



APG NEWS

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

www.TeamAPG.com

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newsbrief

EXPECT NOISE, LIGHTS DURING TESTS

April 13-16

U.S. Army Test and Evaluation Command

The U.S. Army Aberdeen Test Center plans to support a training exercise that may include military weapons and watercraft, April 13 to 16, during both day and nighttime hours.

The surrounding communities may hear weapon firing and see flashes of light that are visible off post from illumination devices. The testing may include weapons firing and the use of multiple watercraft.

ATC encourages residents and boaters to stay vigilant, alert and to use caution especially when approaching APG's restricted water areas.

ATC, part of the U.S. Army Test and Evaluation Command, conducts experiments and tests to ensure equipment is safe, suitable and survivable in the harshest of terrain and conditions, before it is fielded for use by the Soldier.

This test, and others like it, are executed to support the Army's Equipment Modernization Strategy aimed to leverage technology to provide Soldiers better and more advanced capabilities.

Questions should be directed to 410-278-1147.



From left, APG community members Dan Sexton, George Blake, Bill Caramo, Daniel Thomas, Dr. Gene Egerton, Capt. Ryan Butler and Phil Atwell bring to life Leonardo da Vinci's famous painting "The Last Supper" for chapel parishioners during the Palm Sunday service at the APG North (Aberdeen) chapel March 29. The Last Supper is commemorated by many Christians as the final meal that Jesus shared with his disciples before his crucifixion.

'Last Supper' comes alive

Story and photo by **STACY SMITH**
APG News

Members of the APG chapel ushered in the Easter season Palm Sunday with the "Living Last Supper" reenactment during the Protestant service at the APG North (Aberdeen) chapel March 29.

About 80 parishioners and visitors watched as fourteen volunteers played the roles of Jesus and his disciples. Christians commemorate The Last Supper as the final meal that Jesus shared with his disciples before his crucifixion.

During the performance, each actor

shared a monologue about his character's role in Jesus' life and teachings, and they expressed concerns about who would betray their master.

"Is it I?" each character asked.

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

How to be cyber-crime smart

By **TERRI MOON CRONK**
DOD News

Department of Defense employees and their families should be vigilant when guarding personal and work information from expanding cyber-criminal activity and know how to recognize scammer tactics, the department's chief information officer said.

Terry A. Halvorsen issued a DOD-wide memorandum March 18 about the growing threat of cyber-crime including "phishing" and "spear phishing" in emails, on social media sites and through phone calls.

"Phishing" is defined as sending fraudulent emails that claim to be from reputable sources, such as a recipient's bank or credit card company, to gain personal or financial information.

Recipients of such emails are often directed to fraudulent websites that mimic familiar-looking bank and e-commerce sites, according to Encyclopedia Britannica. Phishers ask recipients to update or confirm accounts, which discloses

See **CYBER**, page 18



File photo

Service members, civilians and their families must be careful when posting sensitive information to social media sites and on the Internet.

Team APG trains in Master Resiliency



Sgt. 1st Class David Parish, right, of Fort Bliss, Texas, leads the final day of Master Resiliency Training instruction at APG North (Aberdeen) March 27. The two-week course teaches Soldiers, civilians and family members functional skills to overcome adversity and strengthen optimal performance in their professional and personal lives.

Story and photo by **STACY SMITH**
APG News

The APG Garrison hosted a 10-day Master Resiliency Training (MRT) course for Soldiers and civilians March 16-27. Twenty-three Soldiers and six civilians participated.

Enacted in 2009 as a part of the Army's Ready and Resilient Campaign, MRT initiatives and programs aim to improve the readiness and resilience of the Total Army: active-duty, reserve and National Guard Soldiers, Army civilians and their families.

According to the Ready and Resilient Campaign website, "resilience combines mental, emotional and physical skills to generate optimal performance (i.e. readiness) in combat, healing after injury and in managing work and home life.

Resilient individuals are better able to recover and overcome adversity by utilizing the skills they've

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STREET TALK

April is Month of the Military Child. Throughout the month, APG News will query military children with special questions for undoubtedly insightful responses that can only be delivered from the minds of youth.

If you could have any super power, what would it be?

I want to go super-fast [because] I could beat my mommy.



Caden Martin,
Age 4

There's this TV show called "Heroes" and this guy Sylar ... eats the brains of other superheroes to get their power. So I'd like for mine to be to have all the powers, except without eating brains. Because if you have all of them [powers], then you can't really have any weaknesses.



Lexi Eure,
Age 14

I personally would like teleportation because it's amazing. I wouldn't have to walk anywhere; I could be lazy and win [races] whenever I want."



Christian Brodie,
Age 12

Flying, because you see people if they're in trouble in the air.



Charles O'Connor,
Age 4

I would be invisible because when you get in trouble or something, you can just turn invisible and no one can see you. Or if you do something else, like a prank, you can turn invisible.



Deshae Garner,
Age 12

Commander's Corner

Sexual Assault Awareness and Prevention Month

"Not in My Squad. Not in Our Army. We Are Trusted Professionals"

During the month of April, the Army and the nation recognizes Sexual Assault Awareness and Prevention Month.

Although Team APG implements a comprehensive Sexual Harassment/Assault Response and Prevention (SHARP) Program year-round, the month of April allows another opportunity to pause, reflect and become more aware of ways to empower leaders, Soldiers and civilians in our workforce to intervene, act, and motivate to prevent these crimes from infecting our dedicated professionals, our people.

Sexual harassment and assault is a national problem that affects military and civilian communities alike. Combating sexual harassment and assault is the Army's number 1 priority.

It is our inherent responsibility to work together to achieve a character, culture and value system where these acts and behaviors are never tolerated. Our nation looks to us and expects us, as trusted professionals, to do what's right.

On APG, we are taking action on April 15 by holding a SHARP Summit with the theme, "Sustaining the Momentum – Accountable to the Nation." Leaders will hear from subject matter experts, colleagues and survivors of sexual assault. The intent is to educate and inspire a proactive SHARP engagement so our leaders can create a positive climate, enforce accountability and maintain the trust of our Soldiers, civilians and families.

I am also very proud to have recently opened the APG SHARP Resource Center, one of 12 in the entire Army dedicated to providing a one-stop environment for any SHARP



It is our inherent responsibility to work together to achieve a character, culture and value system where these acts and behaviors are never tolerated. Our nation looks to us and expects us, as trusted professionals, to do what's right.

related matters. I invite you to stop by and pay a visit at Bldg. 4305, second floor.

I am confident that we will answer the call of our Army and nation and commit ourselves to holding each other accountable, making our voices heard, and supporting those in need to defeat this threat to our readiness and quality of life.

Trusted Professionals Always!

MAJ. GEN. BRUCE T. CRAWFORD
APG Senior Commander

**TEAM APG
PRESENTS**



WHY WE SERVE

"Restoring our Commitment
to the Profession"

Why We Serve Monthly Focus: Trust

During the "Why We Serve" event, we, as an Army team, stood side by side and reaffirmed our oaths that we swore to defend and the ethics we pledged to uphold.

Every month we will continue to reflect on this solemn promise and reaffirm our commitment to the Army profession by highlighting one of the attributes demonstrated by a trusted professional.

Trust is the bedrock of our noble profession and is reflected in every facet of our Army team. To trust means to possess a belief in the reliability, truth, ability or strength of someone or something. When a mother drops off her most precious gift, her child, with a caretaker as she rushes off to work – trust is felt. When the parents of a young adult support their son's or daughter's decision to voluntarily serve our country – trust is felt. And when a commander maneuvers their element by means of our C4ISR systems – trust is felt.

All of us are members of the Army team, we are privileged to serve in the most trusted profession on Earth: The Profession of Arms. When we restored our commitment, we vowed to uphold this great confidence that our forefathers instilled in our profession so long ago.

Trust is independently earned every day, not given. I believe that it is the foundational character trait of a person. Many times people confuse a person's character traits with a person's competency level or even physical looks.

Trust manifests itself in everything that we do, 24 hours a day, seven days a week. It is healthy to look inward and reassess conduct, so corrections may be achieved. It is something we must continually work at and strive for.

Demonstrating ethical conduct on and off duty while maintaining quality standards and discipline are prerequisites to a fruitful life. We will encounter many challenges during our lifetimes, but the true test of character is making the hard right even when no one is looking.

Trust is given to only those who continually present it. It does not log hours at work, take days off, or wear a uniform – it's a way of life. I ask you to sustain the momentum of trust throughout the Army Profession and with the American people. Our noble profession's legacy of trust and respect lies in all of our hands.

Trusted Professionals Always!

COMMAND SGT. MAJ. WILLIAM G. BRUNS
APG Senior Command Sergeant Major

APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
						
64° 53°	71° 52°	53° 35°	59° 43°	64° 46°	63° 50°	61° 41°

APG NEWS

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ATEC CSM relinquishes responsibility

By **LINDSEY MONGER**
ATEC

Command Sgt. Maj. Ronald E. Orosz, the U.S. Army Test and Evaluation Command's command sergeant major, bid farewell during his relinquishment of responsibility ceremony, March 26 on Aberdeen Proving Ground.

Maj. Gen. Peter D. Utley, commanding general of ATEC, accepted the colors from Orosz to symbolize his relinquishment of the duties and responsibilities of the ATEC command sergeant major.

Following the passing of the colors, Utley spoke highly of Orosz and his professionalism.

"Today, we say farewell to my right arm, who is an exemplary Army professional and Soldier," Utley said. "He has been an essential part of the team bringing unparalleled wisdom, experience, and knowledge."

A command sergeant major serves as the command's senior enlisted Soldier, providing Soldier input and experience to ATEC's critical test and evaluation mission.

Not only did Orosz ensure ATEC systems are effective, suitable, survivable and safe, he was also responsible for the health, safety and professional development of all members of the command.

"Being such a humble man, Orosz saw his time here as a chance to mentor and pass on the wisdom he has gained over the course of his distinguished career, to the Army's next generation of leaders," Utley said.

During the ceremony, Utley highlighted some of the many accomplishments Orosz contributed during his time at ATEC.

Among them, was Orosz's role in establishing ATEC's Leader Development Program meant to enable civilian and military personnel's continued success when facing future challenges. Orosz encouraged Soldiers to improve



Photo by Sean Kief

Command Sgt. Maj. Ronald E. Orosz, center, U.S. Army Test and Evaluation Command's command sergeant major, passes the ATEC colors to Maj. Gen. Peter D. Utley, commanding general of ATEC, during his relinquishment of responsibility ceremony, March 26, on Aberdeen Proving Ground. Orosz will soon join the U.S. Army North staff at Joint Base San Antonio in Texas as command sergeant major.

and seek various educational benefits and opportunities through their service.

In the spirit of healthy competition, Orosz established the command's Best Warrior Competition and the reestablishment of the Headquarters and Headquarters Company, offering ATEC Soldiers an opportunity to overcome warrior challenges.

Orosz was instrumental in ATEC's Ready and Resilient Campaign and is credited for creating monthly mes-

saging campaigns aimed at promoting equality and professionalism among the members of the command.

Orosz also improved the ATEC Soldier of the Quarter and NCO of the Year programs, both of which were designed to emphasize the importance of living the Army Ethic both professionally and personally.

"Mission First, People Always, and the Army Profession, were my guiding principles during my day-to-day activities," Orosz said.

Orosz said he looks forward to his upcoming assignment with U.S. Army North where he will serve as the command sergeant major. Utley expressed his confidence in Orosz future performance and continued example of his professionalism in his next assignment.

"United States Army North [personnel] are fortunate to be gaining a true professional who is loyal to the mission and the team," Utley said. "He will be missed at ATEC."



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

BY THE NUMB#RS

Celebrating Month of the Military Child

2 million+

American children who have had a parent deploy at least once since 2001.

1.2 million

Current number of military children of active-duty service members worldwide.

80

Percentage of military children who attend public schools throughout the U.S. Supporting the military child takes a school-wide effort on the part of administrators, teachers and family members.

35

Percentage of active-duty military families who live in military housing. The average military child moves three times more often than their civilian counterpart.

29

Years that have passed since former Secretary of Defense Caspar Weinberger established April as "Month of the Military Child." The awareness month was created to underscore the important role children play in the armed forces community.

18

Successive months a parent can be deployed. A military parent can serve multiple deployments over the course of several years.

By **STACY SMITH** APG News

Sources: www.aasa.org, www.support.militaryfamily.org, www.militaryonesource.mil

Lecture series stresses creativity

By **NANCY JONES-BONBREST**
PEO C3T

With the idea that the Army acquisition community can better confront current and future challenges by learning from the past, the Program Executive Office for Command, Control and Communications-Tactical (PEO C3T) held its second installment of the Excellence in Acquisition Lecture Series at Aberdeen Proving Ground March 24.

Retired Lt. Gen. Steven W. Boutelle, who pushed for a network-centric force throughout his career, served as the second speaker in the series. He urged the audience not to forget that they work for the Soldier first, and to take risks when necessary to provide troops critical capabilities.

"I tried to do what I thought was right for the warfighter," said Boutelle, a former Army Chief Information Officer (CIO)/G-6.

Boutelle led what is now known as PEO C3T at Fort Monmouth, New Jersey from 1997 to 2001, before joining the staff of the CIO/G-6 just weeks before Sept. 11, 2001.

He recalled talking with those who worked for him at the Central Technical Support Facility (CTSF) at Fort Hood, Texas in the years and months before 9/11, explaining that the communications technologies they were working on could some day be used in war. Soon after, many CTSF employees and their family members deployed in support of Operations Iraqi and Enduring Freedom.

"Every time you look at that box or that equipment, remember that your child, the treasure of America, may take that box into conflict and their life may depend upon it," Boutelle said. "And that's a hard thing to swallow. But the business you are in at Aberdeen Proving Ground, is life and death business."

The event, free and open to the workforce at APG, served as a reminder that the support they provide to today's Soldiers is built on the foundation of past innovation and constantly evolving information technology.

