949, Louis Johnson, who was the United States' Secretary of Defense, announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The event stemmed from the armed forces' unification under one department - the Department of Defense. The Army, Navy and Air Force leagues adopted the newly formed day. The Marine Corps League declined to drop support for Marine Corps Day but supports Armed Forces Day too.

The first Armed Forces Day was celebrated on Saturday, May 20, 1950. The theme for that day was "Teamed for Defense", which expressed the unification of all military forces under one government department. According to the U.S. Department of Defense, the day was designed to expand public understanding of what type of job was performed and the role of the military in civilian life.

Armed Forces Day was a day for the military to show state-of-the-art equipment to Americans. It was also a day to honor and acknowledge Americans in the armed forces. Parades, open houses, receptions and air shows were held at the inaugural Armed Forces Day. Armed Forces Day is still celebrated nationwide today and is part of Armed Forces Week.

Your support for the AFD 5K run set for Friday, May 16, 6:30 a.m. at Hoyle Gym in Edgewood will be greatly appreciated. Let's have fun!

James E. Ervin
Command Sergeant Major
US Army Garrison, APG

Classes strongly recommended for new bikers

Continued from Page 1

Due to their narrow profiles, motorcycle can easily be hidden in car and truck driver's blind spots. Allen said that because motorists typically drive with many distractions, the best bet is for motorcyclists to pretend they are invisible.

"This means motorcyclists should drive with a hyperaware mindset, noticing every detail in their surroundings," Allen said.

According to the U.S. National Highway Traffic Safety Administration motorcycle fatalities represent approximately five percent of all highway fatalities each year, yet motorcycles represent just two percent of the nation's registered vehicles.

Allen said motorists can safely share the road with motorcyclists by eliminating distracted and impaired driving, following at a safe distance and remembering to look behind their left and right shoulders when making lane changes and turns.

To improve visibility, Allen advises motorcyclists to always have their headlights on and to wear bright clothing and light colored helmets at all times.

"You see motorcyclists who take off their reflective gear once they leave post," he said. "It is safer to leave it on."

Allen advises against risky behaviors like driving on the shoulder of the road or lane splitting, which is illegal in Maryland.

"Don't give motorcyclists a bad name," he said.

Classes strongly recommended for new motorcyclists

Allen strongly recommends classes for new motorcyclists. For active duty mili-

According to AR 385-10 Each motorcyclist and passenger is required to wear the below personal protective equipment and clothing while operating or riding on APG:

- **Garment Visibility. A brightly colored (white, yellow, orange, silver, etc.) upper garment during the day and a clearly visible reflective upper garment during dusk/dawn and at night must be worn. Outer garments will be properly secured, clearly visible, and not covered. Items (backpacks) may be worn on top of the outer garment, but they must meet the same visibility requirements of the outer garment. Brightly colored/reflective belts do not meet the outer garment requirement but may be used as an augmentation on a backpack when worn. Military uniforms are not considered brightly colored.**
- **Helmets. Certified to meet Department of Transportation (DOT) standards properly fastened under the chin. Novelty or replica type helmets are unauthorized.**
- **Goggles and Face Shields. Impact or shatter resistant goggles, wraparound glasses, or full face shield properly attached to the helmet must meet or exceed ANSI Safety Code Z87.1 for impact and shatter resistance. A windshield alone is not proper eye protection.**
- **Mirrors. Rear view mirrors must be mounted on handlebars or faring, and headlight must be turned on at all times while operating a motorcycle.**
- **Sturdy Footwear. Leather boots or over-the-ankle shoes must be worn. No high-top tennis shoes of any kind are permitted.**
- **Clothing. Long-sleeved shirt or jacket, long trousers such as blue jeans or leather suit, and full-finger gloves designed for use on a motorcycle.**

tary, guard and reserve personnel, classes are required every three years and are offered free on post. To register for a class go to https://imc.army.mil/airs/usg_disclaimer.aspx. According to AR 385-10 Soldiers must carry an up-to-date Motorcycle Safety Foundation course completion card when driving. These courses are not required for civilians, but are recommended. Civilians can take classes off

post through community colleges.

