



APG NEWS

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

www.TeamAPG.com

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April showers, planting May flowers



Photo by Rachel Ponder

After morning rain showers, Joyce Browning, a horticulturist from the University of Maryland Extension office in Harford County, discusses spring gardening with children from the APG South (Edgewood) youth center during a gardening class April 7. Led by Browning, the children planted a variety of vegetables, flowers and herbs in recycled milk jugs, just in time for the start of the season. Browning, who is set to lead more gardening classes this spring, said, "It's important that children know where food comes from." **Check out how other members of Team APG celebrated the start of spring on page 19.**

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ICE system http://ice.disa.mil/ Facebook, http://on.fb.me/HzQl0w

5K run kicks off SAAM event



Runners and walkers form a teal-colored ribbon in recognition of Sexual Assault Awareness Month after the SAAM 5K Run/Walk at Shore Park April 1. Nearly 200 APG Soldiers and civilians participated in the event. Participants received teal t-shirts, the official SAAM color.

Story and photo by **YVONNE JOHNSON**
APG News

About 200 runners helped kick off the installation Sexual Assault Awareness Month observance during the SAAM 5K Run/Walk April 1.

Hosted by Theresa Owolabi, garrison SAAM representative, and HHC Garrison 1st Sgt. Daniel Nelson, the event is the first of several planned during April to bring attention to SAAM and the Army's Sexual Harassment/Assault Response and Prevention (SHARP) program.

APG Senior Command Sgt. Maj. William G. Bruns of the U.S. Army Communications-Electronics Command, representing APG senior commander Maj. Gen. Bruce T. Crawford, runners

See SAAM, page 18

Easter sunrise service a celebration

Story and photos by **YVONNE JOHNSON**
APG News

A spiritually-filled celebration of the Resurrection, musically infused with song and praise, was presented during the Easter Sunrise Service at the APG North (Aberdeen) chapel April 5.

The morning message was presented by Rev. Yaw Asirifi of the chapel's Gospel Service. The husband of a PEO C3T Soldier, Asirifi, a native of Ghana, delivered an engaging message, exhorting Christians to spread the gospel and focusing on "the core of Christian faith."

Asking that they add passion to their beliefs, he challenged listeners to "spread the good news that Christ is risen."

Christianity's most important holiday, Easter Sunday, or Resurrection Sunday, is preceded by Holy Week which includes Maundy Thursday, commemorating the Last Supper as well as Good Friday, recalling the crucifixion and death of Jesus.

"He is the one who paid for our sins," Asirifi said. "Sometimes we forget what God can do. You have the power to overcome everything if you will trust and obey. Nothing is impossible through God."

He said the celebration of the Resurrection is important because it assures believers that just as Christ defeated death, so can they have eternal life. Animated and excited, Asirifi

LeeAnn Masters directs the combined APG Protestant Service and Grove Presbyterian choirs in the traditional Easter anthem, "Hallelujah, Christ is Risen," during the Easter Sunrise Service at the APG North (Aberdeen) chapel April 5.



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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.

What do you want to be when you grow up?

I want to be a veterinarian, because I love animals, especially horses. I want to help them when they are sick.



Shyann Stolo
Age 12

I want to be basketball player. It would be cool to be in a slam dunk contest.



Joseph Harris
Age 6

I want to be a chef, because I like cooking with my parents. My favorite thing to make is French toast.



Jacob Fruchey
Age 8

I want to be an archeologist. I think it would be pretty cool to dig up bones. Or I want to be a soccer player. I have been playing since I was 4, and I am pretty good at it.



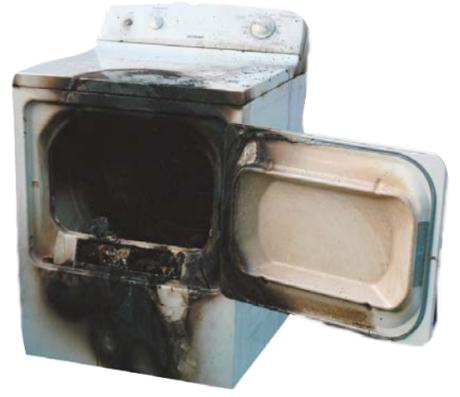
Savanna Murdock
Age 10

I want to be a paleontologist, because I want to find dinosaur bones and make new discoveries. I think it will be an exciting job.



Lexie Carven
Age 8

Don't let lint be a fire starter in your home



By **FIRE INSPECTOR T.C. GLASSMAN**
Directorate of Emergency Services

Campers know that a good homemade fire starter is lint from the dryer because it is incredibly flammable. While it might be great on the campsite, don't let lint be a fire starter in your home.

Dryers are an indispensable convenience for most Americans. However, if they are not installed or maintained properly, they can become a fire hazard.

According to the National Fire Protection Association, there were 16,800 reported home fires involving a clothes dryer or washing machine in 2010 alone. Failure to clean the dryer properly is the leading cause of fires involving washing machines and dryers.

When lint accumulates in a dryer, hot air flow is restricted, creating a dangerous combination.

Most lint accumulates in the dryer's filter, which should be cleaned before and after every load of laundry. Users should also remove any lint that has collected around the drum. Never use the dryer without a lint filter in place.

While the filter traps a majority of the lint created while drying a load of laundry, it is important to regularly inspect and clean the dryer's vent pipe for lint build-up and blockages.

In the past, it was common for washers and dryers to be in the basement of homes. Now it is increasingly more common for washers and dryers to be located on main living floors of homes, away from outside walls, near bedrooms, bathrooms or kitchens. As a result, vent pipes are longer and make more turns; this creates a greater opportunity for kinks, lint build-up and blockages.

All dryers should be installed by a professional. Follow all manufacturer guidelines for servicing. Gas dryers should be inspected regularly by a professional to ensure there are no leaks in the gas line or connection.

To avoid overloading the circuit, homeowners should make sure washing machines and dryers are plugged into proper outlets.

In the event of a dryer or washing machine fire, immediately dial 911 and get everyone out of the house. If it is safe to do so, cut power to the machine and then wait for the fire department to arrive. Lint within the venting ducts in the walls of your home can quickly ignite making it difficult to extinguish the fire on your own.

For more information about dryer fire safety or fire safety in general, visit www.usfa.fema.gov or www.nfpa.org.

How to Keep Your Dryer Fire-Safe

- Have your dryer installed by a professional.
- Never use the dryer without the lint trap.
- Clean the lint trap before and after every load of laundry.
- At least once a year, clean lint out of the vent pipe.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap opens properly.
- Use the proper plug and outlet for the dryer to ensure it is connected properly.
- Don't overload the dryer with too many clothes.
- Turn off the dryer if you leave the house or when you go to sleep.



Police & Fire BLOTTER

The following statistics were provided by the APG Directorate of Emergency Services, recapping fire, medical and police responses, issued citations and arrests during March 2015.

| | | |
|--|--|--|
| <p>Calls for Service</p> <p>FIRE: 67</p> <ul style="list-style-type: none"> ▪ Fire Alarms – 35 ▪ Mutual Aid* – 30 ▪ Fire Drills – 27 <p>MEDIC: 27</p> <ul style="list-style-type: none"> ▪ Mutual Aid* – 1 ▪ Breathing Problems – 3 ▪ Unconscious – 1 <p>POLICE: 345</p> <ul style="list-style-type: none"> ▪ Alarm Activation – 162 ▪ 911 Hang-ups – 23 ▪ Traffic Accidents – 13 | <ul style="list-style-type: none"> ▪ Active Warrants – 4 <p>Citations</p> <p>TOTAL: 245</p> <ul style="list-style-type: none"> ▪ Warning Citations – 131 ▪ Non-Warning Citations – 114 <p>Arrests</p> <p>TOTAL: 27</p> <ul style="list-style-type: none"> ▪ Traffic Related – 11 ▪ Warrant Arrests – 2 ▪ Domestic Related – 0 ▪ DUI – 0 ▪ Drug Related – 2 | |
|--|--|--|

*Mutual Aid often involves incidents off post in the local community.

Missing the paper?

APG News

If your organization is moving and would like to receive the paper at your new location, or if your organization would like to begin receiving the newspaper, send an e-mail to: usarmy.apg.imcom.mbx.apg-pao@mail.mil with the following information:

- The organization name and building number where papers should be delivered
- Approximately how many people work at or visit the facility
- The number of papers you would like to receive
- Any additional information

Please note that the APG News cannot deliver newspapers to every unit and facility. Delivery requests should be submitted by units and organizations where a substantial number of people work or visit.

Requests for delivery do not guarantee approval. Each request will be screened and a decision will be made by the APG News, based on circulation numbers and unit need. Delivery at approved locations will again be assessed at a later date to determine if delivery will continue at that location.

Include "APG News Delivery Request" in the subject line.



APG SEVEN DAY FORECAST



APG NEWS

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or email yvonne.johnson5.ctr@mail.mil, or contact Reporter Rachel Ponder, 410-278-1149 or email rachel.e.ponder2.ctr@mail.mil.

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The youngest victims of domestic violence

By **YVONNE JOHNSON**
APG News

April is Child Abuse Prevention Month, a subject the Army takes seriously.

In sync with the Month of the Military Child, which encourages the recognition and appreciation of children, April is when installations across the Army set aside special programs to highlight child abuse prevention initiatives as well as resources in place to protect families.

According to Army OneSource Child Abuse Prevention Month is held each April “to increase awareness about the importance of preventing child abuse and neglect. It also serves as a time to remember those who have suffered, as well as a reminder to continue the important work to help children and Families stay strong.”

On April 1, Margo Digan, a Family Advocacy licensed clinical social worker in the Kirk U.S. Army Health Clinic Behavioral Health clinic, gave an “Abuse, Prevention, Detection and Intervention” presentation to KUSAHC Soldiers and civilians with the intent to educate health care providers about the signs and characteristics of child abuse.

Digan said child abuse, also known as child maltreatment, includes all types of abuse and neglect of a child under the age of 18 by a parent or caregiver that results in harm or potential harm. The four common types of abuse include physical, sexual and emotional abuse as well as neglect, she said.

Along with physical traumas, impacts of abuse include stress that can disrupt or inhibit social development, frequently resulting in drug use or alcoholism and criminal activities. As well, chronic stress can harm the development of the nervous and immune systems, placing abused children at a higher risk for health problems as adults.

Focusing on the domestic violence aspect, Digan discussed the impact of



child abuse and said her mission was to educate people about the long-term effects as well as abuse detection and treatment.

She showed attendees the Children's Domestic Violence Wheel, which illustrates how violence affects children, and urged primary care givers working with children to be aware of the signs.

“We're talking about patterns, not isolated incidents,” Digan said. “These are high-level, high-risk situations.”