"General Boutelle has been a great advocate for the Army's movement toward digitization," said Maj. Gen. Daniel P. Hughes, current program executive officer for C3T. "I thought it would be a great opportunity for us to hear from General Boutelle because he has worked continuously to help not only the Army, but the world, become more digitized and connected."

Boutelle laid out how, even in times of fiscal constraint, the Army can have



Photo by Denise Rule

Retired Lt. Gen. Steven W. Boutelle, who pushed for a network-centric force throughout his career, served as guest speaker at the second installment of the Excellence in Acquisition Lecture Series at Aberdeen Proving Ground March 24, hosted by the Program Executive Office for Command, Control and Communications-Tactical (PEO C3T).

great success in advancing technology and emphasized that if acquisition professionals don't deliver what Soldiers need, then users will look elsewhere. He also encouraged a strong partnership with industry.

"Don't be afraid to work with industry," Boutelle said. "If you don't tell these people what you want and the direction you're going, don't be surprised when they build something you're not interested in."

He also tied technology to current events, challenging everyone in the room to read a recent article in "The Atlantic" magazine titled "What ISIS Really Wants," as well as recommending several books on recent events in the Balkans and the Middle East.

"You cannot build stuff fast enough, so how can you be creative and make commercial stuff do what you need it to do, and get it to the Soldier in time to

make a difference?" Boutelle asked.

"Toronto, Boko Haram, Yemen, Somalia, ISIS... all of this is interlaced together. It's predictable what is happening. What is not predictable is how it will end and that's where you all need to be a part of this. It's about information technology and that's what we do."

Throughout his career, Boutelle championed a network-centric force that would enable information superiority down to the lowest echelons and improve interoperability across the military. He oversaw the growth of Force XXI Battle Command Brigade and Below/Blue Force Tracking, the quick-reaction development of the technology that became Warfighter Information Network-Tactical Increment 1, and pushed for increased bandwidth to meet future communications needs.

He introduced the convergence of

voice, data and video to the Army, building an enhanced enterprise network infrastructure by establishing the Army Knowledge Online portal and the Defense Knowledge Online portal. Together they provided streamlined access to content for more than six million defense employees.

"It was evolutionary, over time, how we made these things work," Boutelle said. "You've got to understand where you're going, what's happening in the commercial world, and you have to be creative to move down this road."

The inaugural speaker in the lecture series, Retired Lt. Gen. William Campbell, also attended the event.

The lecture series will be held quarterly, focusing on the intersection of acquisition and the Army's command, control, communications, computers, intelligence, surveillance and reconnaissance (C4ISR) technologies.

File on time, April 15 tax deadline approaching

By **SANDRA WILLIAMS**
OSJA, Client Services Division

At the conclusion of each tax season, many taxpayers have questions about topics such as filing deadlines, extensions, amending previous tax returns and withholdings from wages.

Check out the following commonly asked questions for valuable end-of-season tax information.

What happens if I don't file?

If the IRS discovers that you failed to file a tax return and you owe additional tax, they will assess a penalty and interest against you for any year you were required to file and did not do so. Unfortunately, if you failed to file an income tax return, and you were owed a refund, you can only file or amend an existing return for up to three previous tax years to claim your refund.

Already filed and forgot a W-2?

If you realize you made a mistake on your taxes after you file your taxes, and the CSD tax assistance staff prepared your tax return, we can assist you in amending your taxes on Form 1040X.

Every W-2 is reported to the IRS. When you file your taxes, the IRS' computer programs work to ensure that all W-2s reported to them are included with your taxes. Taxpayers who fail to report all income receive notices and must pay penalties and interest which can be quite severe – interest is compounded daily!

Taxpayers can file an amended return within three years of the original filing date. This includes any filing extensions. IRS Form 1040X and instructions are available on the IRS Web site, www.irs.gov, or by calling 1-800-TAX-FORM (1-800-829-3676).



Did you receive a notice from the IRS?

Each letter and notice offers specific instructions on what you are asked to do to satisfy the inquiry. You should review the correspondence and compare it with the information on your return.

If you agree with the correction to your account, no reply is necessary unless a payment is due. If you disagree with the correction the IRS made, it is important that you respond as requested. If you need assistance, bring the notice to the CSD tax assistance staff.

Need a copy of your federal income tax return?

Misplaced or lost tax returns can be obtained by calling 1-(800)-829-1040 or by completing and mailing Form 4506-T, Request for Transcript of Tax Return.

Filing deadline

The normal deadline for filing Federal income tax returns is midnight April

15. This deadline will apply to any of the following: 2014 Federal individual income tax returns; requests for an automatic six-month tax-filing extension; tax year 2014 balance due payments; individual estimated tax payments for the first quarter of 2014; and individual refund claims for tax year 2011 where the regular three-year statute of limitations is expiring.

Service members serving in a combat zone or in a contingency operation (or are hospitalized as a result of an injury received while serving in such an area or operation), have at least 180 days after leaving the zone or operation to file and pay (refer to IRS Publication 3, Armed Forces' Tax Guide).

Filing an extension

Taxpayers who cannot meet the April 15 filing deadline should file for an extension on IRS Form 4868. Returns are considered "filed on time" if the

envelope is properly addressed and post-marked on the last day of the filing season.

An extension of time to file is not an extension of time to pay. Taxpayers will owe interest on any past due tax and may be subject to a late payment penalty if payment is not made on time.

Taxpayers who want an extension of time to file state income tax returns should consult the appropriate state representative to determine extension requirements.

Changing IRS Form W-4

Wage earning taxpayers who receive substantial refunds, or who pay an income tax penalty for failure to withhold the appropriate amount of income tax, should consider amending their IRS Form W-4, Employee's Withholding Allowance Certificate.

All employees must complete the W-4, so an employer will know how much income tax to withhold from an employee's wages. The IRS has developed an application that assists employees trying to complete IRS Form W-4. Using the online calculator located on the IRS website ensures that employees do not have too much or too little income tax withheld from their paychecks.

General information

Individuals seeking legal services in regards to income tax preparation after the close of the filing season should contact the CSD staff attendant at 410-278-1583.

Calls after normal operating hours, Monday – Thursday, 9 a.m. to 1 p.m., or received when the attendant is assisting other clients, will be directed to the automated information line. The CSD is located in Bldg. 4305, third floor, room 317.



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

ATEC talks ‘Leading through Change,’ presents awards during town hall

By **LINDSEY MONGER**
ATEC

The Commander of the U.S. Army Test and Evaluation Command, Maj. Gen. Peter D. Utley, conducted a town hall meeting with his staff March 16 on Aberdeen Proving Ground.

During the town hall, Utley discussed the way ahead at ATEC and congratulated ATEC awardees for their accomplishments.

During the assembly, Utley announced his departure from ATEC in June for his next assignment as the Commander of the U.S. Military Training Mission Saudi Arabia, U.S. Central Command in Saudi Arabia. A number of other key staff members will also depart due to retirements and new assignments, including ATEC's Command Sgt. Maj. Ronald Orosz, who relinquished command March 26 in preparation for his next assignment at U.S. Army North.

“There’s no doubt in my mind the command is going to continue to function and perform its mission despite the departure of key leaders in the upcoming months,” Utley said. “It’s absolutely critical to lead through change.”

He said leaders at all levels must and will continue to lead and do what needs to be done to support their people through the change or departure of key leaders.

Over the past months, the command’s leadership have pro-actively responded to some of the concerns revealed in last year’s command climate survey, particularly in the area of communications.

“Your concerns were heard,” said Utley. “In response to the feedback you provided, we have done a lot of great deal of work with getting after communications,” Utley said.

Utley addressed some of the great things the staff is doing to improve communications including the ATEC Chief of Staff, Karen Taylor, meeting with and leading small group sensing sessions in which personnel voice their concerns and get a firsthand account of the current activities around the command.

In the interest of increased transparency, the ATEC chief of staff decided to disseminate weekly meeting notes to the workforce and has leveraged the ATEC SharePoint site to create the Commander’s Corner to enable the commander to disseminate ATEC and Army command information and other internal communications across the command.

Given the on-going debate on sequestration and budget cuts, Utley discussed the impacts the 2011 Budget Control Act may have on the Department of



Photo by Sean Kief
Maj. Gen. Peter D. Utley, commander of the U.S. Army Test and Evaluation Command, presents Victoria A. Dixon with the Commanders Award for Civilian Service award during a town hall meeting, March 16 on APG.

Defense, and ATEC.

“The reality is that if the Budget Control Act funding levels remains in effect, it will continue to have a significant impact on the Department of Defense,” Utley said. He encouraged the workforce to remain vigilant and resilient as the command continues to adjust to the fiscal realities.

Staff office briefings from the ATEC Human Resources, G-1, Security, G-2, and ATEC’s health and wellness coordinator were presented.

Judy Tredway, Human Resources Director, discussed the Contribution-based Compensation and Appraisal System from the fiscal year 2014, along with the first half of 2015, in preparation of the upcoming mid-point appraisals due date. Gordon Malone, a human resource specialist, presented an overview of the Academic Degree Training Opportunities ATEC has to offer.

Gale Sauer, health and wellness coordinator, presented the Presidential Champion awards, for efforts put forth to be physically fit. Sauer also discussed the Worksite Wellness, the “You” Project, and Ready and Resilient resources available to ATEC personnel. For more information, visit www.atec.army.mil/r2c.

ATEC congratulates the below awardees:

Superior Civilian Service Award: George W. Bryant; Lorrie D. Chieffo; Robert G. Malone; Master Sgt. Linwood Parker

Commanders Award for Civilian Service:

Ann P. Cambre; Victoria A. Dixon; Margaret C. Fetterman; Verna S. Freeman; Dana L. Fritts; Jessica D. Knight; Master Sgt. Linwood Parker; Frank G. Whitehead

Length of Service Awards

35 years of service: Barbara J. Gaydos; Sheron L. Montgomery; Cindy L. Sheppard

30 years of service: Christopher L. Akins; Edward V. Boris, Jr.; Anthony C. Ham; Gary N. Hettchen; Dwayne T. Hill; Deborah L. McMillan; Nancy M. Sheets; Maria L. Welsh

25 years of service: Michael J. Ayd; Crista L. Claiborne; Robert B. Fulton; Timothy R. Hart; Cheryl A. Rickey

10 years of service: Mark A. Deutsch
5 years of service: Jennifer L. Bennett; Claudette M. Bushell; Jessica D. Knight; Melissa S. Magnaye; Ryan W. Thomas

Presidential Champion Award
Gold Award: Robbyn M. Berenda
Silver Award: Capt. Robert D. McCormick; Holly S. Travers

WHY WE SERVE TRUST

Word of the Month = Trust

Trust (truhst) noun: the reliance on the integrity, strength, ability, surety, etc., of a person or thing; confidence.

Why We Serve connection: What strong relationship does not involve trust? Trust can come in many forms. It can be a confident expectation, a hope. Confidence in the certainty of something occurring as promised. Reliance on a person. The obligation imposed on a person in whom confidence and authority resides.

No matter the role, as a Soldier or as a civilian, trust is something that is usually hard-earned and very hard to regain if lost. The very essence of a trusted professional rests in earning trust, displaying trust in all our missions and undertakings and rewarding those that place their trust in us.

“Trust is the glue that holds our collective Army together. Without the trust of my co-workers and leaders, the individual pieces that our tasks and jobs represent would not unite to form the complete picture of our Army’s mission. Without the bonds of trust in the relationships that we foster in our daily lives, personal or professional, everything we strive for would be for naught. Giving one’s best in every moment and situation, no matter the stakes, helps bolster trust in those around us and strengthens those bonds with whom we interact. This trust is the very core of our profession and in promoting a culture of trust, builds our sprit de corps.”

– Pfc. Andrew C. Clinger, 22nd Chemical Battalion



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MORE ONLINE More events can be seen at www.TeamAPG.com

events&town halls

WED-THUR APRIL 8-9

ACCESSING HIGHER EDUCATION TRACK TRAINING

Accessing Higher Education Track is a two-day workshop for transitioning service members in the SFL-Transition program seeking to enhance their career development through higher education opportunities leading to undergraduate/graduate degrees and professional certificates.

The workshop will help transitioning Soldiers identify educational goals, research and compare institutions, and learn about education funding programs and the college application process.

For more information, contact the APG Army Education Center at 410-306-2042 or email education services specialist Tressie Stout at tressie.d.stout@mail.mil.

THURSDAY APRIL 23

DAYS OF REMEMBRANCE

Team APG will host the annual Days of Remembrance program, recalling the Holocaust, its victims and survivors, 10:30 to 11:30 a.m. at the post theater. The guest speaker is Buchenwald concentration camp survivor Morris Rosen. Check the APG News or APG social media sites for more information or contact Sheryl Coleman at 410-278-5964 or sheryl.l.coleman.civ@mail.mil.

SATURDAY MAY 9

SAVE THE DATE - MILITARY RETIREE APPRECIATION DAY

The APG Military Retiree Appreciation Day observance will take place at the APG North (Aberdeen) recreation center with registration starting at 8 a.m.

The annual event provides a setting where retirees can meet other retirees, obtain health and wellness information, update military ID cards, and receive information about legislative updates, command information and other information relevant to retirees.

The guest speaker will be announced at a later date. Activities will include a question and answer session, booths and exhibits and a nominal-fee lunch. Check back with the APG News in April for more information.

meetings&conferences

TUESDAY APRIL 7

DEFENSE ACQUISITION UNIVERSITY TRAINING SYMPOSIUM

The Defense Acquisition University campus at APG will host a VTC for the DAU's upcoming one-day hot topic training forum. This year's theme is "Achieving Dominant Capabilities through Technical Excellence and Innovation." Frank Kendall, Under Secretary of Defense for Acquisition, Technology and Logistics is the keynote speaker.

The training symposium will be fed live from Fort Belvoir to APG's campus at 6175 Guardian Gateway from 7:45 a.m. to 5 p.m., with no cost to remote viewers. The symposium provides five Continuous Learning Points (CLP) for continued DOD acquisition certification.

The event offers plenary and classroom training sessions tied to the Better Buying Power 3.0 initiatives. In a period of fiscal challenges and technological opportunities, the training will focus on learning hard skills – training in the latest acquisition policy, practices and techniques that attendees can take back to the workplace and apply.