"Even experienced motorcyclists should take a refresher course," he said. These classes bring out (highlight) your bad habits and make you a better rider."

A free, basic motorcycle instruction course for Soldiers will be offered 7:45 a.m. to 4 p.m. in Bldg. 4304, May 27 - 28. On May 29, also for Soldiers, an experienced motorcycle instruction course will

be offered at the installation's motorcycle range next to the APG North (Aberdeen) Post Office, Bldg. 4510.

Fort Meade provides free classes for all active duty military, guard and reserve personnel sport bike riders. For more information about upcoming basic, advance classes, and the military sport bike course at Fort Meade To register for a class go to https://imc.army.mil/airs/usg_disclaimer.aspx contact George Lawler at 301-677-2396, or george.f.lawler@us.army.mil.

In addition to offering motorcycle courses, on May 14 the Installation Safety Office is sponsoring the SMARTrainer (Safe Motorcyclist Awareness and Recognition Trainer) motorcycle simulator during Wellness Day at the APG North (Aberdeen) recreation center from 9 a.m. to 3 p.m.

SMARTrainer combines a personal computer, video monitor and advanced safety-training-software, with the primary controls of a standard motorcycle to give the rider the feeling he or she is operating a motorcycle on the street in real-world riding situations.

"If someone is thinking about driving a motorcycle for the first time, this would be a good place to start," Allen said.

Team APG is also planning a motorcycle ride in either June or July. Check the APG News and APG social media sites for updated information.

For more information and to obtain a copy of the APG Command Motorcycle Safety Policy, email horace.m.allen.civ@mail.mil, or call 410-306-1081.

First-aid kits include new eye shield

By **CHANEL S. WEAVER**
USAPHC

Soldiers whose eyes are injured during combat have a better chance of returning to duty with their vision intact due to some revisions in the Army's first-aid kit.

The rigid eye shield was added as a component to the Army's "Individual First-Aid Kit II," which was distributed to the first Army units in the fall of 2013.

When properly worn, the shields can protect service member's eye from further damage after an initial eye injury is sustained during combat operations.

"We've learned a lot about eye injuries in the field over the past decade," said Lt. Col. Jeffrey Autrey, program manager of the Tri-Service Vision Conservation and Readiness Program at the U.S. Army Public Health Command. "We know more about the common causes, prevention measures and effective techniques for treatment."

In the past, service members may have treated eye injuries by wrapping the head with a bandage and applying pressure to the wounded eye.

But this method of preserving the eye is not optimal eye care, according to Autrey.

"A person's eye can become further damaged if too much pressure is applied," he said.

That's why Army first-aid kits are now including the eye shields.

"If a service member's eye is injured

during combat, the rigid eye shield should be placed over the injured eye and secured with tape," said Cmdr. Kevin McGowan, Navy program manager in the TSCVRP who assists Autrey with surveillance of eye injuries to military members.

"This action will ensure that no other foreign debris comes into contact with the eye, and will preserve the eye until a medical expert can give it further attention."

According to data from the Armed Forces Health Surveillance Center, during the years 2001 to 2010, between five and 22 percent of all Department of Defense injuries were a result of ocular trauma.

"It's a worthy investment to add the eye shields to first-aid kits," said Autrey.

The USAPHC's TSVCPRP incorporated instructions on how to use the new eye shield in its recent two-day Vision Conservation and Readiness Course.

Autrey said the new eye shields are meant as a supplement to current Military Combat Eye Protection, not as a substitute for proper eye protection.

"Research still shows that most eye injuries can be prevented by wearing eye protection from the Authorized Protective Eyewear List," said Autrey.

He added that collaborating with the DOD on getting the word out about the new eye shields being incorporated into Army first-aid kits has been rewarding and that he's confident the shields will



Photos by Graham Snodgrass

Navy Cmdr. Kevin McGowan models the correct placement of the rigid eye shield. If a service member's eye is injured during combat, the rigid eye shield should be placed over the injured eye and secured with tape until a medical treatment is available.

be of utmost importance to troops who are deployed downrange.

"Of all the body's senses, most people value their sense of sight the most," said Autrey. "That's why we're not only

looking for innovative ways to preserve life and limb, but specifically, eyesight."