Digan illustrated her discussion with two film clips: one a scene from the film, “The Prince of Tides,” in which actor Nick Nolte recalls growing up in a household dominated by his abusive father and the other about a transitional program for prison inmates that con-

fronts the effects of childhood trauma in their lives as they prepare to reenter society.

Digan noted that abused children often suffer physical injuries including cuts, bruises, burns and broken bones. She said breaking the cycle of violence is difficult because children are threatened or told that everything is a secret and that this is why it's important for caregivers and others to pay attention to outward signs such as frequent or unexplained injuries or bruises as well as to telling behaviors such as social withdrawal and low self-esteem.

“This makes it especially hard to break through to victims,” she said. “It's a part of the victim cycle. But if that child has one adult in their life who val-

ues them, then that could be the one person who could save them and break that cycle.

“They can have that as a lifeline; that one safe place to be where someone listens to them and tries to help them.”

According to the Centers for Disease Control, child maltreatment is a significant national health problem. Statistics reveal that:

- More than 686,000 children were victims of maltreatment in 2012.
- Another 1,640 children died in the United States in 2012 from abuse and neglect.
- The total lifetime estimated financial cost associated with just one year of confirmed cases of child maltreatment is \$124 billion.

In addition, according to the Armed Forces Center for Child Protection, located at Walter Reed National Military Medical Center, 16,000 cases of suspected child maltreatment were reported for one year in the U.S. Armed Forces, worldwide. The WRNMMC website further states that “the problem is often ignored out of fear, anxiety or disbelief [and] a caring community is necessary to help troubled families.”

While health care providers are required to report suspected child abuse, friends, relatives and neighbors are encouraged to do what they can to help break the cycle of abuse as well, Digan said.

“Child abuse education is fundamental to confronting this problem.”

At Aberdeen Proving Ground, to report suspected child abuse or maltreatment, contact the Army Community Service Family Advocacy Program (FAP) at 410-278-2435, HOTLINE: 410-652-6048; or Digan at 410-278-1827, margaret.m.digan.civ@mail.mil. In the event of an emergency, call 911.

For more information, contact Digan or visit the Armed Forces Center for Child Protection on the Walter Reed National Military Medical Center website at www.wrnmmc.capmed.mil.

Send newspaper submissions to the APG News

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

BY THE NUMB#RS

Army Emergency Relief Making a Difference

The 2015 APG Army Emergency Relief (AER) campaign runs through May 15.

\$1.7 billion

Amount AER has provided in the form of interest-free loans, grants and scholarships to Soldiers, families and retirees, since it was founded in 1942.

\$74 million

Total AER assistance provided to 51,000 Soldiers, families and retirees in 2014.

\$250,000

Amount APG Soldiers, families and retirees received from AER in 2014.

\$60,000

Campaign goal of Team APG during 2015 APG AER campaign.

3,500

Number of college scholarships awarded to military spouses and children in 2014.

78

AER offices at Army installations worldwide. Soldiers and Families not located near an Army installation can receive AER assistance at the nearest Air Force, Navy, Marine Corps or Coast Guard installation through the Military Aid Society, or from the American Red Cross call center at 877-272-7337.

By **RACHEL PONDER** APG News
Sources: <http://www.aerhq.org>;

http://www.army.mil/article/138628/Army_Emergency_Relief_releases_new_app/

For more information about the APG AER campaign or to make a donation, contact campaign coordinator Capt. Nicholas Milano at 410-278-3000 or nicholas.c.milano@mail.mil

CERDEC hosts industry technology day

Army, industry discuss common modular open architecture

Story and photo by **ALLISON BARROW**
CERDEC

Army engineers met with more than 100 industry representatives to discuss efforts to integrate communications, electronic warfare, and position, navigation and timing capabilities into common modular hardware during a technology day at Aberdeen Proving Ground, April 1.

The Hardware/Software Convergence Technology Day, hosted by the Communications-Electronics Research, Development and Engineering Center, or CERDEC, provided potential technology partners with an opportunity to learn about the mission and activities of the HW/SW Convergence Working-Level Integrated Product Team.

The goal of the HW/SW-WIPT is to develop and execute a plan to achieve a modular, open family of hardware and software components for implementing interoperable command, control, communications, computers, intelligence, surveillance and reconnaissance, or C4ISR, and electronic warfare capabilities on Army ground vehicles.

“We’re building on prior Navy and DARPA science and technology investments to develop leap-ahead technologies to provide an intelligent C4ISR network that provides seamless and cooperative operation of RF systems,” said Dr. Paul Zablocky, director, CERDEC Space and Terrestrial Communications Directorate.

“The time is right to change the way C4ISR/EW systems are engineered and integrated onto platforms,” he said.

Zablocky opened the morning session, followed by an overview of Hardware/



Benjamin Peddicord, chief, CERDEC I2WD Intel Technology and Architecture Branch, discusses the Hardware/Software Convergence initiative during the Hardware/Software Convergence Technology Day April 1.

Software Convergence by Benjamin Peddicord, chief, CERDEC Intelligence and Information Warfare Directorate’s Intel Technology and Architecture Branch.

“The point of today’s technology day really is to make sure that our industry partners have an early look at what we’re doing, and can help us avoid making some mistakes,” Peddicord said.

“We want to create a common modular open architecture that will solve some problems, but we don’t necessarily want to constrain solutions that you can provide for us.” The morning continued with presentations on the architectures and specifications that have been selected, to include Vehicular Integration for C4ISR/EW Interoperability, or VICTO-

RY, Modular Open RF Architecture, or MORA, OpenVPX and REDHAWK.

Industry members asked questions and addressed concerns to the group throughout the presentations.

The event concluded with afternoon private sessions between industry representatives and CERDEC, who engaged in more detailed dialogue about the architecture specifications and present product offerings they felt were relevant to CERDEC’s HW/SW convergence activities.

“We’re open, willing and anxious to have your [industry] feedback on these things, and we’re willing to make changes,” Petticord said. “But we think we have a really good start; we’ve done a lot

of work and want to let you know what we’re doing. Hopefully we’ll have your help contributing and improving the capabilities of the Army going forward.”

CERDEC, in cooperation with Program Executive Office Command Control Communications – Tactical, Program Manager Tactical Radios, has released a Request for Information “on how an interested contractor could implement an architecture which maximizes the use of open architectures and standards, reduces size weight and power (SWaP), and facilitates the use of common radio frequency (RF) component types across communications and EW technologies on Army platforms.” Submissions are due by April 17.



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Navy transfers PGSS aerostats to Army

By **BRANDON POLLACHEK**
PEO IEW&S

The portfolio of the Army aerostat systems has doubled with the recent addition of 29 Persistent Ground Surveillance Systems (PGSS).

Working in conjunction with the Navy, the Product Director (PD) Aerostats office accepted the transfer of the systems less than a year after direction was given to move the aerostats to the Army. The combination of the two capabilities under the Persistent Surveillance Systems-Tethered (PSS-T) program allows for better coverage of operational requirements.

The PGSS provides integrated persistent surveillance detection capabilities and full motion video dissemination to tactical operation centers. PGSS integrates different sensors, some of which have been used to detect small arms fire and improvised explosive device activity near airfields, fixed base encampments, forward operating locations, and other facilities in support of rapid reaction security forces in the area of operation.

The PGSS provides day/night, 360-degree detection, surveillance, and target marking capability with an ability to stay aloft for up to 30 days. It is capable of detecting hostile fire, providing target coordinates to appropriate command and control centers, fire control centers, and is capable of marking ground targets for rapid reaction forces for engagement.

The majority of the newly acquired systems will be placed in contingency stock to support future operations worldwide for each of the combatant commands, said Lt. Col. Gregory Gastan, PD Aerostats. Two PGSS aerostat systems will be used for integration, testing and training.

Due to the similarities between the PGSS and Persistent Threat Detection system (PTDS), having the capabilities under the same umbrella within the



Photo by Staff Sgt. Vanessa Valentine

Twenty-nine Persistent Ground Surveillance Systems have officially transitioned from the Navy to the Army, offering a medium size aerostat capability to the Persistent Surveillance Systems-Tethered program.

Army PSS-T program of record is crucial in establishing an enduring and robust aerostat capability.

“Combining PTDS and PGSS capabilities as a family, brings compatibility amongst them, allowing them to network together with many synergies and efficiencies that can be gained,” Gastan said.

The larger PTDS allows for a greater payload capability which is necessary for the fixed stable environments,

while the smaller PGSS is easier to move around with fewer transportation requirements and can support missions where a larger payload is not needed.

“Aerostats have been a game changer. Army leadership has recognized this and decided to maintain an aerostat capability for the future,” Gastan said.

Following prior engagements, aerostats have generally been discarded and when a new conflict would arise the

Army had to start from the beginning to obtain and understand the capability.

“We made a large investment in this fleet and they have provided significant benefits to Soldiers in Afghanistan and Iraq. Having the PGSS capability migrate into the PSS-T program will ensure the availability of a persistent Intelligence, Surveillance, and Reconnaissance capability for years to come,” Gastan said.

ICE

Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit <http://ice.disa.mil>.

Click on “ARMY” then “Aberdeen Proving Ground.”

MARK YOUR CALENDAR

events&town halls

WEDNESDAY APRIL 22

SPRING TECHNOLOGY EXPO

ECBC/CIO and Federal Direct Access will host the Spring Technology Expo 9:30 a.m. to 1:30 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, Erie Street. More than 60 vendors will display the latest technology innovations. This event is open to APG Soldier, civilians and contractors.

For more information, Mary McCully of ECBC/CIO at 410-436-2625 or mary.p.mccully.civ@mail.mil or contact FDA toll free at 877-332-3976.

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.

WEDNESDAY MAY 13

BIKE TO WORK DAY – APG NORTH

The APG community is invited to take part in the annual Bike to Work Day ride on APG North (Aberdeen). The Bike to Work Day Rally will be held 7 to 9 a.m. at the APG North recreation center, followed by a cyclist parade, giveaways, on-the-go refreshments, bike tune ups, vendors and chances to win prizes.

Take the bike ride to the next level by signing up for the Team Cycle Challenge. Commands on APG North are challenged to see who can get the most employees to commit to Bike to Work May 13. Teams must be registered by May 11.

Everyone who registers will be eligible to win a Trek Lync 3 bike. Visit www.harfordcountymd.gov/commuter for the registration forms and for more information, or contact Alan Doran at rideshare@harfordcountymd.gov or 1-800-924-8646.

WEDNESDAY MAY 22

BIKE TO WORK DAY – APG SOUTH

The APG community is invited to take part in the annual Bike to Work Day ride on APG South (Edgewood). The Bike to Work Day Rally will be held 7 to 9 a.m. at the FFCU parking lot, 5502 Hoadley Road, and will be followed by a cyclist parade, giveaways, on-the-go refreshments, bike tune ups, vendors and chances to win prizes.