Seating is limited. To sign up, contact Ben Metcalfe at benjamin.metcalfe@dau.mil or 410-272-9471. For more information about the symposium, visit <http://dauaa.org/Symposium2015/Index.htm>.

FRI & SAT MAY 1 & 2

VETERANS LEGAL CAREER FAIR

Registration is open for employers and candidates for the Veterans Legal Career Fair to be conducted over two days at the Marriott Metro Center in Washington, D.C.

The event is meant for experienced lawyers who have served in the military or are transitioning out of military service. The event includes panel presentations, a networking reception and a full day of one-on-one interviews.

The goal of the Veterans Legal Career Fair is to help veterans find jobs and to help top employers gain access to a pool of first-rate candidates who have received unique training, skills and legal insights through their military service.

For more information or to register, visit www.veteranslegalcareerfair.com

health&resiliency

SATURDAY APRIL 11

WEAR BLUE: RUN TO REMEMBER HARFORD COUNTY/APG KICK-OFF MEET

A Harford County/APG-based Wear Blue: Run to Remember community has been established, with its first kick-off run scheduled for Saturday, April 11 at 8:30 a.m. at the Maryland and Pennsylvania Heritage Trail in Fallston.

Wear Blue: Run to Remember communities run, jog and walk in honor of the nation's fallen, fighting and families.

Those interested in participating in the run should meet at the Annie's Playground – Pavilion at 864 Smith Lane, Fallston, Maryland. Pets are allowed, but park rules do not allow retractable leashes.

All ability levels are welcome. Participants are strongly encouraged to wear blue.

For more information, contact Robin Bruns at 910-987-6764 or brunrsd@yahoo.com.

THURSDAY APRIL 23

HOW TO AVOID, DEAL WITH AND ELIMINATE STRESS INFO SESSION

Learn to avoid, deal with and eliminate stress from your work and personal life during a stress informational session hosted by the C4ISR Wellness Committee at the Myer Auditorium, Bldg. 6000 from 11:30 a.m. to 12:30 p.m.

A guest speaker will provide techniques for managing stress and emotional well-being. A mini interactive yoga demonstration to relax the mind, body and spirit is included.

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

"LISTENING – BUILDING A CONNECTION" SEMINAR

Members of Team APG are invited to attend a "Listening: Building a Connection" seminar hosted by the AMC Wellness Division at the APG North (Aberdeen) recreation center ballroom from noon to 1 p.m.

Roderick "Skip" Johnson, Suicide and Substance Abuse Program Manager, and Fitness and Resiliency Coordinator Valerie Francis will serve as guest speakers.

The seminar will discuss the difference between hearing and listening; communication barriers in the workplace; how gender impacts one's ability to listen; how to respond to someone when they share good news; and skills to help you build your connection with others.

Attendees are allowed to bring their lunch to the seminar.

ONGOING APRIL

APG TRICARE EVENTS

Kirk U.S. Army Health Clinic has arranged for a TRICARE representative to provide information and answer questions at APG at the following dates and locations:

April 6 – APG ID Card Office – 8 a.m. to 4 p.m.

April 7 – APG Commissary – 9 a.m. to 4 p.m.

April 8 – APG Retirement Office – 8 a.m. to 4 p.m.

April 15 – APG ID Card Office – 8 a.m. to noon

April 27 – APG ID Card Office – 8 a.m. to 4 p.m.

April 29 – APG ID Card Office – 8 a.m. to 4 p.m.

A TRICARE Retirement Briefing will be held April 27 in the conference room of the APG Retirement Office from 10 to 11 a.m.

For more information, contact Kisha York, TRICARE education specialist, at kisha.a.york@healthnet.com

ONGOING APRIL – MAY

TOBACCO CESSATION CLASSES

Kick the habit with help from the Harford County Health Department. Free tobacco cessation classes will be offered at the APG North (Aberdeen) main post chapel, every Wednesday, April 15 to May 20, from noon to 1 p.m.

Class size is limited. For more information, to register or to inquire about leave, contact Gale Sauer at gale.m.sauer.ctr@mail.mil or 443-861-9260.

SUNDAY MAY 24

MD CENTER FOR VETERANS EDUCATION AND TRAINING 20TH ANNUAL 5K/10K RACE

The Maryland Center for Veterans Education and Training, Inc., (MCVET) will host the 20th Annual 5K/10K Races starting 7:30 a.m. (5K) and 8:30 a.m. (10K) at the Baltimore War Memorial Plaza, 500 E Fayette Street, Baltimore, MD 21202.

For the 5K, pre-registration is \$25; race day registration is \$30. For the 10 K, pre-registration is \$30; race day registration is \$35.

All proceeds benefits the MCVET mission to provide homeless veterans with comprehensive services to enable them to rejoin

their communities as productive citizens.

To register, go to www.mcvet.org or www.charmcityrun.com.

For more information, contact MCVET race director Roseline Taylor at 410-576-9626, Ext. 253 or info@mcvet.org or www.facebook.com/MCVET.Baltimore

THROUGH 2015

2015 CPR, AED CLASS SCHEDULE

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2015. Classes are open to the entire APG community.

April 22 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

May 20 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

June 17 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

July 15 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Aug. 19 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

Sep. 16 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Oct. 21 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

Nov. 18 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Dec 16 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

For more information, contact Mike Slayman at 410-306-0566.

miscellaneous

ONGOING

PT ROUTE CHANGES

APG motorists should take note of changes to the Army Physical Training and Physical Fitness Test routes on both APG North (Aberdeen) and APG South (Edgewood).

The new PT routes went into effect April 1, between the hours of 6 and 8 a.m., Monday, Wednesday and Friday.

On APG North, Aberdeen Boulevard, starting near the old museum at Maryland Boulevard, west to Patriot Way will be closed to all vehicle traffic during PT hours, said 1st Sgt. Daniel Nelson, Headquarters, Headquarters Company.

Drivers attempting to cross Aberdeen Boulevard on Garden Drive and Rodman Road will not be permitted during that time, he added.

On APG South, the loop between Junkin, Austin and Jessup roads will be closed to vehicle traffic during PT hours. The loop between 11th Street and Sibert and Waehli roads will also be closed.

Soldiers will be running in formation on these routes. As always, motorists should be cautious when driving near or passing any pedestrian. All pedestrians are required to wear reflective belts.

THROUGH APRIL 10

2015-16 SENIOR SERVICE COLLEGE FELLOWSHIP PROGRAM ACCEPTING APPLICATIONS

The U.S. Army Acquisition Support Center is currently accepting applications for the 2015-16 SSCF program through April 10. The SSCF Program is a 10-month educational opportunity conducted under the auspices of the Defense Acquisition University (DAU) at Aberdeen Proving Ground, as well as Huntsville, Alabama and Warren, Michigan.

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

For complete program information and application requirements, please visit: <http://asc.army.mil>. For APG specific program information, please visit: <http://www.dau.mil/sscf/Pages/apg.aspx>

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

FRIDAY APRIL 17

ENVIRONMENTAL ASSESSMENT COMMENTS DEADLINE

Aberdeen Proving Ground is proposing to upgrade and construct new electrical utility infrastructure (e.g., wires, poles, switches, and transformers) within the APG North (Aberdeen) and South (Edgewood) areas.

An Environmental Assessment (EA) has been prepared to identify and evaluate potential adverse environmental effects associated with the construction and operations of the proposed electrical utility infrastructure modernization.

The Draft EA and FNSI are available to review at: <https://www.apg.army.mil/InstallationPolicies>. Scroll down to public notices.

Comments will be accepted until Friday, April 17 and can be addressed to: USAGAPG, ATTN: Arnold O'Sullivan 4304 Susquehanna Avenue 3d Floor Suite B Aberdeen Proving Ground, Maryland 21005-5001

FRIDAY MAY 1

2015 VETERANS SUMMER SPORTS CLINIC APPLICATION DEADLINE

The Department of Veterans Affairs (VA) is accepting applications from veterans interested in participating in the 2015 National Veterans Summer Sports Clinic.

The 2015 National Veterans Summer Sports Clinic will be held Sept. 13-18 at the VA San Diego Healthcare System in San Diego, California. The annual event is expected to attract veterans from all over the country who have sustained a variety of injuries ranging from traumatic brain injury and polytrauma, to spinal cord injury or loss of limb.

The National Veterans Summer Sports Clinic represents VA's continued commitment to offer adaptive sports and recreation therapy as an integral part of a successful rehabilitation program.

The deadline to apply for the 2015 National Veterans Summer Sports Clinic is May 1.

For more information or for an application, visit <http://www.summersportsclinic.va.gov>.

THROUGH 2015

MOTORCYCLE SAFETY COURSES

Training schedules have been set for the 2015 Local Hazards Course and Intermediate Driver's Course. Training will be held in Bldg. 4305 Susquehanna Avenue, room 243A. Attendees must register online at AIRS through the www.TeamAPG.com web site at <https://apps.imcom.army.mil/airs/>.

Local Hazards Course:

This is a 30-minute course for personnel who are new to APG. It is a mandatory course for all APG service members, family members, DOD civilians, and contractors who are licensed motorcycle drivers. Those on temporary duty (TDY) at APG for more than 30 day also are required to take the course. Additional classes will be added as needed.

Course time: 7:30 to 8 a.m. and 8:15 to 8:45 a.m.

Course dates: April 23; May 21; June 18; July 9; Aug. 13; Sept. 17; Oct. 8; Nov. 12; and Dec. 10.

Intermediate Driver's Course:

This two-and-one-half hour course builds on themes introduced during the Introductory Course 1 taken during basic and advanced individual training. This course is mandatory for service members age 26 and younger and may be used to satisfy the remedial defensive driving course. Additional classes will be added as needed.

Course time: 9 to 11:30 a.m.

Course dates: April 23; May 21; June 18; July 9; Aug. 13; Sept. 17; Oct. 8; Nov. 12 and Dec. 10

For more information, contact H. Mike Allen at the Installation Safety Office at 410-306-1081 or horace.m.allen.civ@mail.mil.

ONGOING

HOT WORK PERMIT

The APG Fire and Emergency Services has a new phone number to request a Hot Work Permit. A permit can be obtained by calling 410-306-0001. When is a Hot Work Permit required?

A Hot Work Permit is required before performing electric and gas welding, cutting or soldering operations requiring an open flame device, and for outdoor cooking with a grill, or similar device.

Please try to give 24 hours notice prior to the work or event. Leave a message if there is no answer. The inbox is checked throughout the day.

For more information, call 410-306-0001.

THROUGH 2015

RETIRING SOON? UNCLE SAM WANTS TO THANK YOU!

Are you an APG Soldier or civilian nearing retirement from government service? Consider participating in the monthly Installation Retirement Ceremony.

The APG Garrison hosts the event the last Thursday of each month –except November – and the first Thursday in December, at the Dickson Hall (Ball Conference Center).

Also, awards and decorations are presented to retirees and their spouses.

All Soldiers and civilians are eligible to participate in the Installation Retirement Ceremony regardless of unit or organization.

This is a program designed to thank retiring personnel for their loyalty and perseverance and for the sacrifices they endured while serving the nation. Retirees are encouraged to participate and to share this day with family members and friends.

After all, Uncle Sam wants to thank you. Don't you think you've earned it?

For more information, contact Lisa M. Waldon, Garrison Training Operations Officer, at 410-278-4353 or email lisa.m.waldon.civ@mail.mil.

Boot Camp pushes Team APG to the limit

Story and photos by
YVONNE JOHNSON
APG News

When it comes to getting in shape, some people prefer to ease their way into a tempered exercise plan that's easy on the body. Others opt for the road less traveled. People in this latter group don't only want to get in shape; they want to shape up. That's a necessary attitude ingredient for Boot Camp.

Offered as a Morale, Welfare and Recreation fitness class, Boot Camp features an energized road to whole-body fitness. While participants are encouraged to do only what is within their capabilities, it's still not for the exercise timid.

Boot Camp instructor Sandy Sanders, a program analyst with the U.S. Army Communications-Electronics, Research, Development and Engineering Center, described the station-style training of a typical Boot Camp session as "high intensity interval training (HIIT) that mixes cardio and strength training and alternates focus on the upper and lower body."

She said alternating provides a full-body workout without "pushing one area to failure."

"HIIT basically involves intense periods of exercise, with periodic rest intervals," she said. "One of the benefits is the after burn – the period after the workout when the body works to replenish the large amounts of oxygen used when pushed through an intense workout."

During the March 24 class at the APG North (Aberdeen) athletic center, Sanders set up 20 stations around the gym floor perimeter. Campers, about 25 in all, rotated from station-to-station, spending approximately three minutes at each, performing exercises identified by signs and equipment at each one.

They did everything. They did push-ups, sit-ups, knee-up, toe-ups and bench step-ups; they pushed everything up.

They climbed, crawled, hopped, squatted, shuffled, jumped and all but slithered.

And when they were done, there wasn't a dry brow in the room. Several campers even left glittering little sweat puddles in their wake as they walked off their momentum.

Breathing hard, chests out and strutting proud. This is high density fitness. This is Boot Camp. If you're not sweating it, you're not getting it.

Sanders, who changes the theme of each session to coincide with the time of year, holidays and local events, said the focus of Boot Camp is to get people to challenge themselves.

"I love the Boot Camp format because I can switch things up week to week, always keeping people guessing as to what's in store for them," she said. "But people shouldn't fear this exercise class because as an instructor I don't



(Clockwise from top)

- Ready to sweat, members of Team APG line the gym floor perimeter as instructor Sandy Sanders leads them through warm-ups during a Boot Camp session at the APG North (Aberdeen) athletic center March 24. Boot Camp is one of several no-cost MWR fitness classes available to Team APG.
- Stacy Matusa of the Army Evaluation Center looks for feedback at the exercise ball station as Boot Camp instructor Sandy Sanders approaches.
- From left, CERDEC civilians David Yee and Michael Piesen test their vertical limits at the power jumps station during Boot Camp.

push people beyond their capabilities. I try to cater to all levels so 'newbies' or people with injuries can do a modified version of any exercise."