The eye shields should be a part of all DOD joint-service first-aid kits by the fall of 2014.

Approval for AER assistance based on valid need

Continued from Page 1

ber dental care, replacement vehicles, HVAC and appliance repair, rental vehicles, relocation travel, cranial helmets and infant car seats."

APG Garrison Headquarters and Headquarters Company 1st Sgt. Daniel E. Nelson said he has seen first-hand how AER impacts Soldiers and their Families. Nelson will assist management of this year's campaign, with HHC Commander Capt. Richard Mozeleski.

"The AER assistance program ensures the quality of life for Soldiers isn't interrupted," Nelson said. "It takes a large burden off of Soldiers. It allows them to focus on being a Soldier."

He said that AER assistance is based upon a valid need and is flexible in responding to all types of financial situa-

"The AER assistance program ensures the quality of life for Soldiers isn't interrupted. It takes a large burden off of Soldiers. It allows them to focus on being a Soldier."

1st Sgt. Daniel E. Nelson

APG Garrison Headquarters and Headquarters Company

tions. Nelson said every tenant on post is participating to meet APG's 2014 campaign goal of \$55,000.

"If you do not know your AER representative, you can contact HHC at 410-278-3000," he said.

Soldiers needing AER financial assis-

tance can contact their unit chain of command or go directly to their local installation AER office, located in Army Community Service, Bldg. 2503 on the first floor. By having reciprocal agreements in place with the other military aid societies, Soldiers and Families not locat-

ed near an Army installation can also receive AER assistance at the nearest Air Force, Navy, Marine Corps or Coast Guard installation with the respective Military Aid Society, or from the American Red Cross call center at 877-272-7337.

Donations to AER can be made throughout the year by check, money order or credit card. Anyone can donate to AER including organizations and businesses. Military retirees and Soldiers usually donate by allotment.

All contributions are fully tax deductible. Donors can direct their contributions to the general assistance fund or target specific programs such as education scholarships or widow assistance. For more information, visit the AER Headquarters website at www.aerhq.org.

DID YOU KNOW?

May is National Foster Care Month?

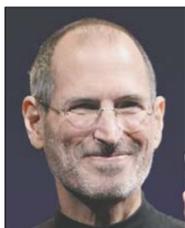
Yup, along with Mental Health Awareness, Physical Fitness and Sports, Army Emergency Relief and Asian Pacific American Heritage, by presidential proclamation folks are asked to look to the care of the nation's foster children in May.

One important aspect of that is taking the time to assure children and youth in foster care that they are just as good as kids growing up with their real parents and that they can lead productive lives despite their rough beginning.

In fact, a lot of foster kids have gone on to become famous people. Here's a list from imafoster.com that might surprise you.

Steve Jobs

An American entrepreneur, marketer, and inventor, who was the co-founder, chairman, and CEO of Apple Inc. Steve Jobs was adopted at birth because his Swiss American mother was not permitted to marry his Syrian-born father. He very bright and became very interested in electronics. Jobs started assembling computers in his garage and eventually changed the computer world. He was the co-founder and CEO of Apple Computer.



Willie Nelson

Born during the Great Depression and abandoned by his parents at the age of 5, Willie Nelson and his sister were raised by his grandparents. He learned to love music and worked on his own songs, eventually landing a recording contract. Widely recognized as an American icon, the Country Hall of Fame inductee, who regularly appears in movies and TV shows, is one of the most widely-recognized names in Country music.



Eddie Murphy

When Murphy's single mother became ill, the 8-year-old and his brother lived in foster care for one year. In interviews, the actor/comedian says that his time in foster care was influential in developing his sense of humor. Murphy went on to obtain an unparalleled career in stand-up comedy and movies, even earning himself a Golden Globe for best supporting actor and an Academy Award nomination in the same category for the motion picture Dreamgirls in 2006.



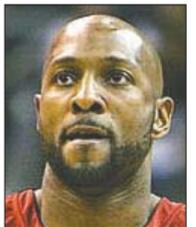
Charlotte Ayanna

A Puerto Rican American actress and former Miss Teen USA. Ayanna was adopted into a foster home at the age of 17 after her mother was declared mentally unable to care for her children. Ayanna co-authored a book titled "Lost in the System" and today is a spokesperson for foster children. You may remember her Ethan Hawke's wife in the motion picture, Training Day.