Take the bike ride to the next level by signing up for the Team Cycle Challenge. Commands on APG South are challenged to see who can get the most employees to commit to Bike to Work May 22. Teams must be registered prior to the event.

Everyone who registers will be eligible to win a Trek Lync 3 bike. Visit www.harfordcountymd.gov/commuter for the registration forms and for more information, or contact Alan Doran at rideshare@harfordcountymd.gov or 1-800-924-8646.

Visit www.harfordcountymd.gov/commuter for the registration forms and for more information, or contact Alan Doran at rideshare@harfordcountymd.gov or 1-800-924-8646.

meetings&conferences

TUESDAY APRIL 15

CARE FIRST BCBS CLAIM REP VISIT

The Civilian Personnel Advisory Center has arranged for a claim representative of Care First Blue Cross Blue Shield to visit APG 9:30 to 11:30 a.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, room 120 and 12:30 to 1:30 p.m. at APG South (Edgewood) in the JPEOCBD Bldg. E2800, rooms 103/104 to discuss claim issues and plan coverage. No appointment is necessary.

For more information, contact Teri Wright at 410-278-4331 or teresa.l.wright28.civ@mail.mil.

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

THURSDAY MAY 7

WOMEN IN DEFENSE LEADERSHIP SYMPOSIUM

The Women in Defense Mid-Atlantic Chapter will host the 3rd annual Real Women, Real Work, Real World 2015 Leadership Symposium at Water's Edge Event Center in Belcamp, Maryland from 8 a.m. to 5 p.m.

The symposium will include an executive panel discussion, an interactive LeanIN workshop and a series of professional workshops.

This year's theme is "Building Success Through Education, Mentorship and Networks," and Lt. Gen. Michael E. Williamson, principal military deputy to the Assistant Secretary of the Army for Acquisition, Logistics and Technology (ASA(ALT)) and director of acquisition career management, will serve as keynote speaker.

The symposium will bring together leaders and educators from the DOD, industry and academia. DAU continuous learning points (CLPs) may be applicable.

Seating is limited. To register, visit <http://conta.cc/1HXgo1s> or email rspwid@gmail.com. For more information, visit www.widmidatlanticchapter.org.

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 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 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 17

2015-16 SENIOR SERVICE COLLEGE FELLOWSHIP PROGRAM ACCEPTING APPLICATIONS

The U.S. Army Acquisition Support Cen-

ter 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](https://apps.imcom.army.mil/airs/) through the www.TeamAPG.com web site at <https://apps.imcom.army.mil/airs/>.

Local Hazards Course:

This is a 30-minute course is 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.

MORE ONLINE

More events can be seen at www.TeamAPG.com

Stressing responsible pet ownership

By **STACY SMITH**
APG News

A furry, four-legged companion often makes a wonderful addition to a military family or Soldier's abode. According to the National Center for Health Research, owning a pet improves overall heart health by lowering blood pressure and regulating the heart rate during stressful situations.

Despite the easy joy that can come with owning a pet, it is important potential owners consider their current and future living arrangements, the type of animal they'd like to own and how best to care for it.

Living on post

According to Nishan Oakes, Corvias Military Housing (CMH) resident service specialist, CMH recognizes the need for service members and their families to own pets.

"I know there are a lot of military members with PTSD who can benefit from having a service dog," Oakes said.

Oakes' husband is a Marine who was injured in Iraq in 2006. She said that her husband's relationship with their pet dog was an integral part of his rehabilitation.

"If it wasn't for our little 10-pound Pekinese, the road to recovery would have been much longer," she said.

According to Oakes, CMH allows service dogs as well as other pets in on-post housing, and the \$150 dollar refundable deposit fee is waived for service animals. A maximum of two dogs and/or cats in any combination is allowed per APG household. Fish and small caged animals (birds, rabbits, and small rodents) are also permitted.

The CMH resident responsibility guide states that some specific dog breeds are not allowed as pets. Full or mixed breed pit bulls, American Staffordshire bull terriers, English Staffordshire bull terriers, Rottweilers, Doberman pinschers, chows, wolf hybrids and crosses of these breeds are prohibited from APG

family housing areas.

Ferrets, hedgehogs, rats, rodents (other than hamsters and guinea pigs), snakes, reptiles over six feet in length, sylvatic pets (skunks, raccoons, squirrels, etc.), potbellied pigs and exotic animals such as monkeys, arachnids, wild animals, or farm animals are also not permitted as pets.

Keep in mind that pet owners are responsible for their pet's behavior and owners are liable for all damages or injuries caused by their pet. For a full list of CMH pet policies, review the resident responsibilities guide online at www.corviasmilitaryhousing.com.

Veterinary clinic

APG residents who have recently acquired a new pet, or who are thinking of getting one, should inform the CMH housing office to ensure the pet is allowed on post.

All dogs, cats and other authorized animal pets more than 90-days-old (except small caged animals and fish) must be immunized and registered at the Veterinary Treatment Facility (VTF) within 10 days of arrival or acquisition. Pet registration requires proof of current rabies vaccination and microchip which can be acquired at the VTF.

"The microchip is about the size of a large grain of rice and is implanted in the animal's skin around the upper shoulder area," said animal care Sgt. Jessica Volpe of the VTF. "Each chip is associated with a number that's read via passive radio frequency identification technology."

Volpe said once the microchip is

implanted, the owner fills out a registration sheet with his or her name, phone number and address. This is information that links the pet to its owner. The information is sent to a manufacturer that maintains the database. The pet owner is responsible for keeping this information current and up-to-date with the manufacturer.

Volpe said the microchip is a safe way to keep a pet linked to its owner at all times and that in the event a microchipped pet is lost or stolen, the person whose name is in the database is recognized as its legal owner. The chip cannot be removed and will stay with the pet for the entirety of its life. If a pet is apprehended by animal control authorities, they will scan the pet for a microchip.

Neither CMH nor the VTF require that owners spay or neuter their pets, however, it is highly encouraged.

According to Volpe, spaying or neutering pets improve their overall health and well-being. Neutering prevents prostate problems in males, and can also decrease roaming behavior and some forms of aggression, and spaying females decreases their risk of developing mammary cancer. Additionally, intact (un-spayed) female dogs can develop pyometra, a life-threatening bacterial infection of the uterus, commonly resulting in emergency spaying.

Spaying and neutering pets also benefits the surrounding community and pet populations, Volpe said.

"Stray animals, caused by unwanted litters from unneutered dogs, pose a real problem in many parts of the country. They can prey on wildlife, can lead

to automobile accidents, and can spread zoonotic diseases, such as rabies. Additionally, every year, millions of dogs of all ages and breeds are euthanized due to pet overpopulation."

Those eligible to receive APG's veterinary services include active-duty service members, retirees, reservists, National Guard members, and their family members. Eligible patrons not residing on post who wish to utilize VTF services should bring their pet's medical records to the facility to register it into the Remote Online Veterinary Record (ROVR). Once this information is entered, owners can make appointments as needed.

The VTF is located at 2479 Oakington Street on APG North (Aberdeen). The facility is open every weekday except Thursday, 8 a.m. to 4 p.m. For more information, or to schedule an appointment, call 410-278-4604.

Deployment

Service members should make prior arrangements for a pet in case of deployment. Those unable to take their pet with them should consider the following options:

Arrange for family or friends to care for the pet and consider creating a foster care agreement. Having a written agreement signed by all parties involved helps protect animals from abuse or neglect and provides caretakers with the legal right to care for pets in the owner's absence. Visit www.humanesociety.org to learn more about pet foster care.

Visit the websites www.dogsanddeployment.org and www.guardianangelsforsoldierspet.org for more options about pet care while deployed.

Whether living on or off post, owning a pet is a major responsibility that often requires forethought and planning. Keeping this information in mind when considering pet ownership is an important step toward ensuring pets have safe, happy and healthy lives.



APG NEWS

Visit us online at
www.TeamAPG.com/APGNews

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MEMORIES OF 'NAM



Learning leadership the hard way

By **YVONNE JOHNSON**
APG News

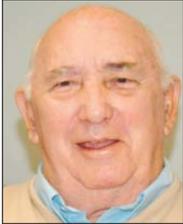
Roy Taylor was born in 1936, the year construction on the Hoover Dam was completed; convicted Lindbergh kidnapper Richard Hauptmann was executed; President Franklin Roosevelt was elected to his second term in office; the RMS Queen Mary left Southampton, England on her maiden voyage; and Jesse Owens stunned Nazi Germany with four gold medal runs during the Berlin Summer Olympics.

Born and raised in the small town of Mount Pleasant, West Virginia, and the proud descendant of Dutch immigrants who fought in the French and Indian War, Taylor describes himself as “just an old farm boy” and just as proudly declares that his military experiences – including two tours in Vietnam – gave him all the tools he needed to succeed in life.

“Times were real hard back then,” he said noting that life on a dairy farm had its ups and downs depending on local economics. Restless and at odds with his father, with whom he “didn’t see eye-to-eye,” Taylor, with his mother’s consent, joined the Marine Corps at age 17. He went to boot camp at Parris Island, South Carolina and then was assigned to Camp Lejeune, North Carolina in 1953 where he was trained in logistics. Unlike while in school, Taylor embraced military training.

“I learned a lot for a 10th-grade dropout,” he said. “I was young and trying to learn everything.”

He was promoted to E-5 during his first enlistment. After reenlisting, he served in Quantico, Virginia and in Okinawa, Japan before he left the service in 1960. Still, jobs were scarce and with a wife and two children, he enlisted again, this time going active Army.



Taylor

Assigned to Germany in 1962, with the 3rd Armored Division, Taylor was able to maintain his previous rank and gained a staff position at battalion headquarters as a personnel staff NCO. I had a great captain and a sergeant major who was a great teacher,” Taylor said. “I learned a lot there.”

He was even able to obtain a secret clearance.

“I had a checkered background but my military record was clean,” he chuckled.

In June 1965, Taylor returned to the states. He spent just six months in a maintenance unit with the 101st Airborne Division (Air Assault) at Fort Campbell, Kentucky when the call came to head to ‘Nam. He recalled spending Christmas in Okinawa before moving on to Cam Ranh Bay.

He was assigned as an equipment inspector and spent most of his time on the road, moving from unit to unit to inspect equipment and learn their needs. He spent a year in ‘Nam before rotating back to the U.S. In December 1966 he was assigned to Aberdeen Proving Ground as a wheel and track instructor and in 1967 he applied for Warrant Officer. In March 1968, he found out he made it, but his reaction was bittersweet.

“I knew it meant I would have to go back to ‘Nam,” he said. “This time as a warrant officer supervisor.”