"Just come in with a "can do" attitude, be honest with me and with yourself about your limitations and have a goal in mind so we can work together to get you to the next level."

Campers, newbies and regulars alike, agreed.

"It [boot camp] provides a good workout that challenges you," said

Cynthia Sheppard, a retired Maryland Air National Guard member who attends regularly, in addition to MWR yoga and Zumba classes. She said the best thing about getting fit is that it becomes addictive.

"I feel absolutely sluggish when I don't [work out]. I keep doing it to keep feeling good."

Andy Lambert a U.S. Army Test and Evaluation Command civilian, said he started Boot Camp after being challenged by Sanders.

"I look forward to it, it's a great workout," he said, adding that several fellow campers have been "at it a while."

"The funny thing is, they're in phenomenal shape and they don't even realize it," he said.

Boot camp is offered 6 to 7 a.m., Monday and Wednesday, and 4:45 to 5:45 p.m., Tuesday at the APG North (Aberdeen) athletic center. For more information about MWR fitness classes call 410-278-7933 or visit www.apgmwr.com.

Light it up blue for Autism Awareness Month

By **AMANDA ROMINIECKI**
APG News

The Centers for Disease Control and Prevention estimate that 1 in 68 children are diagnosed with autism spectrum disorder, meaning it affects the lives of millions of Americans: our friends, neighbors, colleagues and family members.

Autism Spectrum Disorder is a term for a group of complex developmental disabilities that can cause significant social, communication and behavioral challenges.

According to the CDC, there is often nothing about how people with autism look that sets them apart from other people, but people with ASD may communicate, interact, behave and learn in ways that are different from most other people.

Today, Thursday, April 2, is World Autism Day: a kick-off to a month-long awareness observance and the opportunity for communities across the globe to start a conversation about autism.

According to Nancy Goucher, the APG Exceptional Family Member Program manager, members of Team APG are encouraged to "Light it Up Blue" on



World Autism Day April 2.

"You can do this by changing outdoor or indoor light bulbs to blue bulbs or you can tint windows with blue gel sheets," she said. "If you don't have light bulbs or gel sheets, simply go to Autism Speaks website and download the Autism puzzle piece or Light It Up Blue logo for your walls or buildings."

Lighting it up blue doesn't have to end April 2, Goucher said. Leave blue lights up all month long to show support of the fastest-growing developmen-

tal disorder in the U.S.

Signs of autism begin during early childhood and typically last throughout a person's life. While Autism impacts all races, ethnicities and socioeconomic groups, it is five times more common among boys than girls.

What causes autism is still not known, according to the CDC, but research has led scientists to believe there are likely many causes, including environmental, biological and genetic. Researchers continue to search for answers.

A cure for autism does not exist, but the CDC recommends a combination of behavioral and communication therapies, dietary restrictions and medication to help children with autism develop social and communication skills.

Both World Autism Day and Autism Awareness Month seek to raise awareness of the disorder, learn to better understand its causes and help improve the lives of those individuals living with it.

Shine a light on autism by educating yourself. Goucher recommends the following online resources for autism facts, signs and support groups:

- Autism Speaks: <https://www.autismspeaks.org/>
- Pathfinders for Autism: <http://www.pathfindersforautism.org/>
- Providers & Services (CAMPS): <http://www.pathfindersforautism.org/resources/services>

APG personnel can contact Goucher by calling 410-278-2420 or by visiting the FMWR-ACS EFMP office at 2503 Highpoint Rd. for more information or to inquire about available resources including books and DVDs.

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.

Provided by the INTEL DIV/DPTMS

Say Something

Installation Watch Card

Awareness is key! Everyone is a sensor.

Do: Observe and Report

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the Installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around the Installation.
- Any possible compromise of sensitive information.

Do Not

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss FP measures, capabilities, or posture.
- Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police.

APG North 410-306-2222

APG South 410-436-2222

Off post in Md. call 1-800-492-TIPS or 911

Your call may save lives!

AWC promotes healthy sleep habits

By **RACHEL PONDER**
APG News

The APG Army Wellness Center staff wants members of Team APG to know it can help clients develop healthy sleep habits.

The center offers a free, hour-long monthly class that addresses the importance of sleep and teaches clients how to set small goals to improve their overall sleep quality.

“As a society, we need to transform the idea that ‘sleep is a waste of my time’ to the idea that ‘sleep is critical to my performance,’” said AWC Health Educator Erin Flaherty who leads the class.

Flaherty said many Americans are sleep deprived. According to the Centers for Disease Control and Prevention, chronic sleep deprivation can contribute to health problems like depression, hypertension, memory loss, obesity, diabetes and more. In fact, the CDC calls insufficient sleep a “public epidemic.”

In addition to health risks, loss of sleep can also be dangerous to others. According to the AAA Foundation for Traffic Safety, drowsy driving causes approximately 1 million crashes each year, resulting in 500,000 injuries and 8,000 deaths in the United States.

The American College of Sports Medicine recommends that adults get eight hours of sleep per night.

“A lot of people are living off four or five hours per night,” Flaherty said. “People who short-change themselves on sleep, will often report they feel fine. They have no self-awareness of just how much sleep deprivation actually impacts alertness and performance.”

Flaherty said most AWC clients

AWC

ARMY Wellness Center

Top 10 Healthy Sleep Habits for Adults

- Create a quiet, dark, comfortable sleeping environment.
- Use the bedroom only for sleep and intimacy.
- Stop caffeine at least six hours before bedtime.
- Don't drink alcohol before bed.
- Exercise early in the evening.
- Don't go to bed hungry.
- Maintain a consistent regular routine that starts with a fixed wake-up time.
- If you can't sleep, get out of bed.
- Nap wisely (preferably in the late morning or early afternoon, for 30 to 60 minutes).
- Move the bedroom clock to where you can't see it.

(Source: U.S. Army Public Health Command)

desire more sleep, but they have difficulty falling asleep or staying asleep, and that stress, pain, technology, envi-

ronment, medications and other disruptors can cause sleep loss.

“You may think smoking before bed

will make you calm,” she said “But tobacco is a stimulant.”

During the Healthy Sleeping Habits class, clients will be asked to fill out the Pittsburgh Sleep Quality Index Sleep Assessment, a subjective sleep quality questionnaire that identifies good and bad sleepers.

Flaherty encourages those who struggle with sleep to keep a diary, to detect patterns that contribute to poor sleeping habits. She recommends staying consistent by going to bed and waking up around the same time every day, even on weekends.

Then, clients can follow-up with an AWC health educator who can help them set SMART (specific, measurable, achievable, results-focused, and time-bound) goals to improve their overall sleep quality.

Flaherty also recommends investing in an electronic activity or fitness tracker, like a Fitbit, which records sleep history and restlessness.

“A lot of it [good sleep] requires preparation” she said.

The AWC sleep education program does not conduct sleep studies and is not intended to replace doctor's recommendations. Clients with serious sleep disorders, like sleep apnea, may be referred to a physician.

The AWC program is a U.S. Army Medical Command Program overseen by the U.S. Army Public Health Command. The center, located on the third floor of Kirk U.S. Army Health Clinic, offers free, standardized health services to Soldiers, retirees, their family members and Department of the Army civilians, on a space available basis. For appointments call 410-306-1024.

ATEC builds skills, learns to detect icebergs

Story and photo by **LINDSEY MONGER**
ATEC

The U.S. Army Test and Evaluation Command built yet another skill for military and civilians during resiliency training March 19 at APG as part of the Army's Ready and Resilient Campaign Comprehensive Soldier and Family Fitness Program.

CSF2 is designed to build resilience and enhance performance of the Army Family by providing hands-on training and self-development tools to help cope with adversity, perform better in stressful situations, and thrive in life.

This month's resiliency skill was “Detecting Icebergs,” led by ATEC resiliency trainer Sgt. 1st Class Jason Barrett, a military evaluator for the ATEC Army Evaluation Center.

CSF2 describes Detecting Icebergs as being core beliefs and values that fuel out-of-proportion emotions and reactions to a particular topic, and one's ability to evaluate the accuracy and usefulness of these beliefs.

Resiliency trainer Master Sgt. Linwood Parker described icebergs as being core values and beliefs in oneself that may cause a person to overact to a particular situation.

The skill really gets to the heart of understanding what makes us tick and why, so we may have more influence over how we respond to upsetting situations, he said.

“Detecting icebergs helps build self-awareness,” Barrett said. “Knowing that an iceberg has been activated, it gives us control over our emotions and reactions.”

Barrett challenged the class to exercise their ability to regulate their emotions by understanding what and why they exist as a way to gain control over seemingly out-of-proportion reactions.

As part of the training, the class was encouraged to ask themselves the ‘what’ questions, not the ‘why’ Barrett said.

“Asking ‘why’ [something upsets



U.S. Army Test and Evaluation Command Master Resiliency Trainer Sgt. 1st Class Jason Barrett led the “Detecting Icebergs” skill during resiliency training, March 19 at the APG North (Aberdeen) recreation center.

you] makes you stay on the surface of your emotional response, which can make people feel defensive and want to defend their actions. However, asking ‘what’ makes you dig deeper to find a core belief or value as being reason behind the action,” Barrett said.

“Without this skill, one runs the risk of undermining performance, effectiveness and successful communications with colleagues, families and friends,” Parker said. “So often, we as Army Professionals are asked to make split-second decisions, and in some cases, life

or death decisions.

“Understanding our core values and beliefs will help us navigate through those decisions and maintain control over our personal and professional relationships under stressful conditions.”

The class had an opportunity to detect their own icebergs and to capture “Heat-of-the-Moment Thoughts” to bring together as a group to reflect on them.

“It's not always learning about how to change yourself, it's how to approach the conversations,” Barrett said.

The next training session will also be led by Barrett, scheduled for 9 a.m., Thursday, April 9, at the APG North (Aberdeen) recreation center. The session will focus on the resiliency skill of Problem Solving. The make-up session for this class is set for 9 a.m., Thursday, April 23.

To get more information about ATEC's Ready and Resilient Campaign, visit <http://www.atec.army.mil/r2c>. To learn more about the Army's Ready and Resilient Campaign, visit www.army.mil.readyandresilient.



Pedro Rodriguez

Garrison Emergency Management Specialist

By **STACY SMITH**
APG News

As the garrison's emergency management specialist, Pedro Rodriguez is responsible for developing, implementing and reviewing emergency plans, and ensuring those plans comply with all related directives, regulations, policies and

procedures.

Rodriguez is called to action “whenever there's an emergency on the installation, whether it's a weather event, an accident or something big that requires us to activate the Emergency Operations Center (EOC),” he said.

Rodriguez assists in building the

common operating picture for the commander so he's well informed and also makes recommendations on how to deal with an incident.

“When there's an incident, everybody knows what their job is and what they must do to achieve their goals,” Rodriguez said.

When an emergency arises, Rodriguez edits and delegates the Emergency Response Plan, which must be approved by the garrison commander. The approved response plan is then posted to a command and control software used by APG to manage emergency incidents.

Rodriguez says that the goal of this software is to assure that all tenants have access to the emergency plan and to eliminate discrepancies between the garrison's plan and those of every other directorate and tenant.

To test an emergency plan's effectiveness, Rodriguez and the EOC team conduct annual installation-wide practice exercises to keep the installation's emergency-response skills sharp.

“It's really meant to push you and your resources to the limit,” he said of the exercises, in order to determine how the installation will react to and function during an emergency situation and allow for adjustments to be made to the response plan, if necessary.

Rodriguez spent 30 years in the military and was the APG Garrison command sergeant major before retiring in 2009. He has been in his current position for five years.

His office is located in Bldg. 320, Director of Plans, Training, Mobilization and Security (DPTMS). He can be reached at 410-278-4211, or pedro.rodriguez2.civ@mail.mil.



ALL THINGS MARYLAND

The Maryland State House

Only state house to serve as nation's capitol

By **STACY SMITH**
APG News

At the end of the American Revolution, during the nine months that Annapolis, Maryland was the capital of the United States of America, the Congress of the Confederation met in the Maryland State House.

It is the oldest state house still in continuous legislative use, and the Maryland State House is the only state house in history to serve as the nation's capitol. The building recently hosted the 62nd gubernatorial inauguration for Maryland Governor Larry Hogan.

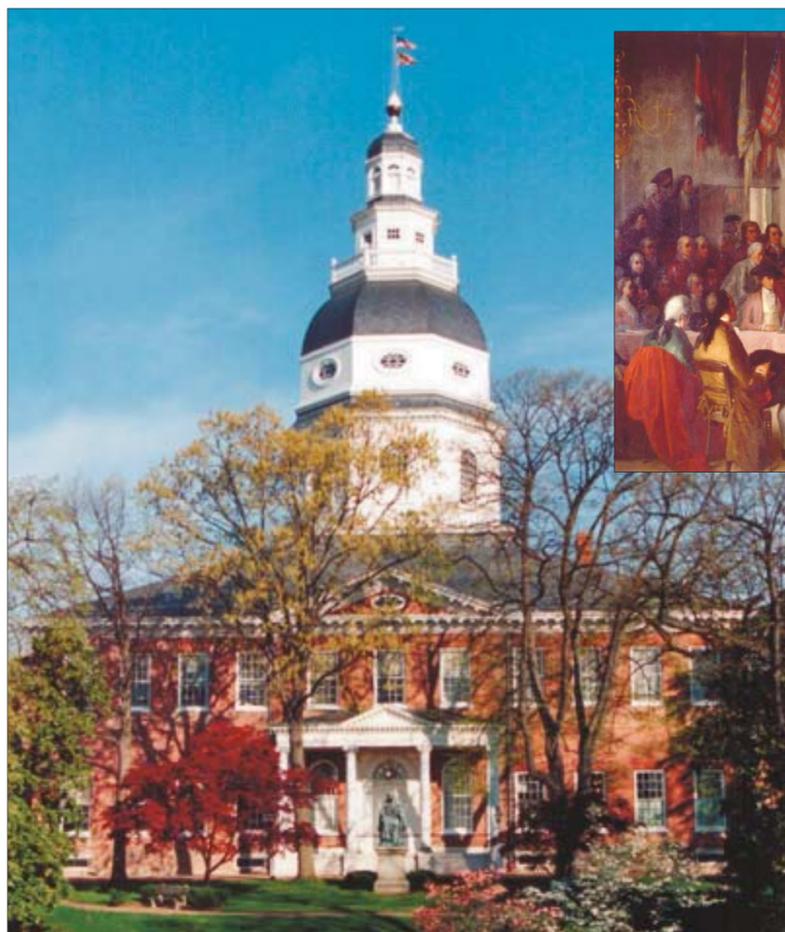
The State House stands as part of the Annapolis skyline and is distinctive for its large dome with a "Franklin" lightning rod, which was constructed and grounded to Benjamin Franklin's specifications. The original building was constructed in 1698.