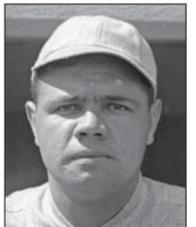
Alonzo Mourning

An American former professional basketball player who played most of his 15-year National Basketball Association (NBA) career for the Miami Heat winning the championship in 2006. Alonzo Mourning was placed in the foster home of a family friend after his parents' divorce at age 12. Already 6-feet tall when he went to his new home, Mourning found basketball and practiced nonstop. He excelled in college and went on to a successful career in the NBA.



Babe Ruth

An American baseball outfielder and pitcher who played 22 seasons in Major League Baseball (MLB), from 1914 to 1935. The eventual Baseball Hall of famer established long-standing records in home runs, slugging percentage, runs batted in, bases on balls and on-base plus slugging. George "Babe" Ruth was placed in foster care at age 7. He found baseball as a positive outlet. The rest is history.



Eleanor Roosevelt

The nation's longest serving First Lady, and wife of President Franklin D. Roosevelt, Eleanor Roosevelt, while considered a member of "high society," was raised by her maternal grandmother after the deaths of her parents. The self-confidence she gained from mentors influenced her marriage which turned into a political partnership between her and the future president. She is remembered today for her roles in civil and women's rights.



John Lennon

From the age of 5 Lennon was placed with his aunt and uncle because his parents were unable to get along. Music became a large part of his life as a teen and he grew up to form what many consider the greatest rock groups of all time named - The Beatles. They are the only group in history to have twenty songs to reach number one.



Marilyn Monroe

Marilyn Monroe was placed in an orphanage after her mother was declared legally insane. She spent two years there and the next four with a family friend. A ward of the state, Monroe had a tough childhood but encouraged by her last guardian, Grace McGee, she became determined to become one of the rich and famous. She in fact became a famous movie star who remains an icon more than 50 years after her death.



Yvonne Johnson, APG News

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/>.



TAKE IT TO THE NET

(From left) Darren Stephens (31) from CERDEC CPNI stands ready to assist Jimmy Latorre (55) from CACI as he leaps to intercept a volley from Voltage Spikes player Joe Lanza of Ratheon during an intramural volleyball game at the Aberdeen Athletic Center May 5. Team Voltage Spikes won the game, 25-6. Family and Morale, Welfare and Recreation hosts intramural sports throughout the year. Team sports include softball, soccer, flag football, volleyball and basketball. Annual tournaments include dodge ball, kickball, tennis, racquetball, 3-on-3 basketball and disc golf. For more information, call 410-278-7933/7934 or visit the MWR website at <http://www.apgmwr.com/recreation/leagues.html>

Photo by Molly Blossie

CAKE DECORATING FUN

Jennifer Carr from the U.S. Army Corps of Engineers decorates a Teenage Mutant Ninja Turtles cake with her son Noah Carr during Family Night at the APG South (Edgewood) youth center May 2. Theresa Lilienthal, a 4-H volunteer, taught a beginners cake decorating class for children who attend the center and their parents.

Photo by Rachel Ponder



APG IN FULL BLOOM

Despite intermittent cool temperatures, spring has sprung at Aberdeen Proving Ground. Flowering trees in front of the Corvias Military Housing Neighborhood Office and throughout the installation are in full bloom.

Photos by Molly Blossie

PRIVATE LESSONS FOR PIANO AND GUITAR

(At left) Keavy Roberts, 12, practices the song "Dust in the Wind" during a private lesson at the APG North (Aberdeen) youth center. Roberts said she loves classic rock and that she decided to take lessons after receiving the guitar as a gift from her cousin.

(Below) Music Teacher Kathi Workman advises Audrey Roberts, 10, about measuring the beats of musical notes. Workman has a master's degree in music education and taught music at a local public school for 30 years.

Piano and guitar lessons are available through Child, Youth and School Services. For more information about session dates and registration, contact Jennifer Perez at 410-278-4589 or email jennifer.l.perez50.naf.mail.mil.

Photos by Molly Blossie