He recalled being on his way back to ‘Nam when Senator Robert F. Kennedy was assassinated in Los Angeles, California, just two months after the Martin Luther King Jr. assassination.

Taylor was headed back to Cam Ranh Bay when his orders were changed to Camp Evans in the 1st Cavalry Division’s

division artillery (DIVARTY) area. Taylor led the technical maintenance support of units throughout the area. Though not front line troops, his mobile unit was constantly under fire.

“Wherever we went we got shot at,” he said.

After that tour in ‘Nam ended he returned stateside. He served at Fort Lewis, Washington and the was assigned to Korea in 1971. He called that tour as “very different.”

“All the officers were Vietnam vets. You didn’t argue. You either got along or you didn’t,” he said. “As a warrant, my job was to show them the technical side of the mission. I’m the kind of person who can get along with anybody so I had no problems.”

“After Korea I had two goals,” he added. “One was to attend the Advanced Warrant Officer Course and the other was to get my bachelor’s degree.”

In 1972, he returned to APG for the advanced course where he “took honor graduate” and then decided to apply for the “Boot Strap” program which allowed active-duty Soldiers to attend college courses for one year on temporary duty (TDY) status. Taylor earned 33 credit hours and a Bachelor of Arts degree in sociology.

After another TDY tour in Germany and then an assignment to Fort Benning, Georgia, Taylor was ready for retirement. In fact, he started graduate school at the University of Maryland in August 1974 before retiring in October of that year.

He obtained his master’s in social work administration, recalling, “I had professors younger than me.”

He worked for the State Commission on Aging, traveling throughout Maryland inspecting local offices and nurs-

ing homes and eventually gravitated to Columbus, Ohio where he continued working for state and local facilities.

Eventually he returned to Maryland and settled in Aberdeen.

Taylor said he can’t imagine what his life would have been like without the military. He said Vietnam, in particular, helped shape the person he is today.

“In Vietnam, once you get off the helicopter, no matter where you are, you don’t trust anybody but your friends,” he said.

“We always slept with our clothes on because sometimes they’d hit us in the middle of the night. I slept in plenty of bunkers and went to the showers with all kinds of equipment on. It wasn’t pretty but war is hell and you take it seriously.”

He said transitioning back into society was a challenge and he still clings to old habits.

“I slept with a gun under my pillow for years. You didn’t come in and wake me, you had to holler from the doorway,” he said. “Even today when I go to seminars I always watch the exit and I only sit in the aisle seat.”

He said his Marine Corps training helped him most of all once he gained a leadership position.

“Most of the time over there I was in a position of authority and responsible for taking care of people. I relied on that training, and it never failed me,” he said. “Vietnam taught me that anybody can be in a leadership position, but not everybody can lead.”

Overall, Taylor said, he appreciates the experience of ‘Nam.

“I think we should have won it. Politics should not have run it. The only way to win a war is to get in and get out. But it wasn’t my call.”

Today, Taylor is part of a life coaching and mentoring business. Much of what he shares is drawn from his past experiences. “It’s not faith-based but we have faith in what it is,” he said. “Like in ‘Nam, I saw some bad things and went through some bad things but it made me stronger.”

Vietnam taught me that anybody can be in a leadership position, but not everybody can lead

Ron Taylor



ALL THINGS MARYLAND

Swallow Falls State Park

Home to Maryland's tallest waterfall

By **STACY SMITH**
APG News

The one-and-one-quarter mile hiking trail that cuts through Swallow Falls State Park passes by several natural waterfalls, including the 53-foot Muddy Creek Falls, the highest free-falling waterfall in Maryland.

Swallow Falls State Park is located in Garrett County in western Maryland, just under a four-hour drive from APG. According to the Swallow Falls website, “the Youghiogheny River flows along the park’s borders, passing through shaded rocky gorges and creating rippling rapids.” The Youghiogheny River and Muddy Creek are white water rivers that contain natural hazards; visitors should use caution when traveling in and around these waters.

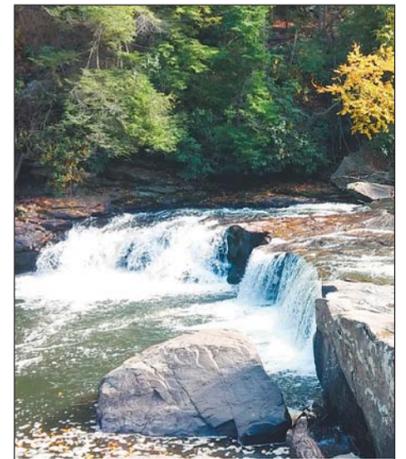
The park is also notable for its bands of hemlock trees, some of the oldest in the state. Visitors can expect to see a variety of wildlife amongst the woods and rivers, including deer, wild turkey, beavers and black bears.

The park contains 65 wooded campsites and a picnic area with a pavilion and playground, as well as its hiking trails. A hiking and mountain biking trail connects the park with Herrington Manor State Park.

This nearby park offers a 53-acre lake with a swimming beach, boat rentals and a snack bar during the summer season. The park is equipped with gear lockers stocked with essential camping equipment, including a six-person tent, camp pads, chairs, a cook stove, a lantern, and roasting sticks for marshmallows or hot dogs.

Swallow Falls is one of a handful of Maryland state parks that participates in Operation: Campout!, a program that provides basic camping gear, free of charge, to service members, Wounded Warriors and their families.

“Operation: Campout! allows [Maryland Park Services] to reach out to servicemen and women, providing



Photos by Molly Blossie

(Clockwise from left) Muddy Creek Falls in Swallow Falls State Park measures 53-feet high, making it the tallest free-falling waterfall in Maryland; Smaller waterfalls dot the Youghiogheny River seen along the waterside trail; Swallow Falls Canyon trail features several stairways and handrails to help hikers traverse the terrain.

equipment to those who may want to try camping but don't have the necessary gear,” said Maryland Park Services Superintendent, Nita Settina.

Upcoming events at the park include a history hike around the main Swallow Falls trail led by Herrington Manor nat-

uralists 11 a.m. to 12:30 p.m. June 12 and a basic wilderness survival course that covers how to make a fire, procure water, build a shelter, and identify safe plants to eat, June 24, 10 to 11:30 a.m.

The park is open 8 a.m. to sunset through October. Campsites are first-

come, first serve mid-April until the Wednesday before Memorial Day weekend. For more information, call the Maryland Park Service at 1-800-830-3974 or visit the DNR website at <http://dnr2.maryland.gov/publiclands/Pages/western/swallowfalls.aspx>.

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.

SHEN YUN PERFORMING ARTS TICKETS APRIL SHOWS

The Leisure Travel Office has tickets available to the Shen Yun Performing Arts. Shen Yun brings to life 5,000 years of Chinese civilization through classical Chinese dance and music in an exhilarating show you will never forget.

Tickets are available for performances at the Kennedy Center Opera House in Washington, D.C. on the following dates:

- April 17 - 18, 2015 at 7:30 p.m.
- April 18 - 19, 2015 at 1:30 p.m.
- April 22 - 25, 2015 at 7:30 p.m.
- April 25 - 26, 2015 at 1:30 p.m.

Ticket prices range from \$48-230. To purchase tickets, visit the Leisure Travel Services Office at the APG North (Aberdeen) recreation center.

BALTIMORE ORIOLES DISCOUNT TICKETS 2015 SEASON

The Leisure Travel Office is offering discount tickets to Baltimore Orioles games during the 2015 season at Oriole Park at Camden Yards in Baltimore. For pricing and availability, contact Leisure Travel Services at 410-278-4011/4907. Tickets can be purchased at the Leisure Travel Services Office at the APG North (Aberdeen) recreation center.

NEW YORK CITY BUS TRIP JUNE 6

Plan your own sightseeing or shopping trip, or schedule to see a show June 6 and let MWR take care of the transportation during the next MWR Bus Trip. The cost is \$48 per seat. The bus will depart the APG North (Aberdeen) recreation center at 7 a.m. and will return to APG at approximately 9 p.m., depending on traffic.

The registration deadline is May 22. To reserve a seat, visit the Leisure Travel Services at the APG North (Aberdeen) recreation center.

SPORTS & RECREATION KAYAK CLASSES MAY-JUNE

APG Outdoor Recreation will host two-day kayak classes on the following dates:

- May 14 & 15
- May 28 & 29
- June 4 & 5
- June 11 & 12
- June 29 & 30

The first day of each session is instruction, the second day is an excursion. The two-day class is \$50 per person. Class begins at the APG Outdoor Recreation Center, Bldg. 2184, at 6 p.m. and ends at dusk.

For more information, or to register, contact the Outdoor Rec. Office at 410-278-4124.

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.

COMMUNITY RECREATION APG DRAMA GROUP AUDITIONS SATURDAYS

The APG Drama Group is hosting auditions for "Farewell to Vinnie," a murder mystery theater show. All experience levels (or no experience at all) are welcome. Positions needed include: stage and prop managers, production crew, lead roles and extras.

All cast members must be able to commit to a mandatory rehearsal schedule. Performance is scheduled for May 21 at the APG North (Aberdeen) recreation center.

For more information, call 410-278-4011.

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.

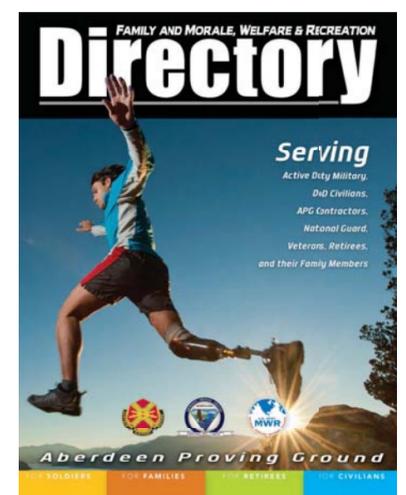
CREATING A SOLID SPENDING PLAN

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.

2015 SWIMMING POOL PASSES

MWR pools open Memorial Day Weekend!
Get ready for summer now and purchase your summer pool pass!

Passes go on sale April 15 at the Outdoor Recreation Center, Bldg. 2184, and the Leisure Travel Offices at both the APG North (Aberdeen) and APG South (Edgewood) recreation centers.

- 30-Day Individual Pass: \$35
- 30-Day Family Pass: \$70
- Season Individual Pass: \$85
- Season Family Pass: \$175

Active-duty service members and their families swim for free. Passes are valid May 23 to Sept. 7, 2015.

Passes may be purchased at the Bayside Pool on APG South or the Olympic Pool on APG North during operating hours starting May 23.

For more information, call 410-278-4124/5789
or email usag-mwr-outdoorrec@mail.mil.