The State House was the site of nationally significant events during the American Revolution, including the ratification of the Treaty of Paris in 1784, which officially ended the war. It was also the site of George Washington's 1783 resignation as commander-in-chief of the Continental Army, thus setting a precedent of the authority of the civilian government over the military that remains at the foundation of American government to this day.

The Old Senate Chamber, where Washington's resignation took place in front of the Continental Congress, was recently restored to its former glory and now displays his original handwritten resignation speech.

The State House has also recreated the Old House of Delegates Chamber to its late nineteenth century, Victorian appearance, to provide visitors the opportunity to interpret important events during that time period in Maryland, including the Constitution of 1864 which abolished slavery in the state.

According to the State House website, construction of the third and current



(Left) The Maryland State House is the oldest state house still in continuous legislative use and the only state house to serve as the nation's capitol.

(Above) Edwin White's painting, which depicts George Washington resigning his commission as commander-in-chief, has been on continuous display in the Maryland State House since its arrival in the Old Senate Chamber in 1859.

Courtesy photos

building, which was designed by Joseph Horatio Anderson, started in 1772, was delayed by the outbreak of the American Revolution, and completed in 1779.

The rich architecture and history of the building was recognized in 1960 when it was designated a National Historic Landmark; the first state house in the nation to be given such designation.

The Maryland General Assembly convenes in the Maryland State House for

three months each year. The governor, lieutenant governor, speaker of the House of Delegates and president of the Senate all have offices in the historic building.

Visitors to the State House can tour the building's various rooms, including the old and current Senate Chambers, the House of Delegates Chamber, and the opulently marbled twentieth century annex. The interior includes several commemorative statues, memorials and

plaques, notably one honoring Matthew Henson, an explorer from Charles County, Maryland who was the first African-American Arctic explorer.

The Maryland State House is located at State Circle in Annapolis and is open to the public 9 a.m. to 5 p.m., daily, except Christmas and New Year's Day. Photo identification is required for entrance. For more information, visit www.msa.maryland.gov.

Inaugural CBRNE Leaders Course held in Maryland

Story and photos by **WALTER T. HAM IV**
20th CBRNE Command Public Affairs

Soldiers from the U.S. Army's 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives) participated in the first CBRNE Leaders Course held at Gunpowder Range March 24 - April 2.

The command's senior enlisted leader said the course is designed to mold adaptable leaders capable of effectively combating weaponized, environmental and industrial CBRNE threats around the world.

"The 20th CBRNE Command's CBRNE Leaders Course introduces the students to these threats and fully immerses them into a training environment complicated by a wide-variety of CBRNE hazards," said 20th CBRNE Command Sgt. Maj. Harold E. Dunn IV.

The Aberdeen Proving Ground, Maryland-based 20th CBRNE Command not only combats CBRNE hazards on foreign battlefields but also supports law enforcement officials in the United States.



Command Sgt. Maj. Harold E. Dunn IV, center, the senior enlisted leader of the 20th CBRNE Command, guides the inaugural CBRNE Leaders Course at Gunpowder Range, Maryland March 26.

To stay ready for its high-stakes mission, 20th CBRNE trains with joint, interagency and allied partners year round.

A seasoned Army Explosive Ordnance Disposal technician, Dunn said the course covers the full range of CBRNE hazards, from improvised explosive

device ground sign awareness to small unit reconnaissance.

Dunn said the inaugural CBRNE Leaders Course will lay the foundation for a course that will accept students from all Army occupational specialties.

"This is the first course of its kind," said Dunn. "We will extract all lessons learned from our pilot course and open the opportunity to attend to all military occupational specialties across our Army, since CBRNE threats are not selective in whom they are designed to harm."

The command sergeant major said the course is another aspect of the 20th CBRNE Command's mission-focused training that includes combat training center rotations and exercises around the globe.

"This CBRNE Leaders Course serves to reinforce the foundations necessary to ensure that the 20th CBRNE Command can effectively deliver ready, reliable and globally responsive CBRNE forces capable of leading and executing CBRNE operations and activities at any time and anywhere," said Dunn.

WORD OF THE WEEK

Predispose

Pronounced: pree-di-SPOHZ

Part of Speech: Verb

Definition:

1. To make (someone) inclined to something in advance (transitive)
2. To make susceptible or liable (transitive)
3. To provide an inclination or susceptibility (intransitive)

Other forms:

predisposed, predisposing, predisposes

Use:

- A prolonged marginal deficiency of vitamin C may not lead to clinical symptoms, but may predispose the individual toward heart disease and lowered immunity.
- Your mother's ailments do not predispose you to the same problems.
- Siamese cats are thought to be predisposed to develop diabetes.
- Some may be predisposed to want to support or undermine a particular candidate.

By **YVONNE JOHNSON**, APG News
Source: Webster's New World College Dictionary

ACRONYM OF THE WEEK

FDA

Food and Drug Administration



The FDA is a federal agency of the Department of Health and Human Services responsible for assuring the safety and security of human and veterinary drugs, biological products, medical devices, the nation's food supply, cosmetics and products that emit radiation. The agency developed from the Food, Drug, and Cosmetic Act which was signed into law by President Franklin Delano Roosevelt June 24, 1938.

The FDA also helps speed innovations that make medicines more effective, safer and more affordable and regulates the manufacturing, marketing and distribution of tobacco products. The agency assists counterterrorism efforts by ensuring the security of the food supply and by fostering development of medical products to respond to deliberate and naturally emerging public health threats.

The FDA is headquartered in White Oak, Maryland. It also has 223 field offices and 13 laboratories located throughout the 50 states, the U.S. Virgin Islands, and Puerto Rico. Margaret A. Hamburg became the 21st commissioner of food and drugs on May 18, 2009. She is the second woman to be nominated for this position.

By **YVONNE JOHNSON**, APG News
Source: www.fda.gov; www.wikipedia.org

MORALE, WELFARE & RECREATION



Upcoming Activities

SAVE THE DATE 2K COLOR FAMILY FUN RUN FESTIVAL APRIL 18

In celebration of Month of the Military Child, Team APG will host a Family Fun After-Run Festival April 18 from 9 a.m. to noon. Featuring 25 local business vendors, food, obstacle course, bounce houses, an animal show, DJ, and free Zumba class, the festival is free and open to the local community. Registration for the 2K Color Family Fun Run is closed.

For more information, contact: Stacie Umbarger at stacie.e.umbarger.naf@mail.mil or call 410-278-2857.

CHILD & YOUTH SERVICES

SMART START LACROSSE REGISTRATION DEADLINE APRIL 14

The Smart Start Lacrosse season for boys and girls ages 5-7 (on or before April 21) will run every Tuesday from 6 to 7 p.m., April 21 through June 2, behind the Aberdeen Youth Center.

Registration, along with a sports physical, is required to play. For more information about sports physicals, call 410-306-2297.

The cost is \$40 per child. Registration will close April 14.

To register, visit the Parent Central Office, 2503 Highpoint Road, Second Floor, Rooms 210/211. Call 410-278-7571/7479 to schedule an appointment. Walk-ins are welcome at any time, but appointments will have priority.

SAT PREPARATION CLASSES

THROUGH APRIL 30

Get ready for the SATs with Sue Fassold, who works with students of all levels to prepare them for all areas of the SATs: Critical Reading, Math, and Writing. Online video chat small-group sessions offered in the Aberdeen Youth Center, Tech Lab.

Winter Session: Every Thursday, March 26 - April 30 (SAT Test Date: May 2)

The preparation class does not include the official exam. Each class is limited to five students per session.

AGES: 14-18 years
COST/FEE: \$225 (this includes the cost of the SAT Prep Book)

For more information, contact Shirelle Womack at 410-278-4589 or shirelle.j.womack.naf@mail.mil.

MOMMY AND ME YOGA

APRIL 13-MAY 18TH

APG MWR will offer a six-week series of Mommy and Me Yoga classes starting April 13, every Monday, 9-9:45 a.m. at the APG North (Aberdeen) recreation center.

Open to mom (or dad!) and a child ages 2 to 4-years-old, Mommy and Me classes are a fun way to reconnect with your body while enjoying time with your young one. It's a great way to take part in an understanding community of other parents.

For more information, contact SKIES at 410-278-4589/1399.

JUNIOR & TEEN TAEKWONDO

APRIL 20 - JUNE 22

Basic and Intermediate Taekwondo classes will now be offered in Bldg. 2407. TKD promotes discipline and defense, as well as muscle toning and conditioning. Students will learn blocking, punching and kicking techniques and form.

Classes will be held each Monday and Wednesday, April 20 - June 22. Basic TKD is open to children ages 7 and up, for white to blue belts, from 6:15 to 7:15 p.m. Intermediate/Advanced TKD is open to children ages 7 and up, for green belt and above, from 7:15 to 8:15 p.m.

Cost is \$153 per child and does not include cost of Gi and pad equipment.

For more information, contact SKIES at 410-278-4589.

LEISURE & TRAVEL MISSION IMPROVABLES COMEDY SHOW

APRIL 23

The improvisational comedy troupe "Mission IMPROVables" will perform an improv comedy show with audience participation, similar to "Whose Line is it Anyway?" at the APG North (Aberdeen) recreation center April 23.

Doors open at 6 p.m. and the show begins at 7 p.m. Food will be available for purchase, along with a cash bar.

Tickets are \$10 in advance, \$15 at the door (if available). For more information, or to purchase tickets, contact the Leisure Travel Office at 410-278-4011/3931.

BROADWAY'S PIPPIN TICKET DEADLINE APRIL 28

Discount tickets to Broadway's "Pippin" are available for the June 25, 8 p.m. show at the Hippodrome Theater in Baltimore. The show features high-flying, extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of "Wicked."

Adult tickets are \$38, with seats available in the right and left orchestra. For more information, or to purchase tickets, call 410-278-4011.

SPORTS & RECREATION PAY DAY SCRAMBLE

APRIL 3

At the request of Team APG golfers, Ruggles Golf Course will host a once-a-month Pay Day Scramble from 1 to 7 p.m.

April 3 will serve as the inaugural Pay Day 4-person Scramble. Sign up as a team or individually. Registration will begin at 11 a.m. Shotgun start at noon. Awards and prizes will be given out at 6 p.m.

The scramble cost \$35 for annual members and active-duty military, and \$50 for all other players. Price includes on-course lunch and beverages, and prizes.

For more information contact the Golf Shop at 410-278-4794.

GET GOLF READY ONGOING

Take part in this five-week course to learn the game of golf for only \$99 for the entire session.

Space is limited. Call the golf shop for dates and times at 410-278-4794.

ARMY COMMUNITY SERVICE

START & REVITALIZE YOUR CAREER

APRIL 22

Army Community Service will host a "Start & Revitalize Your Career" workshop April 22 from 11:30 a.m. to 1:30 p.m. at the ACS Building, 2503 High Point

Road.

Whether you are starting a new career or need a boost in your current career, this workshop will cover the following: setting a career path that defines you; creating strategies to move your career to the next level; setting S.M.A.R.T. goals that work; and being the job applicant that stands out.

The workshop is free, but registration is required. Contact the ACS Employment Readiness program manager at 410-278-9669/7572 to register.

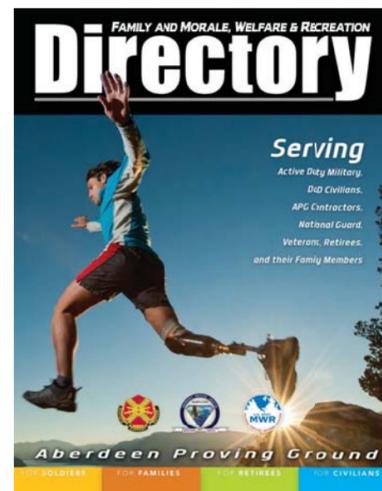
CREATING A SOLID SPENDING PLAN

Make plans to attend this free class to learn how to balance your finances. This information can help you stay disciplined and organized financially, which is the first step to knowing your overall financial health. In this easy to follow one-hour class, whether employed or unemployed, you will get the information you need to create and maintain your personal financial goals.

Class will be held on the following dates from 11:30 a.m. to 12:30 p.m. at Army Community Service, Bldg. 2503:

- Wednesday, June 17
- Wednesday, Sept. 9
- Wednesday, Nov. 18

Registration is required. To reserve a seat call ACS 410-278-9669/7572.



Learn more about APG MWR activities and services by going online at www.apgmwr.com and downloading the FMWR Directory.

MOMMY & ME YOGA

April 13 - May 18 (6 week session) Mondays, 9 a.m. - 9:45 a.m.
AARecreation Center, Bldg 3326 Erie Street

Mommy & Me classes are a fun way to reconnect with your body while enjoying time with your young one. It's a great way to take part in an understanding community of other Moms (Dads are welcome too!)

\$50 (6 week session)
AGES: 2-4

SKIESUnlimited
Schools of Knowledge, Inspiration, Exploration & Skills

For more information, contact SKIES, 410-278-4589/1399.
REGISTRATION INFORMATION:
Visit the Parent Central Office, Bldg 2503 Highpoint Road, Second Floor, Rooms 210/211/209. Please call (410) 278-7571/7479 to schedule an appointment.



2015 MONTH OF THE MILITARY CHILD

Their Lives, Their Stories

2K FAMILY COLOR FUN RUN & FESTIVAL

Sat, April 18 • 9 am-noon
AA Youth Center, 2522 Bayside Drive

AFTER-RUN FESTIVAL features over 25 Business Vendors, Food, Obstacle Courses, Bounce Houses, Animal Show, DJ, FREE Zumba Class...and many more activities!

This event is hosted by Team APG with the help of the Harford County community and military agencies including sponsorship from 20th CBRNE and 29th CAB.

Questions: Stacie Umbarger at: 410-278-2857

\$2 OFF

YOUR FOOD WHEN YOU SPEND \$10 OR MORE

APG Bowling Center Expires June 30, 2015

ONE FREE GAME

APG Bowling Center Expires June 30, 2015

Kid's Kourse coming to Exton Golf Course

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

This summer, APG youth will have a special place to learn how to play golf or improve their game.

Every Saturday and Sunday after 2 p.m., the Exton Golf Course at APG South (Edgewood) will be transformed into a nine-hole Kid's Kourse.

APG Golf Manager Rik Bond said the Exton staff is in the process of creating new kid-sized tee boxes, or starting points, that will be closer to the hole than regular tee boxes.

"The distance will not be as daunting," Bond said. "Most of the fun at the golf course comes around the putting green. The game will be at a faster pace."

In addition to a shorter course, extender cups will be placed over golf holes, he said.

The goal of the Kid's Kourse program is to make children feel welcome, Bond said. For instance, complimentary lemonade will be available to Kid's Kourse golfers every third hole, and participants will receive a voucher for a free snow cone. Exton Café will also sell "child-friendly" food like miniature hot dogs and hamburgers.

Adults can still play a normal round of golf while the Kid's Kourse is open, Bond said.

"We are not closing the course to adults," Bond said. "We are just trying to enhance what we offer to families and young golfers."

Bond plans to host special kids tournaments throughout the year. During the game, children will use official Kid's Kourse cards for scoring.

"It will be a nice family atmosphere,



During a 2014 kid's golf tournament on APG, Josh Brethauer, then 12, prepares to take a swing. The new Kid's Kourse at Exton aims to introduce more children to golf.

at an affordable price," he said. "I want kids to say, 'this is my course.'"

Bond said the Kid's Kourse at Exton will be unique. Not many golf courses cater to children.

"This will be our niche," he said.

"Compared to 10 years ago, golf is on the decline. If we don't react and try to build our own customer base down the road, this game might cease to exist."

"Exton is like a hidden jewel," he said. "It is a good golf course with tre-

mendous customer service. This will be a win-win [situation] for everybody."

Bond said he hopes to eventually partner with the Boys and Girls Clubs of Harford County to introduce more children to the sport. He noted that college scholarship opportunities are available for high school students who excel at golf.

"Golf really is a game of a lifetime," Bond said. "If we could teach kids to play golf at an early age there are a lot of things that can happen down the road for them. It is a challenge nowadays to get kids involved in golf because there are so many other activities. So we have to make golf fun and cool."

The Kid's Kourse will begin in mid-June at a date yet-to-be determined. Also during the summer, the Child, Youth and School Services (CYSS) sports program will offer a Junior Golf Program for ages 5-17 to learn the game of golf.

For more information about amenities available at APG golf courses, visit www.apgmwr.com/recreation/golf/, 410-436-2213. For more details about the Kid's Kourse, contact Rik Bond at 410-278-4794. For more information about CYSS sports contact Bill Kegley at 410-306-2297 or william.m.kegley3.naf@mail.mil.



Parents lead by example for holistic family fitness

By **LORI CLARK**
Community Health Promotion Council

Google the term "Family Fitness" and you'll find more than 200,000 results covering everything from gym memberships to day care, child care, martial arts, meditation, marathon runs and a host of other related subjects and keywords.

But what is family fitness exactly? Is there really any one definition?

Fitness can include things other than physical fitness. For example family fitness could include such things as nutrition, spiritual fitness, emotional fitness, and even financial fitness.

Regardless of the topic, a fit family is a happy family. Ultimately parents set the tone for the family and must lead by example.

Physical fitness

If parents are good examples of physical fitness enthusiasts, children will likely follow in their footsteps.

A child's physical fitness is most commonly demonstrated in school sports. This venue gives them an outlet for physical energy and at the same time develops disciplinary and team cooperation habits that can follow them their whole life. Physical fitness habits developed at a young age tend to be lifelong habits.

Nutrition

Let's not forget the nutritional habits of the family. Once again the parents

Healthy Living

Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage www.TeamAPG.com To suggest health-related topics for the Health Living series, email amanda.r.rominiecki.civ@mail.mil

lead the way in this arena.

If parents consistently prepare healthy foods, children will develop good, strong eating habits that will very likely carry through to adulthood and into their own family units. Not having sugary sweet snacks such as candy around the house encourages them to satisfy a sweet tooth by eating a piece of fruit instead.

Small steps such as this are critical to developing children with healthy attitudes towards food. Websites such as Shape Up America (www.shapeup.org) provide simple, easy to execute ideas for family fitness such as playing basketball together, or visiting local farms to pick fruits and vegetables.

Spiritual, emotional fitness

A family's spiritual and emotional fitness plays a role here as well. If the home environment is filled with constant bickering, fighting and abusing one another emotionally the health of the individual family members could suffer tremendously.

On the other hand, a supportive and cooperative environment fosters healthy attitudes and positive relationships amongst all family members and consequently other people the family members interact with in social settings.

Parents must provide a loving and supportive environment for each other as well as their children. Doing so has long term benefits that include produc-

ing well-adjusted emotionally stable and resilient children.

Spiritual fitness does not necessarily have to be religiously based, although that is the most common assumption. Families with a religious view of spiritual fitness demonstrate a belief in a higher purpose which can help all family members become valuable members of the larger society.

Financial fitness

Financial fitness is probably not the first thing that comes to mind when you think about a family's fitness. However it can and does play a significant role not only in day-to-day affairs but also long term.

Making wise financial decisions throughout one's life can mean the difference between a life of struggle and one of satisfaction. Parents must be able to not only demonstrate financial fitness but also to teach their children proper attitudes about money.

Starting early in life with a weekly or monthly allowance which is tied to the accomplishment of chores for example will allow children to gain an understanding of the relationship between money and work.

Well rounded, healthy and resilient families are the essential building blocks of society. It should be society's goal to support the development and well-being of a fit family.



Army FAST science advisors review technology priorities

Brig. Gen. William Cole, U.S. Army Research, Development and Engineering Command deputy commanding general, speaks during the annual Field Assistance in Science and Technology Program Review on Aberdeen Proving Ground March 24.

Army science advisors from around the world convened at APG March 24-26, to discuss Soldiers' technology needs and priorities.

The Field Assistance in Science and Technology, or FAST, program's 30 advisors, both uniformed officers and Army civilians, are a link between Soldiers in the field and RDECOM's thousands of subject matter experts.

FAST's footprint reaches five combatant commands, 10 Army service component commands and major commands, three Corps (I, III, XVIII) and three combat training centers. Science advisors provide supported commanders with access to RDECOM scientists and engineers.

An Army Reserve 20-member detachment augments the full-time FAST advisors during exercises and training rotations.

Photo by Conrad Johnson

APG civilian joins Selma bike ride

By **YVONNE JOHNSON**
APG News

An Aberdeen Proving Ground civilian who grew up in the shadow of Alabama's Selma to Montgomery Voting Rights Trail recently participated in a bike ride marking the 50th anniversary of the historic marches that led to the passage of the 1965 Voting Rights Act.

Larry Tyson is a Birmingham, Alabama native and the Installation Voting Assistance Officer with the garrison's Directorate of Human Resources. Also a military retiree, he is the former first sergeant of the HHC Garrison. Tyson said that once he learned about the bike ride, which was hosted by the Montgomery Bike Club, he couldn't resist.

"I was the first to register when the site opened up online in December," he said, adding that he's also participated in three 10-year anniversaries for the March on Washington. Famed civil rights leader, Dr. Martin Luther King Jr. led the March on Washington and the second and third of the three Selma to Montgomery marches.

An avid biker who began walking and riding to support charities after losing his sister to breast cancer, Tyson said he was attracted to the ride because of its historic nature and he decided to participate as a tribute to the original marchers.

Because he normally doesn't ride in the winter, Tyson mapped out a 40-mile round-trip route on Route 40 in southern Harford County and on the Mount Vernon Trail in Washington D.C. and trained frequently on his 2012 Trek Road Bike wearing thermal gear that shifts water away from the body.

"I wasn't sure how the temperatures would be in Alabama, he said, adding, "The hilly parts of Route 40 provided great training."

The event was held Saturday, Feb. 21. Tyson and a friend from Fort Belvoir, Virginia, Sgt. 1st Class Otis Oxford, made the 13-hour drive to Montgomery, with their bikes in tow, the day prior. After checking in with 355 other bikers from 25 states, they loaded their bikes for transport to Selma and were then bused to Selma for the one-way bike ride back to Montgomery.

Tyson said along the route they stopped at the original rest points used by the marchers. These included the starting point in Selma at the famous Edmund Pettus Bridge which carries U.S. Route 80 across the Alabama River.

"There were all age groups and a good mixture of people," Tyson said. "I met people from as far west as Washington state and as far east as New Jersey."

He said that Selma Mayor George Patrick Evans saw the group off with thanks for their participation.

The group stopped at campsites such as the David Hall Farm and the City of St. Jude, a Catholic complex on the outskirts of Montgomery, as well as the Lowndes County Line which separates Selma, in Dallas County from the state capital in Montgomery County.

They also visited the grave of Viola Liuzzo, a white civil rights activist from Michigan who, while shuttling fellow activists to the airport after the successful 1965 marches, was shot and killed by the Ku Klux Klan.

Upon his return, Tyson shared his story in the bulletin of his family church, Mount Zion Baptist Church in Havre de Grace. He said he makes a point to share this and other stories with his 13-year-old grandson.

"Nowadays, too many young people aren't being taught our complete history, only what they can fit in during Black History Month," he said. "I have a particular appreciation of important events that happened during my lifetime."

"If we can instill in our young people an appreciation of past struggles and the guide them toward the nucleus of Dr. King's dream, then it can become a reality."

He added that he can't ignore the irony of paying tribute to the quest for voting rights while serving as a voting assistance officer.

"It's my job to encourage everyone to exercise their right to vote," he said. "It's my concern that young people today don't understand the sacrifices that were made to secure that right. That's why remembering Selma is so important. Our not voting means they did it all in vain."

(Top right) APG civilian Larry Tyson readies for the start of the Selma to Montgomery Bike Ride on the famous Edmund Pettus Bridge in Selma, Alabama in February. The bike ride marked the 50th anniversary of the historic marches that led to the passage of the 1965 Voting Rights Act.

(Right) Tyson raises his bike in victory on the steps of the Alabama state capitol in Montgomery.

Courtesy photos



Changes coming to 'use or lose' leave

Story and photo by **GARY SHEFTICK**
Army News Service

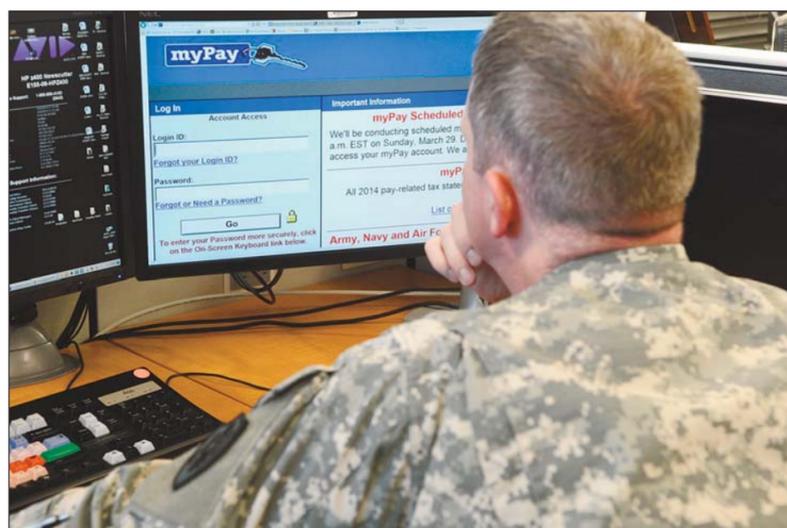
The temporary authority allowing Soldiers to carry over 75 days of leave from one fiscal year into the next will expire, Sept. 30.

Most Soldiers will only be allowed to carry 60 days of leave into the next fiscal year.

Soldiers will lose it, if they don't use it by Oct. 1, Army personnel officials said of leave in excess of 60 days, unless special leave accrual, or SLA, applies.

SLA allows Soldiers who have served in a mission where they were eligible for hostile fire pay or imminent danger pay for a continuous period of at least 120 days to accrue leave. Under SLA, Soldiers can accumulate a maximum of 120 days of leave (60 days of ordinary leave, plus 60 days of SLA).

Soldiers who meet the SLA provisions can still carry forward up to 120 days leave, if their leave and earnings statement, also known as LES, has 60 days of leave coded as SLA and the LES remarks block shows "Combat Zone Leave Carryover Balance" with



A Soldier logs in to check his leave accrual on the "My Pay" site, provided by the Defense Finance and Accounting Service.

its expiration date.

"Each Soldier has an individual responsibility to monitor and manage their leave," officials said in an all Army activities, or ALARACT, mes-

sage, dated March 1.

The 75-day carry-over authority began with the 2008 National Defense Authorization Act, authorizing a two-year temporary authority. Since then,

Congress has extended the authority twice, adding four consecutive years. The 2016 National Defense Authorization Act is not expected to extend the authority, officials said.

The Defense Finance and Accounting Service, or DFAS, is in the process of emailing a notice to all Soldiers projected to have more than 60 days accrued leave on Sept. 30, officials said. DFAS will continue to include monthly notices on Soldiers' LES that state: "Important: Manage your leave. On Oct. 1, 2015, you will lose all accrued leave over 60 days, unless SLA applies."