APGMWR presents Comedy Night
at the AA Recreation Center featuring

MISSION IMPROVable



Thursday April 23

Doors open 6PM Event begins 7PM

(Food available for purchase/Cash Bar)

Tickets: \$10 in advance \$15 at the door (if available)

Tickets on sale: www.apgmwr.com
For information contact LTO 410-278-4011/3931

Meet an APG STEM Professional

Marnie Bailey: CERDEC Electrical Engineer

By **AMANDA ROMINIECKI**
APG News

Title: Energy Informed Operations Team Lead, CERDEC Command, Power & Integration
Degree: B.S. Electrical Engineering, University of Delaware; M.S. Electrical Engineering, Pennsylvania State University; MBA, University of Maryland.



Bailey

STEM in focus

STEM in focus is a recurring series in APG News highlighting Science, Technology Engineering and Math (STEM) on APG. From countless student educational outreach programs to an array of scientific, technological and engineering personnel contributing to diverse missions, STEM is abound on the installation and APG News aims to bring it all into focus. To suggest topics for the STEM in focus series, email amanda.r.rominiecki.civ@mail.mil.

days because everything needs power!
APG News: What is a normal day like for you?

MB: No day is normal! They're always exciting. A typical day starts with checking my email to see what's going on and checking in with my team. Most days there are meetings – some of which are really exciting when people get together to collaborate and design things and we figure out where we are going with our research.

I'll go back to the lab for a bit. At this point in my career, I'm more on the project management side of things, so I don't spend as much time in the lab [as I used to.] My team is back there building things so I try to go back there and help out where I can.

APG News: What do you think is the coolest part of your job?

MB: I really like the fact that we get to create things. The great thing about engineering and R&D [research and development] in general is that you get to make new things, or make things better, or make things easier, and solve problems. I really like solving problems, so the most fun days are when we're really busy and you get to

see all this progress being made.

There are always hiccups and things that go wrong, but that provides you a learning opportunity and you get to keep moving forward. Solving problems and creating things – that's the most fun part of what we do here.

APG News: What's your favorite part of your job?

MB: The people. I like working with people and I like the people I work with. I like the fact that we get to collaborate on things and we also get to travel a bunch too, which is pretty cool. You get to see a lot of different Army installations all over the country and meet different people and see different things and you learn a lot.

APG News: How did you become interested in science and engineering?

MB: Both of my parents are actually engineers. My dad is a mechanical engineer and my mom went to school for chemistry but worked as an engineer at AT&T Bell Labs in New Jersey for a while. Their influence was always around.

Also, my mom always brought me to take your daughter to work day at AT&T Bell Labs which was pret-

ty cool. They have a lot of cool stuff there that piqued my interest.

APG News: Was there a moment when you knew you wanted to be an electrical engineer?

MB: I think I decided to become an electrical engineer in the fourth grade. My parents bought me this build your own electromagnet kit that I just thought was the coolest thing. Ever since then I would say "I'm going to be an electrical engineer when I grow up," and I eventually did that.

APG News: What would you say to a young girl on the fence about a career in STEM?

MB: Go for it! I think STEM jobs are the most rewarding and give you a lot of flexibility in what you can do by just having that background in science, math and engineering. What I've learned as I've gotten older is that even if you think something might be hard, [like math or science] and that you can't do it, you usually can!

I think everyone gets to that point sometime in their engineering education and training where you ask yourself "Am I really doing the right thing? Is this really something I even want to do?" My advice is to just keep going. If you keep at it, you will enjoy it and you have endless possibilities of where it can take you in the future.

APG News: Do you have any after-work hobbies? What do you like to do when you're not at work?

MB: I like to read. My husband and I garden a bit. I like cooking, so we try to grow our own vegetables and herbs, that way I can just pick them and cook. He's better at gardening than me, so he grows them and I cook them!

APG News: If you had to explain your job to an elementary school student, what would you tell them?

MB: Electrical engineers help make new things like computers or radios or batteries – anything you'd plug into the wall, or even the stuff that comes out of the plug. Electrical engineers work in that field, making those different technologies.

APG News: How does your work support the Army and the Soldier?

MB: Here in the power division we work on power sources so we're always coming up with better, more energy dense, novel, more easy to use power sources to support all the mission needs of the Soldier.

One thing we're working on right now is increasing reliability and reducing fuel consumption. At home, when your power goes out it's really annoying. So imagine you're not at home, you're [a Soldier] in the field trying to complete a mission and you lose power. What are you going to do now?

[Our work] is really important these

YOUNG LIVES, BIG STORIES

The U.S. Army Family and Morale, Welfare and Recreation is hosting a "Young Lives, BIG Stories" drawing and writing contest for military children in honor of Month of the Military Child.

Children have the chance to win prizes including an Apple Laptop, Xbox or Wii. All submissions should be related to the question: "What does it mean to you to be a military child?"

Children ages 3-4, and in kindergarten through second grade are encouraged to submit drawings. Children in third through 12th grade must submit a written piece. All work must be original. Entries must be submitted by April 30.

Visit www.armymwr.com/momc-big-stories for contest rules and the entry form.

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)!

SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills

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

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.



If you see it, report it

Aggressive driving has no place at APG
call 410-306-0550



Supplements likely won't boost mood

By **JESSICA FORD**

U.S. Army Public Health Command

Most people do not plan on feeling depressed, but depression is called the "common cold" of behavioral health issues. Almost one out of five people will have depression during their lives.

Some signs of depression include losing interest in things you used to enjoy or feeling sad most of the time for two or more weeks. If you are concerned about your mood, you may wonder what to do. In fact, finding help for behavioral health issues, like depressed mood, is an important part of maintaining personal readiness.

When you are seeking out resources, you may feel overwhelmed with information. Oftentimes, people seek advice from friends, family, coworkers and the Internet. This can be confusing. Some recommendations will be helpful, but others could be harmful.

Some sources may recommend dietary supplements as a quick and easy fix. Dietary supplementation may seem like an easy fix because you do not have to invest a lot of time or money into it and they can be taken without anyone knowing. Unfortunately, there is no quick fix for depression.

Although there is some evidence that having low levels of certain nutrients (for example, folate, B-12, calcium, vitamin D, iron, selenium, zinc, and N-3 fatty acids) contribute to some mood problems, there is very little evidence that dietary supplements help most people who are depressed.

Scientists have found that vitamins can be helpful for some women with hormone-related depression symptoms, and for those who do not have a nutri-

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



Courtesy photo

Ultimately, only you and your health care team – which may include your primary health care provider and a behavioral health specialist – can make the best decision regarding nutritional supplementation and treatment planning for mood concerns.

tional deficiency or depression, multi-ingredient vitamin supplementation has been shown to improve mood and reduce

stress and anxiety.

Despite evidence that vitamin supplementation can be helpful for peo-

ple without depression, the Department of Health and Human Services and the U.S. Department of Agriculture's dietary guidelines for Americans advise that nutrient needs be met primarily through the food that you eat. These guidelines only recommend supplement use in addition to a nutrient-dense diet if you are over the age of 50, a woman of child-bearing age or if you have dark skin/are not exposed to enough sunlight.

The Food and Drug Administration warns against taking in too many vitamins since there are upper limits of safety.

At the end of the day, taking supplements without a health care provider's help may result in wasted money or time because it is hard to tell the difference between a mood disorder and normal, everyday sadness related to a stressful situation.

The best person to discuss changes in mood with is your primary health care provider, who can help you determine if your mood change or problem is the result of depression, a normal situational response or a physical problem. If they do find that you have a mood disorder, like depression, the current gold standard treatment for depression is a type of therapy called cognitive-behavioral therapy along with a prescription antidepressant. Additionally, you may want to have lab tests to check for a deficiency and discuss the use of vitamins or perhaps herbal remedies with your provider.

Ultimately, only you and your health care team – which may include your primary health care provider and a behavioral health specialist – can make the best decision regarding nutritional supplementation and treatment planning for mood concerns.

CBRNE Leaders Course marks milestone for Army

By **WALTER T. HAM IV**

20th CBRNE Command

The general who commands the nation's only military formation that combats chemical, biological, radiological, nuclear and explosive (CBRNE) threats said the first CBRNE Leaders Course marked a milestone for the U.S. Army.

Brig. Gen. JB Burton, who leads the more than 5,000 Soldiers and civilians of the 20th CBRNE Command, congratulated the students who graduated from the first run of the CBRNE Leaders Course at Gunpowder Range in Maryland, April 2.

Soldiers from across the nation participated in the inaugural course at this Maryland Army National Guard facility north of Baltimore. The Soldiers in the course ranged in rank from sergeant to first lieutenant.

Headquartered in Maryland's science, technology and security corridor, 20th CBRNE is home to 85 percent of the active U.S. Army's CBRNE capabilities, including two Explosive Ordnance Disposal groups, one chemical brigade, a CBRNE Analytical and Remediation Activity and a host of other specialized units.

Based on 19 posts in 16 states, 20th CBRNE troops train and operate with joint, interagency and allied partners around the globe.

According to Burton, the 20th CBRNE Command intends to offer the course Army-wide to Soldiers in all occupational specialties, as well as to joint and allied CBRNE troops.

Burton said the course gave his Soldiers a greater understanding of the kinds of threats they might confront on the modern battlefield.

"Good leaders are what make good units," Burton said. "This course was designed to build adaptable Army leaders who understand each other's capabilities, who trust in each other and who because of that level of trust and understanding can build and deliver effective CBRNE teams that win."

The 20th CBRNE commanding gen-



Courtesy photo

Soldiers from across the nation participated in the first CBRNE Leaders Course at Gunpowder Range, Maryland, March 24 - April 2, 2015.

eral said the CBRNE Leaders Course is part of his command's mission-focused training strategy, which includes incorporating 20th CBRNE units into combat training center rotations at Fort Irwin, California, and Fort Polk, Louisiana, and training with allies in exercises around the globe.

Burton said the course benefited from the decades of combined operational experience of the training cadre and capitalized on the lessons learned

from 14 years of war in Iraq and Afghanistan.

The general added that the course was designed to prepare Army leaders for the future threats they might confront.

According to Burton, the course was the result of months of planning aimed toward one objective: building winning CBRNE teams that can rapidly and effectively integrate with other combat forces.

"Like our one-of-a-kind command

and its global mission, this course has also focused on expeditionary operations – of being ready to deploy and succeed anytime and anywhere," Burton said.

"The men and women of 20th CBRNE combat the world's most dangerous weapons in the world's most dangerous places," Burton told the graduates. "That's your playground, that is where you are an expert and that is where you shape the win."

Win cruise, prizes in 'Choose Your Cruise Giveaway'

AAFES

The Army & Air Force Exchange Service is helping one lucky shopper embark on a fantastic voyage with its latest contest – a cruise package worth \$7,500.