Currently, DFAS software hasn't been updated to use 60 days in the use/lose computation; therefore all LESs will understate the use/lose balance by 15 days. DFAS is making the necessary system changes to correct that error, officials said, and they estimate the fix will be completed by June.

The recent ALARACT echoes DOD guidance that commanders should continue to monitor the leave of their Service members, and encourage them to use any accrued leave days that exceed the 60-day carry-over limit.

Maryland gives Vietnam vets their due

By **YVONNE JOHNSON**
APG News

After what many consider long overdue recognition, Governor Larry Hogan signed a bill to make March 30 "Welcome Home Vietnam Veterans Day" in Maryland.

Vietnam veteran and Maryland State Senator John Astle of Anne Arundel County introduced the legislation which passed both houses of the General Assembly as an emergency bill which means it takes effect immediately. Dele-

gate C.T. Wilson of Charles County co-sponsored a similar bill in the House. The House voted unanimously for the Senate measure March 26.

Local Vietnam veterans applaud the legislation.

"I want to thank the governor for signing this bill," said Robert L. Richardson Sr., the operations specialist for the Directorate of Emergency Services. "As a Vietnam veteran, this recognition is long overdue," Richardson said, adding that he hopes other states adopt similar legislations.

Veterans Corner

Veterans Corner is a new, recurring feature in the APG News. It addresses the topics that matter most to the veterans in our community. For more information about local veterans affairs services, visit www.maryland.va.gov. To suggest veteran-related topics for the Veterans Corner series, email amanda.r.rominiecki.civ@mail.mil.

THIS WEEK IN APG HISTORY



Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1966.

By YVONNE JOHNSON, APG News

2015
2010
2000
1990
1980
1970
1960
1950

10 Years Ago: March 31, 2005



(Left) Contract welders remove an excess of 5,300 pounds of steel overhang to enable a direct lift of the old water tower roof during a refurbishment of the 500,000 gallon capacity structure.



(Right) Staff Sgt. Adrian Pubill, a volunteer with the Basic Non-commissioned Officer Course, paints a clown face on Keith Hudson, 6, during the Army Community Service egg hunt at the Maryland Boulevard picnic area.

25 Years Ago: March 28, 1990



(Left) A Soldier crawls through mud and barbed wire to avoid enemy fire during a combined field exercise for Advanced Individual Training and Basic Non-commissioned Officer Course Soldiers.



(Right) The APG News looks back on the 1919 explosion of the Trench Warfare range that blew out windows and scattered debris in machine shop Bldg. 315.

50 Years Ago: April 1, 1965



(Left) Troop Support Director Lt. Col. Lloyd O. Jensen, left, presents desk lamp trophies to Capt. William J. Bustard and Gilbert Dorland, winners of the APG intramural handball doubles competition. Bustard also captured the singles title.



(Right) Pfc. Richard E. Klink, an illustrator with the Training Aids Division of the U.S. Army Ordnance Center and School, is shown with his pen and ink drawing, "Aries Crowning the Hero" during an art show for military and civilian artists.

2015 Easter Season Worship Services

APG North (Aberdeen) chapel

Catholic service

Friday, April 3 Good Friday 3 p.m.
 Friday, April 3 Soup/Bread/Movie 6 p.m.
 Saturday, April 4 Easter Vigil Mass 8 p.m.
 Sunday, April 5 Easter Sunday 8:45 a.m.

Protestant service

All Sunday services 10:15 a.m.

Gospel service

All Sunday services at noon

APG South (Edgewood) chapel

Catholic Service

Thursday, April 2 Holy Thursday 7 p.m.
 Friday, April 3 Good Friday 3 p.m.
 Sunday, April 5 Easter Sunday 10:45 a.m.

Protestant service

All Sunday services 9:15 a.m.

Jewish Holy Days

Friday, April 3, Passover begins
 Saturday, April 4 Passover ends
 For more information, contact Col. Jonas Vogelhut at 443-619-2304 or voelghutj@aol.com

Chapel special programs

Protestant Lenten bible study and lunch will be held at noon at the APG North (Aberdeen) chapel fellowship hall March 25 and April 1.

The Francis Effect Lenten Program will be held 9:30 to 11:30 a.m. every Friday in Lent at the APG North (Aberdeen) chapel. Child care will be provided. Contact Cathy Day.

The Easter Sunrise Service will be held 7 a.m. at the APG North (Aberdeen) chapel, hosted by Protestant Men of the Chapel. A hot breakfast will be served after the service.

For more information call 410-278-4333 or joyce.l.wood.civ@mail.mil.

Army reducing civilian strength, leaders tell Congress

By **DAVID VERGUN**
 Army News Service

Reducing civilian end strength so it is commensurate with the drawdown of Soldiers is something the Army has been focusing on, but it's still a work in progress, noted Secretary of the Army John M. McHugh.

McHugh and Chief of Staff of the Army Gen. Ray Odierno testified March 26, at a House Appropriations Committee, Defense subcommittee hearing on Army posture.

"There's lots of pressure on the services to reduce civilian end strength and we do believe the Fourth Estate – what we call the rest of the Department of Defense outside of the services – absolutely needs to be looked at in terms of growth," Odierno told lawmakers.

DOD defines the Fourth Estate as defense agencies, field activities and some other entities not falling under one of the services or under a combat command.

The remarks were in response to comments by a lawmaker that "the ratio of civilian employees to active-duty personnel is at historic levels," meaning the number of civilians relative to uniformed personnel has gone up.

"Bringing that ratio down to the historic norm would save the Defense Department \$82.5 billion over the next five years," the congressman calculated. "All these savings could be reinvested to alleviate the impacts of [sequestration]."

The lawmaker then acknowledged that the Army did in fact shed 47,048 civilian employees recently.

Reasons for civilian growth

Much of that civilian growth over the last decade was predicated on several things, McHugh said. "We were at war and ... because of the demand in-theater."

Many of the jobs taken on by Army civilians and contractors had been previously held by those in uniform, he noted.

Through "some actions by Congress,



Secretary of the Army John M. McHugh and Army Chief of Staff Gen. Ray Odierno prepare to testify March 26, 2015, at a House Appropriations Committee, Defense subcommittee Army posture hearing.

Photo by Staff Sgt. Steve Cortez

we've been required to do a number of things that substantially increased civilian numbers," he said. "For example, there's a provision in law that inherently military activities must be in-sourced and can't be contracted out."

For example, the Army had to downsize its procurement and contracting officers after the Government Accountability Office found that "we didn't have enough civilian overseers and were relying too heavily on weapons contractors," he said.

Those factors "explain the growth in large measure," he said.

Since 2011, the Army civilian workforce has been drawn down some 14

percent, McHugh said, adding that "we've done some analysis [showing if or when] active end strength reaches 450,000, we'd have to continue to come down to about 239,000 civilians.

And, should sequestration occur, that will bring the needed drawdown of civilians to about 233,000, he said.

Summing up, McHugh said "we have a responsibility to balance our military reductions with our civilian reductions and we're attempting to do that and over time I think we'll get there. We can then hopefully reinvest those savings in military-based programs."

Odierno said that Secretary of Defense Ashton Carter "pledged to take

a hard look" at drawing down the Fourth Estate.

When Carter was deputy defense secretary in 2013, he discussed the Fourth Estate at the National Press Club in Washington, D.C.

A DOD News release reported Carter's remarks: "We are placing a great emphasis on reducing the cost of what we in the Pentagon call the 'Fourth Estate,' which ... represents a fifth of the Department's budget, and it merits at least as much scrutiny as the military services' budgets. There are real savings to be realized here."

Carter added that DOD must "drive down tail to strengthen tooth."



APG CATCH-A-POACHER PROGRAM

A wide variety of wildlife call Aberdeen Proving Ground home. The APG Conservation Law Enforcement Branch is asking you to be a partner in protecting and preserving the natural resources here on post. If you see or have knowledge of poaching or illegal activity involving wildlife or natural resources, you can use the SUBMIT-A-TIP hotline to anonymously provide information to catch a poacher.

Call the SUBMIT-A-TIP "HOTLINE" at 410-306-4673.

Emergencies or violations in progress should always be reported via 911.

When reporting poaching or illegal activity involving wildlife or natural resources on APG, please take note of the information listed in the form below.

Name/Description/Address of the Poacher
Location/Days/Times & Type of Poaching
Vehicle/Vessel Description or Registration #

You can also cut out this completed SUBMIT-A-TIP form and mail it to:
 2200 Aberdeen Blvd. APG, MD 21005

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); or OPM 630- B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

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| Adair, Jennifer | Doyle, Tesha H. | Pettitway, Mary |
| Alba, Audrey | Gaddis, Lonnie | Phillips, Andrea |
| Beach, Sarah Lynn | Gilley, Christopher M | Robinson, Jennifer |
| Benysek, Lee | Hise, Anne R. | Rodgers, Theodore |
| Best, Anja S. | Ingram, Debra | Saenz, Diana |
| Blevins, Dianna | Johnson, Douglas W. | Solomon, Je'Neane |
| Bowers, Kimberly | Jones, Desiree | Starnes, Desiree C. |
| Budzinski, David | Lamar-Reeve, Kellie | Thurman, Terry L. |
| Calahan, Jane E. | Mason, Jeremy L. | Trulli, Wayne R. |
| Casey, Patrick A. | McCauley, Adrienne | Tyson, Paul D. |
| Clark, Lyra | Merkel, Arthur J. | Zarrillo, Rebecca Lee |
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PowerShade produces, saves energy

By **JANE BENSON**
NSRDEC

When it comes to energy conservation and energy production, Army researchers like Natick's Steve Tucker are working to ensure Soldiers have it made in the shade.

Tucker is a senior engineer at the U.S. Army Natick Soldier Research, Development and Engineering Center, or NSRDEC, on the Collective Protection Systems Team and is the lead project officer for the "PowerShade." Natick's work is part of the Army's commitment to conserving fuel and water and reducing waste.

In addition to providing shade and protection from the sun, the PowerShade is a durable solar shade structure that contains photovoltaic modules that generate solar power. The medium variant of the Gen I PowerShade generates 1.8 kilowatts of peak electrical energy that can be used to support military base camp operations.

"Saving energy is a Natick-wide effort, part of a larger Army effort," Tucker said. "The Army right now is very concerned with energy use. The PowerShade is part of the trifecta, where we are looking at power, waste and water. The goal is to bring in conservation technologies where less energy is needed to heat or cool shelters, generate power from alternative energy to remove the need for more fuel, and investigate 'waste to energy' technologies, where we take things that normally would be thrown away, and we use them to create power. The Army is also looking at water purification, where local water is purified and used for camp operations."

The PowerShade has several qualities that make it particularly useful to warfighters in remote, austere locations. The energy generated by the PowerShade is clean, quiet, sustainable and renewable. It generates electricity directly from the sun, produces zero emissions, and it requires no fuel and little to no maintenance.

The reduced logistical burden and



U.S. Army photo

The PowerShade, shown here covering an Army shelter, provides shade and produces solar power. It is part of the Natick Soldier Research, Development and Engineering Center's effort to reduce energy use.

reduced footprint that the PowerShade provides to warfighters are beneficial not only in terms of consumption but also in terms of safety. Eliminating the need for fuel deliveries reduces danger and vulnerability associated with such deliveries.

"A remote or austere environment is where everything is the most expensive," Tucker said. "It's where you have to transport your fuel the furthest. It's where security is the most risky because you may be deep in enemy territory. It's difficult to get supplies in. Sometimes you can't just drive them in, and you are forced to airdrop them in."

"Something that is self-sustaining like the PowerShade helps toward the goal of becoming 'net zero,' where we make as much energy on-site as we use. You can also minimize your footprint and your presence as far as your bringing people in and bringing supplies ... Bottom Line? An austere environment, where logistics is the most expensive and chal-

lenging, is where alternative energy really shines."

Typically, the PowerShade is placed over a shelter that is used for the billeting of Soldiers. It reduces the power demand from the environmental control unit, or ECU, so less power is needed to cool or heat the shelter. The saved power can then be used to support other camp operations.

"So, by producing the power, you are actually harvesting the sun to enable energy-efficient camp operations, such as lighting or powering of convenience loads like a laptop, or a battery charger," he said. "LED lighting is very energy efficient, and we can support that with the power produced by the PowerShade. We can also take the energy from the sun, and we can recharge a battery for a Soldier's radio with it. Then we can take the power from that same battery later on when we need it, or we can use another application Natick developed and invert to make AC power like you would typi-

cally use from a wall socket."

Tucker has traveled extensively to train Soldiers to set up, tear down, and use the PowerShade. He helped oversee the use of the Gen I PowerShade under austere, remote conditions at Camp Lemonnier in Djibouti, located in the Horn of Africa.

He is also supporting an ongoing research effort by the U.S. Army Construction Research Laboratory, or CERL, and the United States Military Academy at West Point to investigate the use of Super Insulated Panel, or SIP, structures as a more energy-efficient alternative to the wooden buildings known as "B-Huts." Soldiers are familiar with B-Huts from base camps in Southwest Asia.

"The idea behind bringing the PowerShade to West Point is to get that base camp net-zero effect, where they make as much power as they use," Tucker said.

A more powerful version of the original Gen I PowerShade is currently being developed. The Gen II PowerShade will use about the same deployed footprint as the Gen I PowerShade, but will be capable of producing about twice the power of the Gen I unit, further advancing the goal of achieving net-zero energy for base camps.

"The Gen II produces more power at less cost per watt than the Gen I," he said. "The Gen II is a slightly larger unit and has a 10-year rated lifespan versus a three-year (lifespan) for the Gen I."

Currently, the Gen I PowerShade is being used in Guam for a demonstration, and the Gen II unit is set up at Fort Leonard Wood in Missouri as part of the Sustainability Logistics Basing Science and Technology Objective.

Both the Gen I and Gen II PowerShades mean that Soldiers don't have to commit time to refueling or maintaining equipment.

"Anything that allows Soldiers to focus more on warfighting and spend less time on maintenance and other base camp tasks is beneficial to getting their mission done and them home sooner," Tucker said.

Strong B.A.N.D.S. campaign returns

By **JESSICA RYAN**

U.S. Army Installation Management Command

The 5th annual Strong B.A.N.D.S. campaign will return to 65 participating Army garrisons world-wide in May.

Strong B.A.N.D.S. – which stands for Strong Balance, Activity, Nutrition, Determination and Strength – promotes garrison fitness and wellness programs available to Soldiers, Families, retirees and civilians. This year's theme is Total Army Strong, which highlights how all members of the Army community are essential in building a resilient fighting force.

The campaign is held during National Physical Fitness and Sports Month. Participating garrisons will plan a minimum of five fitness and health-related events throughout the month. In previous years, events ranged from traditional sports and fitness programming and health fairs to Story Walks and bowling tournaments.

"We are always looking for ideas to enhance the programming involving physical fitness on our installation," said Neil Smith, Sports Director at Fort Gordon, Georgia. "We strive for our

Soldiers and their Families to participate in fun, worthwhile activities that will progress into making key, important lifestyle changes."

A new addition in 2015 is Run to Honor, an event developed in partnership with the Survivor Outreach Services program. The event, which was first held at the 2014 Army Ten-Miler, gives individuals an opportunity to walk or run in dedication of fallen military members. The Exchange will provide free race bibs for participants to write the honoree's name on. Thirty-four garrisons will conduct various Run to Honor events including Fun Runs, 5Ks and 10Ks.

Strong B.A.N.D.S. also supports other Army initiatives such as the Ready and Resilient campaign and Army Medicine's Performance Triad.

"I encourage anyone that is participating in Strong B.A.N.D.S. to check out the Performance Triad because it compliments what Strong B.A.N.D.S. is all about - a state of mind," said Lt. Col. Jason Silvernail, System for Health and Performance Triad Activity Lead for the Headquarters, Department of the Army, Office of the Surgeon General. "Adding the tenets of the Per-



Strong B.A.N.D.S. supporters show their solidarity at a Joint Base Lewis-McChord event. Supporters receive a black and gold band to wear on their wrist to proudly display their achievement and raise awareness of the importance of health and fitness in the Army's life.

U.S. Army photo

formance Triad can optimize sleep, activity, and nutrition behaviors and choices."

Partnering with the Human Performance Resource Center and the Army Public Health Command, the campaign will have both print and online educational materials and videos available to participants at no cost. Online materials will be accessible at the Strong B.A.N.D.S. official website.

In addition, each participant will receive a gold and black wristband to symbolize their commitment to a healthier lifestyle.

Launched in 2011, Strong B.A.N.D.S. encourages all members of the military community world-wide to start and maintain a healthy lifestyle. Last year, over 48,600 individuals were involved in a variety of fun and engaging fitness and health activities.

Resiliency training offers invaluable life skills

Continued from Page 1

acquired and maintained while participating in the MRT program."

A mobile MRT team conducted the training on APG last month. The primary instructor, Sgt. 1st Class David Parish from Fort Bliss, Texas, has been an MRT instructor for five years. Parish said that attending MRT training had a big impact on his professional and personal life.

"A lot of us spend tons of time wasting mental energy on things that we can't really control," he said, adding that MRT taught him how to recognize the things in life he can have a positive impact on, and how to put the things he can't change "on the backburner, and devote [my] energy to something else."

Parish said the training has proven successful in bolstering Total Army readiness and resilience and that Army reports have shown that units with strong MRT programs report fewer cases of depression, drug use, and other risk factors.

"It doesn't matter what your job is, it doesn't matter what your background is, it doesn't matter if you're a civilian or a Soldier; these skills are

“The Master Resilience Training was one of the best trainings I’ve attended in my 36 plus years as a Soldier and DA civilian. [MRT] is a whole-person, whole Army approach. Soldiers, families and DA civilians – we are all pieces of the successful Army puzzle.

Cindy Scott

Master Resiliency Training attendee

applicable," Parish said.

Glenn Wait, deputy to the garrison commander, attended the final day of training. He thanked participants and challenged them to continually grow their MRT skills and share their newfound knowledge with others.

"Taking knowledge and putting it on a shelf and letting it collect dust is counter-productive to the MRT mission,"

Wait said. "Go back and spread the wealth; spread your knowledge."

Capt. Nicholas Milano, company commander of the Headquarters and Headquarters Company, and HHC 1st Sgt. Daniel Nelson sponsored the training. They also attended the course for the first time.

Milano said that one of his favorite new skills is called "hunting the good

stuff." This skill is used "to counter negativity bias, create positive emotions, and notice and analyze what is good," he said.

"The idea is to write down three good things each day and write a reflection next to each positive event about why it happened, what it means to you, and ways to enable more of it to happen or continue," Milano said.

Although resiliency training is mandatory for military personnel, civilians are highly encouraged to attend.

"The Master Resilience Training was one of the best trainings I've attended in my 36 plus years as a Soldier and DA civilian," said Cindy Scott, Army Substance Abuse Program prevention coordinator.

"[MRT] is a whole-person, whole Army approach. Soldiers, families and DA civilians – we are all pieces of the successful Army puzzle," she said.

The next Master Resiliency Training Course is scheduled for fall 2015. To learn more about the Ready and Resilient Campaign, visit www.army.mil/readyandresilient.



From left, APG community members Dan Sexton, George Blake, Bill Caramo, Daniel Thomas, Dr. Gene Egerton, Capt. Ryan Butler, Phil Atwell, Samuel Thomas, Reggie Brown, Jesse Shanks, Tony Sykes, Joe Magby, Monroe Manning and Mark Edwards, act out da Vinci's famous painting "The Last Supper" during the Palm Sunday service at the APG North post chapel March 29.

Living Last Supper creates modern-day connection

Continued from Page 2

Songs and scripture readings were incorporated as brief interludes throughout the performance.

According to the performance's director Mike Layman, the post chapel has performed the Living Last Supper during the Lenten season every other year since 1990. Layman has directed the play for about 20 years.

"We get the scripts given to us weeks in advance so that we can just kind of get familiar with it, but we really only do one rehearsal," said retired Col. Gene Egerton, a member of the Protestant service and former commander of Kirk U.S. Army Health Clinic. "We

came together yesterday, staged it, and went through it so that everybody could get familiar with what it was going to feel like up there."

Layman said the same skills that he uses directing the performance he adapts for use as a children's soccer coach for Child, Youth and School Services.

"I like the team aspect, where we pull together a bunch of folks to pull something like this off," he said.

Several of the volunteers said participating in the performance draws them closer to their faith.

"This is a completely moving, spiritual experience for us. We look forward to it. We just hope we did it justice," said Egerton, who played the role of Apostle Peter.

Layman's direction was inspired by Leonardo da Vinci's fifteenth century mural painting, "The Last Supper." The actors held their poses throughout the performance to resemble the famous masterpiece.

"The meaning behind it [the painting] is powerful if you really study what Leonardo [Da Vinci] was doing," Egerton said. "And for us to be able to try to put it into words as the disciples felt all those centuries ago when Jesus told them 'I'm dying tonight, and one of you is about to betray me'...to try to put that into a feeling is pretty powerful stuff."

Layman's daughter-in-law, Lysa Layman, said she thought the performance was a unique experience because

of its ability to relate the Bible story to modern times.

"What was really special about it was each character in the Bible was a real person, and I love how they related themselves as a real person," she said. "They had doubts and fears like you and I have, so there was a connection there."

The service was followed by lunch in the fellowship hall.

The APG North (Aberdeen) chapel will host Easter Sunrise Service 7 a.m. Sunday, April 5, with a hot breakfast to follow in the chapel fellowship hall, provided by the Protestant Men of the Chapel. For more information, call 410-278-4333.

Did You Know?

These performers, athletes, politicians and writers were all children of U.S. service members.

It's common knowledge that military children endure more stressors, by way of frequent moves and family separations, than their civilian counterparts, but it's often overlooked that they are resilient achievers as well. Here's a list of some – and there are countless more – well known achievers with military roots.

Army

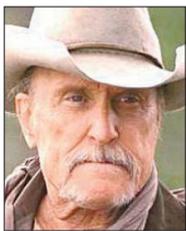
- Christina Aguilera, Grammy-winning singer
- Jackson Browne, singer/songwriter
- Ciara, Grammy-winning singer
- Faye Dunaway, actress
- Herman Edwards, former NFL player, head coach and current ESPN analyst
- Robert Griffin III, NFL quarterback
- Newt Gingrich, politician
- Amy Markham, model; TV personality
- Bruce Willis, actor
- Reese Witherspoon, actress
- Tiger Woods, professional golfer



Edwards

Navy

- Hoyt Axton, country singer, composer, actor
- Dennis C. Blair, former Director of National Intelligence
- Robert Duvall, Academy award-winning actor
- L. Ron Hubbard, science fiction author and founder of Scientology
- John McCain, U.S. senator
- Steve McQueen, actor
- Jim Morrison, singer/songwriter
- Lou Diamond Phillips, actor



Duvall

Air Force

- Jessica Alba, actress
- Ray Allen, NBA player
- Janice Brown, judge, U.S. Court of Appeals, District of Columbia
- Suzanne Collins, author "Hunger Games"
- Mia Hamm, soccer player
- Ronnie Lott, NFL hall of famer
- Pam Grier, actress
- Natalie Morales, NBC Today Show co-anchor
- John Sarsgaard, actor
- Stephen Stills, singer/songwriter
- Gore Vidal, novelist, essayist, playwright
- Mykelti Williamson, actor, Bubba Blue in "Forrest Gump"
- Danny Wuerffel, Heisman trophy winner and NFL quarterback



Vidal

Marine Corps

- Pat Conroy, author of "The Great Santini," a book and movie about a military family
- Emmylou Harris, Grammy award-winning singer
- Heather Locklear, actress
- Renee Montagne, National Public Radio news anchor
- Mary Doria Russell, author of "The Sparrow" and "Children of God"
- USCG
- Thad Allen, former Commandant of the U.S. Coast Guard



Locklear

Yvonne Johnson, APG News
Source: www.wikipedia.org

Cyber crime rising, all urged to remain vigilant

Continued from Page 1

confidential information such as Social Security and credit card numbers.

"Spear phishing" is the latest twist on phishing, according to Britannica, and it targets companies and government agencies through select employees with fraudulent emails, which appear to come from trusted or known sources. When employees click on links in the emails, hostile programs enter the organization's computers.

Cyber-crime tactics evolving

"Cyber criminals continue using phishing and spear-phishing attacks," Halvorsen said in his memo, "and their tactics are evolving in an increasingly predatory manner."

While military members and DOD civilians are routinely trained in recognizing cyber security red flags, the DOD also wants its workforce's families and parents to be prepared to deal with suspicious email, he said.

These cyber criminals also track and mine social media accounts such as Facebook, LinkedIn and others "to interact with people and compromise accounts," Halvorsen said.

Arm yourself with knowledge

"Phishing continues to be successful because attackers do more research, evolve their tactics and seek out easy prey," he said. "We need to arm ourselves and our families with defen-

sive skills and knowledge to protect [against] being victimized by a phishing email, computer or phone scam."

Halvorsen advises these safeguards to protect against phishing and spear phishing, which can also lead to identity theft:

- Never trust links or account/password prompts within email messages.
- Note that phishing emails sometimes have poor grammar or misspelled words.
- Do not trust information-seeking emails and phone calls, and verify such threats.

Phishing continues to be successful because attackers do more research, evolve their tactics and seek out easy prey. We need to arm ourselves and our families with defensive skills and knowledge to protect [against] being victimized by a phishing email, computer or phone scam.

Terry A. Halvorsen
DOD chief information officer

- Never provide your user identification and/or password.
- Refuse social media connection requests from anyone you have not personally met.
- Use spam filters for personal email.
- Never email personal or financial information, even if you know the person requesting it.
- Be wary of pop-ups; don't click links or enter any data.
- Do not copy web addresses from a pop-up into a browser.
- Do not click on links, download files or open attachments.

In his memo, Halvorsen includes a list of resources, to help people gain defensive knowledge. The memo is in the "links" box at the top of the article.

Halvorsen's memo encourages Service members and families to share the resources with friends and communities.

How are we doing? E-mail comments and suggestions for the APG News to usarmy.apg.imcom.mbx.apg-pao@mail.mil

APG SNAPSHOT

Take 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/>.



POWERFUL WOMEN: SMALL BUSINESS SEMINAR

Industry professionals shared advice and the special skills and knowledge associated with entrepreneurship during the strategic seminar for women who have or want to start a small business at Top of the Bay March 25. More than 60 APG Soldiers, civilians and women from surrounding communities attended the event.

Marilyn Howard, Employment Readiness Program manager of Army Community Service, hosted the event which was one of the final programs marking Women's History Month. Howard said additional small business classes will be held during the year. For more information, about ACS Employment Readiness Program call 410-278-9669/7572.

- (Above) Michael Ciavarelli, SBA Relationship Manager for WSFS Bank talks small business credit solutions.
- (Right) Amy Flynn, Assistant Vice President with WSFS, briefs listeners about the company.

Photos by Molly Blasse



AEC SURVIVABILITY DIRECTOR RETIRES

Retired Maj. Gen. Robert Radin (right), former commanding general of the U.S. Army Sustainment Command, presents the United States flag, which was flown over the capitol on Jan. 30, 2015, to Col. Charles T. Ames in honor of Ames' retirement at the Army Test and Evaluation Command on Aberdeen Proving Ground, March 19. Ames most recently served as the U.S. Army Evaluation Center's survivability evaluation director.

Photo by Courtney White

LITTLE MAN SHOWS HIS MARCH MADNESS SPIRIT

The University of Maryland men's basketball team may not be headed to "the big dance" this year, but the Lady Terps are headed to the Final Four for the second consecutive year. Mysterious APG resident Little Man is showing his UMD spirit during the final weeks of March Madness leading up to the NCAA championship.

Little Man sits atop a drain pipe on Maryland Boulevard, across the street from the commissary.

Photo by Molly Blasse