The Choose Your Cruise Giveaway is part of the Because of You program, a

yearlong effort to recognize and reward service members for their sacrifice and dedication to America. One grand-prize winner will receive a cruise for two from MWR Exchange Vacations valued at \$1,200; a \$5,000 gift card; \$800 in designer luggage; and a digital camera bundle valued at \$650

Authorized shoppers can enter at www.shopmyexchange.com/BecauseOfYou now through April 30. One entry, chosen at random, will receive the grand prize.

The Choose Your Cruise Giveaway winner will be notified no later than May 19. No purchase is necessary to enter or win.



EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE



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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 1970.

By **YVONNE JOHNSON**, APG News

2015
2010
2000
1990
1980
1970
1960
1950

10 Years Ago: April 7, 2005

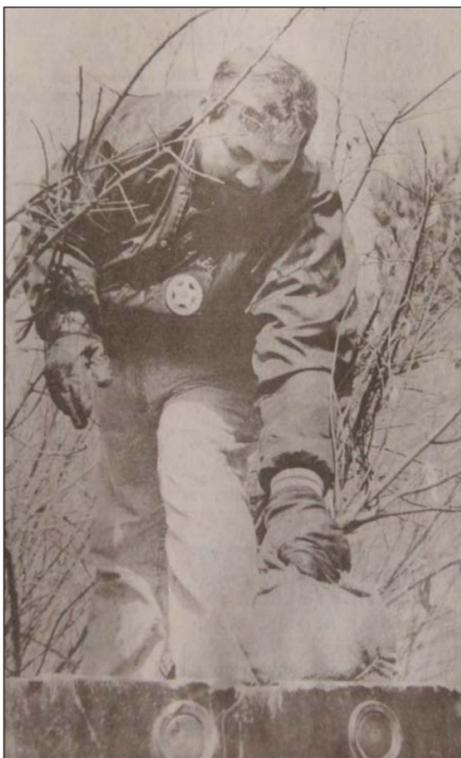


(Above) Col. John T. Wright, APG Garrison commander, right, delivers the outbriefing for the 2005 Army Family Action Plan Symposium at Top of the Bay.

(Right) Then Brig. Gen. Roger A. Nadeau, commander of the U.S. Army Research, Development and Engineering Command, right, checks out a TALON/SWORD demonstration by Staff Sgt. Stuart Waugh of Picatinny Arsenal, New Jersey, during the AUSA Winter Symposium in Fort Lauderdale, Florida.



25 Years Ago: April 4, 1990

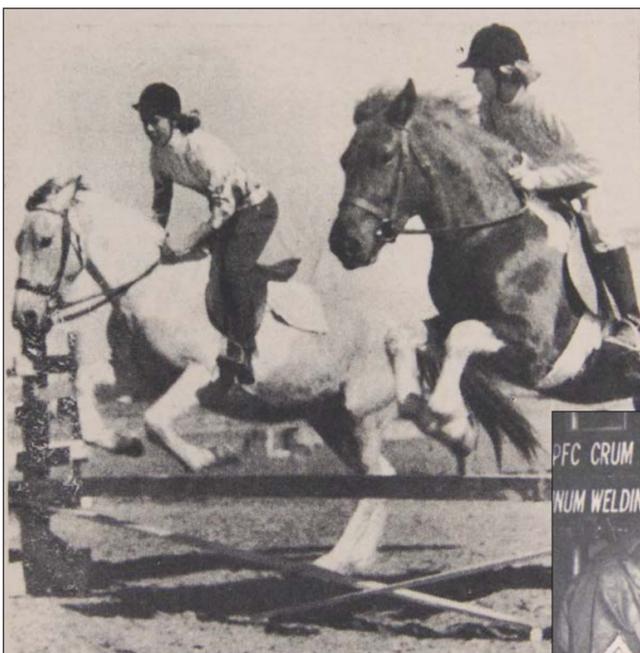


(Left) Edward Starnes of the Ordnance Center and School Public Affairs Office loads one of 142 trees and shrubs for planting at Roye-Williams Elementary School during an OC&S Adopt-a-School project.

(Below) The new Marylander building near the Aberdeen gate, a product of the Post Restaurant Fund for the installation's next concession, nears completion.



50 Years Ago: April 8, 1965



(Left) From left, Jongie Price and Susan Suttle, members of the Proving Ground Riders, practice for the Pairs Jumping event of the Aberdeen Proving Ground Riding Rally and Horse Show.

(Below) From left, Welding Instructor, Sgt. 1st Class Denzil Knight, shows an oxyacetylene torch, Havre de Grace High School student Clyde Graham, guidance counselor Robert Miller and Army Recruiter Sgt. 1st Class Jimmie Johnson during a tour of OC&S facilities sponsored by the Army Graduate Specialist Program.



ATEC launches mentorship program

Story and photo by **COURTNEY WHITE**
ATEC

The U.S. Army Test and Evaluation Command conducted its first speed mentoring session at the APG North (Aberdeen) recreation center, March 30, as part of its new mentorship program to provide a forum for employees at all levels to partner for excellence in order to enhance their performance, achieve their professional goals, and fulfill the command's mission.

The Mentorships at ATEC Developing Excellence Program, or MADE, was designed to establish a non-competitive mentor program for all ATEC civilian personnel nation-wide.

MADE program participants are afforded an opportunity to glean best business practices, skill sets such as effective oral communication, interpersonal skills and improving job competency areas from other ATEC professionals, according to Sarah Wheat, ATEC MADE program manager who developed the program.

The program's speed mentoring session is designed much like "speed dating" to quickly pair mentors with mentees in a fun and innovative way.

Mentors and mentees are issued scoring sheets that enable them to score one another based on professional and personal similarities shared between pairs, explained Wheat. Scores will be tallied, and pairings will be assigned based on best matches revealed by the scoring results.

The first session kicked off successfully according to Jamie Pilar, one of the mentors who participated.

"I'm glad I got to meet everyone face-to-face and learn a little bit more about them, and what their interests were and where they could see themselves going. I think it was a great opportunity to meet so many people in a very short period of time," Pilar said.

The Army continues to emphasize the importance of leadership development and professionals, seeing it as a key component to a ready and resilient force.

ATEC Commanding General, Maj. Gen. Peter D. Utley, expressed his focus on employee development and retention and maintaining a good workforce at the start of his tenure at ATEC.

"Our most precious resources are our Soldiers, Department of the Army civilians and contractors, and we cannot accomplish the mission without them," Utley said during the 2013



Mentor Paul Treat, left, director of the Command Initiatives and Analysis Directorate at the U.S. Army Test and Evaluation Command, talks with mentee Tavon Hanna, right, an ATEC computer scientist, during the organization's first speed mentoring session at the APG North (Aberdeen) recreation center March 30, as part of ATEC's new mentorship program known as Mentorships at ATEC Developing Excellence Program, or MADE.

ATEC Change of Command ceremony where he became the new commander of ATEC. "Our primary responsibility is to lead and to care for them. We have a professional responsibility to coach, teach and mentor our subordinates."

And that sentiment has not changed since, which is evident by the many workforce development endeavors he has supported at ATEC since 2013.

Late last year, ATEC started its 24-month Leadership Development Program for military and civilian personnel. The program was developed to prepare personnel to take on new leadership challenges in light of the significant percentage of ATEC's supervisory workforce who are now eligible for retirement.

One of the ATEC Leadership Development Program requirements is for participants to be actively engaged in some form of mentoring relationship. MADE serves as an avenue to those participants who are not currently engaged in a mentorship connection either as a mentor or a mentee.

The Army's formal military mentorship program inspired the development of this mentorship program specific to meet the needs of Army civilian professionals.

"I found that mentorship is huge in Army. There is an Army [regulation], but it's more geared towards military members," Wheat said. "But there was no policy to follow for civilians."

"I've been trying to think outside of the box and wanted to make it fun. We've been doing so much training lately. I thought, 'oh let's do something different to gear interest,'" Wheat said.

"With so many retirements expected over the next few years, many mid-career personnel will be expected to take on more leadership roles as our more experienced personnel retire over the next five years," Wheat explained.

"We hope this program provides opportunities for those more experienced personnel to pass along institutional knowledge and lessons learned to help prepare the leaders of tomorrow."

Any ATEC employee, command-wide, can sign up to be a mentee, regardless of years of service. To qualify to be a mentor, one must be placed in a permanent career position and have completed at least one year of federal service.

There are two categories of mentors: senior and peer-to-peer.

Those interested in becoming a senior mentor must have, at minimum, ten years of federal service; whereas peer-to-peer mentors are required to have between one and ten years of federal service.

The MADE Program is currently in the pilot phase to align with the ongoing ATEC Leadership Program that debuted in November 2014. The pilot program will launch for headquarters and AEC employees only early this month with the goal of a command-wide roll-out program for early summer.

To learn more or to sign up for the MADE Program, contact the ATEC G-1 office at 443-861-9827, or email sarah.m.wheat.civ@mail.mil.

ATEC equal opportunity advisor retires

By **SANDRA GIBSON**
ATEC

Sgt. 1st Class Howard J. Norcross, Equal Opportunity Advisor for the U.S. Army Test and Evaluation Command's Equal Opportunity Employment Office, retired after a 22-year career during a ceremony on APG earlier this year.

ATEC Commanding General Maj. Gen. Peter D. Utley presided over the ceremony and praised Norcross for his sound judgment, effective leadership skills and ability to make decisions quickly and with precision.

"He knows how to hold Soldiers accountable and maintain discipline while putting the Soldier's welfare first," Utley said of Norcross. "Sgt. 1st Class Norcross is a shining example of what can be achieved by working hard and motivating others as well as yourself."

During the ceremony, Utley thanked Norcross for serving his country selflessly, courageously, and with distinction; for remaining dedicated to a cause greater than himself; and for being a stellar example of what it means to be an Army professional.

Among those in attendance were Norcross' wife Roswitha; his two sons, Jean and Andre; his daughter Christina and her husband, Army Sgt. Jerry Hull, and their daughter, Jayda; his sister Tammy and her husband, Roberto; and his brother, John Norcross Jr.

During his remarks, Norcross thanked his wife Roswitha for being his rock during the past 22 years and for always helping him get through and work past challenges.

He thanked his children for supporting him through the early mornings and late nights, and the many training exercises and lengthy deployments. He praised them for being his strength in times of weakness and for supporting their mother when he was away hanging out in "war-torn towns or ocean-less beaches."



Maj. Gen. Peter D. Utley, commanding general of the U.S. Army Test and Evaluation Command, left, pins the Meritorious Service Medal on ATEC equal opportunity advisor, Sgt. 1st Class Howard J. Norcross, during his retirement ceremony Jan. 29. Norcross retired after serving 22 years in the U.S. Army.

A Boston native and one of nine children, Norcross enlisted in the Army Reserves as an infantryman at the end of his junior year in high school in 1991. After his graduation in 1992, his active duty career began at Fort Knox, Kentucky, where he trained to be a M1 Tank Turret Maintainer.

During his first duty assignment in Schweinfurt, Germany, he quickly showed promise as a leader and was appointed Platoon Sergeant. Three years after his enlistment, he was deployed to Bosnia in support of Operation Joint Endeavor in 1996, and to Iraq in 2004, 2006, and 2008 in support of Operation Iraqi Freedom.

After serving nearly 17 years of dedicated service in the armored community in Germany, Norcross returned to the United States in 2010 for his next assign-

ment at the Fires Center of Excellence in Fort Sill, Oklahoma.

Norcross became ATEC's equal opportunity advisor in June 2011 and Utley credited his many years as a platoon sergeant for preparing him and equipping him to serve as his principal advisor on policies, procedures, and the goals of the Army's Equal Opportunity Program.

"Believe me, I couldn't have done it without him," Utley said. "His comprehensive understanding of the EEO program's wide scope was invaluable to me and this command."

Norcross' military awards and decorations include the Bronze Star, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, Army Superior Unit Award, Valorous Unit Award, Navy Unit Commen-

dation Award, Combat Action Badge, Driver and Mechanics Badge and the German Marksmanship Award.

In closing, Norcross thanked Utley for the honor of serving as his equal opportunity advisor. He thanked former ATEC Command Sgt. Maj. Ronald E. Orosz, for allowing him the freedom to run the EO program the way he saw fit; and ATEC Chief of Staff, Karen L. Taylor, for being one of the strongest women he has ever known, and for always being there to listen and give him unwavering support.

He also acknowledged the "phenomenal" group of professionals he worked with in the EEO office: Sgt. 1st Class Twana S. Burrow, Sylvia L. Core, Theresa M. Seegel, Jody B. Jackson and his EEO Director, Dr. Victoria A. Dixon.

"Together they make up a support cell that can work through just about any issue and find the answer to help anyone who walked through our door," Norcross said in praise of his co-workers and director. Norcross also lauded Dixon for being an amazing director, a fantastic teacher, and a wonderful person to work for.

Norcross, who proudly professed to be a diehard collector of Star Wars memorabilia and a Star Wars movie fanatic, concluded his retirement speech by comparing Dixon and two of his co-workers to characters from his favorite movie series.

"While I am still just a Padawan Learner when it comes to EO/EEO, I am following the examples of the Jedi Knights, Sylvia and Jody, but always revering and turning to the Jedi Master, Dr. Dixon," he said. "Dr. Dixon, thank you for being my Yoda."

Norcross said he plans to take a much needed break after his retirement but he will return to ATEC and the EEO office as the Disability Program Manager at the end of the April.

Army to revise tattoo policy in 2015

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

The Army will update its policy on tattoos during the coming weeks, making it more accommodating to current social norms, the Army's chief of staff said.

During a press conference during the Association of the United States Army Global Force Symposium and Exposition here, Army Chief of Staff Gen. Ray Odierno said the service regularly reviews and makes updates to Army Regulation 670-1.

"As part of the regular process that we go through in reviewing regulations, covering the wear and appearance of the Army uniform, and the appearance of our Soldiers, we will be releasing in the coming weeks, an update to that policy, and the most notable change is going to be the change in the tattoo policy in the Army," Odierno said.

Soldiers will no longer be limited to a particular size or number of tattoos permitted on the arms or legs, Odierno said, provided those tattoos are not extremist, indecent, sexist or racist.

The policy will, however, continue to prohibit tattoos above the T-shirt neckline, on the head, face, wrists and hands. There will be an exception allowing one ring tattoo on each hand.

Odierno said that changes to the policy came after listening to feedback from Soldiers, and after discussion with senior

enlisted leaders.

"We have listened to the Soldiers," Odierno said. "I've talked to our sergeants major and our non-commissioned officers and some of our officers and frankly, society is changing its view of tattoos, and I think we need to change along with it."

During an interview last week, Sgt. Maj. of the Army Daniel A. Dailey discussed the upcoming change to the Army tattoo policy. He said that the message from the Soldiers he talks to is clear: Soldiers have tattoos, tattoos are acceptable now, and the tattoo policy might affect a decision to re-enlist.

"You can't go anywhere without hearing about the Army's tattoo policy," Dailey said. "It came up when I was at the U.S. Army Sergeants Major Academy too. So it's not just Soldiers, but leaders as well."

The sergeant major said American culture has changed, and that tattoos are more accepted now than they have ever been before. The Army is a reflection of American society, and American society, he said, accepts tattoos.

"I think this is a realization that we are in a different generation," he said. "Tattoos are more prevalent in young Americans than I think they have ever been throughout American history."

When it was implemented, the current Army tattoo policy did not force out Soldiers who had tattoos below the elbow or



A Soldier displays his tattoos grandfathered in under the current Army Regulation 670-1. The number and size of tattoos on the arms and legs will be less restrictive under an updated policy, Army Chief of Staff Gen. Ray Odierno says will soon take effect.

Photo Credit: David Vergun

knee or above the neck line. However, the policy did require Soldiers to have those tattoos documented. It also limited additional tattoos in those places.

"These Soldiers understand that, they know they are grandfathered in," Dailey said. "But they have fears. We have documented every one of those tattoos, and they expect that could one day be used against them with regards to promotions or things like that."

Dailey said he has asked Soldiers about how the current tattoo policy might affect their decision to separate from military service. He said "overwhelmingly," Soldiers have said the policy would play a role in their deciding to stay in or to leave.

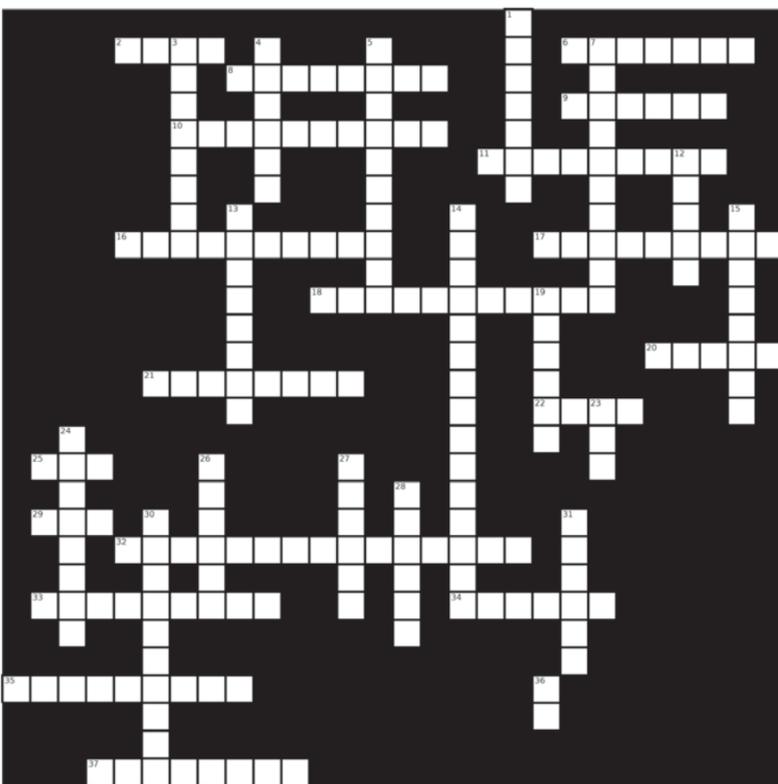
Dailey said he did not want the tattoo policy to be the deciding factor for why a good Soldier might decide to leave the

Army. He said he felt that the policy might in some way be at odds with the requirement to maintain an all-volunteer force.

"So then we struggle with - do the standards of discipline we've established override the needs of what we need to maintain the all-volunteer force, and the quality all-volunteer force, even more so as we draw down," he asked. "When we move this standard too far to the right, can we actually maintain the all-volunteer force in the future?"

Dailey's discussions with Soldiers and his concerns regarding the effects of the existing tattoo policy on the Army's ability to maintain the all-volunteer force, were included in his own recommendations regarding the tattoo policy that he made to the Army chief of staff and the Army secretary.

The APG Crossword



By **STACY SMITH**, APG News

Individual income tax returns are due to the government April 15. Test your tax knowledge against this puzzle to see if you're an expert. Good luck!

Across

- The _____ Stamp Act is a direct tax that applies to people over the age of 16 who want to hunt waterfowl.
- In 1791, Congress placed an excise tax on the sale of this popular spirit.
- This state bordering Maryland has no sales tax.
- Type of tax placed on expensive, nonessential items.
- During the French Revolution of 1789, tax collectors were sent to the _____.
- This Amendment to the U.S.

Constitution allows the federal government to tax citizen incomes directly.

- U.S. President who sent militia forces into western Pennsylvania to defeat the Whiskey Rebellion.
- This item was first taxed as a luxury in 1898 at the start of the Spanish-American War, and continues to be taxed today.
- The termed named after the 1980s president who popularized trickle-down economics, in which tax breaks provided to businesses and the upper incomes will benefit the lower classes by improving the economy as a whole.
- This ancient civilization revered the tax professional as the noblest man

in society.

- Single largest state level expenditure.
- A broad tax that affects a majority of tax payers.
- The tax revenue for this item maintains and builds roads and highways and regulates underground pollution related to its storage.
- A tariff is a direct tax on imported and exported goods. The word 'tariff' comes from the English word for this thick, sticky liquid.
- An insurance program that receives funding from the Federal Insurance Contributions Act (FICA) tax.
- This U.S. President's New Deal programs forced an increase in taxes to generate needed funds.
- Walt Disney cartoon character Donald Duck learned about taxes in the short film "The New _____."
- In the South, some citizens once had to pay a poll tax in order to vote. Often, African-Americans and those with low incomes could not afford to pay the tax and were therefore denied the right to vote. The twenty-fourth _____ to the U.S. Constitution prohibits requiring a poll tax for voters in federal elections.
- The Internal Revenue Service, or IRS, has the authority to take actions to collect unpaid taxes and assess penalties and _____.

claimed that "The hardest thing in the world to understand is the income tax."

- First female U.S. cabinet member; developed 'old-age' insurance program.
- An _____ tax can be passed on to another person or group.
- This type of tax first appeared in the U.S. in 1861 to help pay for the Civil War.
- A _____ tax is used to discourage the use of products and services that could pose a risk to health, such as alcohol and cigarettes.
- Deductions, exemptions, and credits protect certain groups and businesses from too much _____.
- Type of tax on the sale or use of specific products or transactions.
- The Internal Revenue Service, or IRS, was created in 1953 after the _____ of Internal Revenue was reorganized. It is a branch of the Department of the Treasury.
- Vertical _____ is the concept that people in different income groups should pay different tax rates.
- Taxes shift resources from private individuals and businesses to the _____.
- Name of a tax on products imported from foreign countries.
- A citizen of the United Kingdom must pay a single license fee tax for their home's _____.

Down

- This is created when tax revenues threaten to fall short.
- The U.S. Constitution gives _____ the power to levy federal taxes.
- Popular 1930s composer who wrote the song "I Paid My Income Tax Today."
- More than 40,000 of this state's citizens reported over \$1 million in income in 2013, making it the state with the most millionaires.
- According to the IRS the three sectors that contribute to the U.S. economy are _____, businesses, and the government.
- During the days of the Old Testament, a _____, or tenth of a person's income, was collected for religious purposes.
- This famous physicist once

Solution to the April 2 puzzle



WORD OF THE WEEK

Lagniappe

Pronounced: LAN-yap, lan-YAP

Part of speech: Noun

Definition:

- A small gift presented by a storeowner to a customer with the customer's purchase.
- An extra or unexpected gift or benefit; a dividend or bonus.

Origin:
Chiefly Southern Louisiana & Mississippi (New Orleans Creole)

Use:

- My water cooler was a lagniappe from the bank for opening a checking account.
- The baker's dozen includes an extra item as a form of lagniappe.
- For their hard work, the employees' supervisor gave them a \$50 lagniappe.
- Most meals come with a basket of bread as a lagniappe.

By **YVONNE JOHNSON**, APG News
Source: <http://websters.yourdictionary.com>; <http://dictionary.reference.com>

ACRONYM OF THE WEEK

NSF

National Science Foundation

The National Science Foundation is an independent federal agency created by Congress in 1950 to support fundamental research and education in all the non-medical fields of science and engineering.

With an annual budget of \$7.3 billion, the agency is the funding source for approximately 24 percent of all federally supported basic research conducted by American colleges and universities. In fields such as mathematics, computer science and the social sciences, NSF is the major source of federal backing.

France A. Córdoba, was sworn in as NSF director March 31, 2014. She leads the only government science agency charged with advancing all fields of scientific discovery, technological innovation, and science, technology, engineering and mathematics (STEM) education. The 24-member National Science Board establishes overall policies for NSF.

The NSF is located in Arlington, Virginia. The facility welcomes thousands of visitors a year. To plan a visit or for more information contact the Visitor and Reception Center at 703-292-5111, or info@nsf.gov.

By **YVONNE JOHNSON**, APG News
Source: <http://www.nsf.gov>



Soldiers read for Story Time

Sgt. 1st Class Joe Scalies, left, and Master Sgt. Tara Widmer, right, both with the Communications-Electronics Command, read to children during Story Time at the Bayside Community Center April 3. The Soldiers served as guest readers for APG youth in celebration of Month of the Military Child.

Story Time is held every Friday from 10:30 to 11:30 a.m. at the Bayside Community Center.

Photo by Molly Blossie

Aging and alcohol consumption

Employee Assistance Program

According to the National Institute on Aging, anyone at any age can have a drinking problem. However, the fact is that families, friends and health care workers can mistake trouble with alcohol in older people for other conditions related to aging, such as problems with balance.

The way the body handles alcohol can change with age. Some seniors can feel “high” without increasing their normal alcohol intake but this “high” can make them more likely to have accidents, including car accidents or falls resulting in injuries.

Why are older drinkers more sensitive to the effects of alcohol? As you get older one of the things that changes is your metabolism. Consequently, your body metabolizes alcohol slower than it did when you were younger. As a result, alcohol remains in your body longer than it used to, affecting you longer.

Also as you age, the amount of water in your body decreases. This means there is not as much water in your system to dilute the alcohol. Therefore, the same amount of alcohol that you used to drink produces a higher blood-alcohol concentration in your body, increasing the effects of the alcohol. In other words, you can become more intoxicated or impaired than you once did on the same amount of alcohol.

On Jan. 1, 2011, the first members

For health reasons, many older adults make the commitment to quit drinking in later life.



There are many things you can do to cut back or stop drinking, including:

- ⊙ **Count how many ounces of alcohol are contained in each drink.**
- ⊙ **Keep track of the number of drinks you have each day.**
- ⊙ **Plan some days to be alcohol-free.**
- ⊙ **Eat when drinking; alcohol will enter your system more slowly with food.**

of the baby boomer generation – born between 1946 and 1964 – reached age 65. Since about 10,000 baby boomers a day are turning 65, many of them may need to adjust their attitude toward alcohol consumption.

Heavy drinking over time can damage the liver, the heart and the brain. It can increase the risk of developing certain cancers and immune system disorders as well as damage muscles and bone.

Drinking excess amounts of alcohol can also worsen existing health condi-

tions such as diabetes, high blood pressure, congestive heart failure and liver and memory problems.

Other health issues include mood disorders such as depression and anxiety. Adults with major depression are more likely than others to have alcohol problems. In addition, many older adults take prescription drugs. Alcohol consumption can cause certain medicines to not work properly.

Here are some examples:

- Arthritis medications and alcohol

can increase the risk of bleeding in the stomach

- Acetaminophen and alcohol can increase the chances of liver damage
- Drinking alcohol while taking medications for high blood pressure, diabetes, ulcers, gout and heart failure can worsen these medical conditions

Medications stay in the body for several hours. So, there can still be a problem if you drink alcohol hours after taking a pill. Read the labels on all medications and follow the directions. Ask your doctor whether it’s okay to drink alcohol while taking a certain medicine.

For health reasons, many older adults make the commitment to quit drinking in later life. You can do it, too.

There are many things you can do to cut back or stop drinking.

You can:

- Count how many ounces of alcohol are contained in each drink.
- Keep track of the number of drinks you have each day.
- Plan some days to be alcohol-free.
- Eat when drinking; alcohol will enter your system more slowly with food.

For more information contact, contact Patricia Coburn, ASAP Employee Assistance Program (EAP) at 410-278-1962, patricia.r.coburn2.civ@mail, or the ASAP help line at 410-278-DRUG.

Source: *The National Institute on Aging; National Institute on Alcohol Abuse and Alcoholism*



Theresa Miller, Exton Café Head Cook

By **RACHEL PONDER**
APG News

As the head cook at the Exton Café, Theresa Miller’s responsibilities include planning menus, preparing meals and cleaning the café after the lunchtime rush. She has served in this position for two years.

Located in the clubhouse of Exton Golf Course, the Exton Café offers a variety of sandwiches, wraps, soups and an all-you-can-eat salad bar during lunchtime. The eatery also features daily specials.

Miller said she developed an aptitude for cooking at a young age because

as a child, her mother and grandmother taught her learned how to cook. Most of the daily specials served at the Exton Café are created from her family recipes.

“Exton Café is a nice alternative to fast food restaurants, because all our food is homemade,” she said. “The most popular item we serve is the meatloaf. Crab melt paninis are also a favorite.”

Miller has worked in the food service industry for more than 35 years. She has worked for APG Family, Morale, Welfare and Recreation since 2006. Prior to her current position, she was a cook for the APG South (Edgewood) youth center. She also cooked for the Sutherland Grille in the Ruggles Golf Course clubhouse.

“What I like most about my job is interacting with my co-workers and cus-

tomers. I have met some interesting people,” she said. “I like getting feedback from them.”

In addition to the lunchtime menu, the café also serves breakfast sandwiches.

Exton Golf Course is located at Bldg. E1260 Wise Road on APG South. Hours of operation are Monday through Friday, 10:30 a.m. to 2 p.m. Call-in orders are welcome. To place an order, call 410-436-2213.

For more information about Exton Café, including daily specials, visit <http://www.apgmwr.com/food-catering/exton-cafe>. The café also provides catering options for special events.

For information about APG golf courses, visit <http://www.apgmwr.com/recreation/golf/>.

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

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); or OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell.civ@mail.mil.

Adair, Jennifer
Alba, Audrey
Bailey, Vicki E.
Beach, Sarah Lynn
Benysek, Lee
Budzinski, David
Calahan, Jane E.
Clark, Lyra

Decker, Kathleen M.
Dissek, Michael J.
Donlon, Jacqueline
Gaddis, Lonnie
Gilley, Christopher M
Johnson, Douglas W.
Jones, Desiree
Leonguerrero, Louise

Mason, Jeremy L.
McCauley, Adrienne
Morrow, Patricia D.
Mughal, Mohamed R.
Palm, Natalie
Pettway, Mary
Robinson, Jennifer
Saenz, Diana

Sauer, Dawn
Solomon, Je’Neane
Thurman, Terry L.
Trulli, Wayne R.
Webb, Monica C.
Zarrillo, Rebecca Lee

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!

Sunrise service includes musical performances

Continued from Page 1

rejected all notions that leading a religious life is boring.

"It's exciting to be a Christian," he said. "It's exciting to know the Resurrection is waiting for you. Trust Him and everything will be alright."

Acknowledging that tumultuous events in the world will challenge all believers, he encouraged listeners to stay vigilant in conduct and prayers.

"We must pray for His goodness in our lives now more than ever before," he said.

Chaplain Lt. Col. Jerry Owens led the celebration, which has become an annual tradition for the Team APG ministry.

Special music was presented by the chapel's Gospel Choir, directed by Brian Watson, an Army retiree and DA civilian with the U.S. Army Test and Evaluation Command's Army Evaluation Center.

The choir sang "How Great is Our God," a song by contemporary Christian music artist Chris Tomlin, which included a solo by the choir's Lisa Henson, and "More Than Anything," by EMI recording artist Lamar Campbell and the Spirit of Praise Choir. The combined choirs of the Protestant Service and Grove Presbyterian Church led by the chapel's music ministry director, LeeAnn Masters, sang "Hallelujah, Christ is Risen," a traditional Easter anthem dating back to 1906, and "Our Savior is Alive," by the contemporary Christian music writing duo, Don Besig and Nancy Price.

Monroe Manning, of the Protestant Service, presented the Scripture message and Chaplain Maj. Mark Rendon delivered the benediction.

During a breakfast in the chapel fel-



Photo by Yvonne Johnson

APG Gospel Choir members perform the song "How Great is Our God," during the Easter Sunrise Service at the APG North (Aberdeen) chapel April 5. Choir Director Brian Watson leads the performance which is highlighted by soloist Lisa Henson, holding the microphone.

lowship hall after the service, congregants said they enjoyed the service.

"We listen to him all the time; he's always uplifting," said Samuella Fowlkes, a Gospel Service member and the wife of Owen Fowlkes, a military retiree formerly with the 20th CBRNE Command.

Cesar Lopez, a technician with

ATEC's Aberdeen Test Center, said it was his first Easter Sunrise Service at APG. "It was very good," he said of Asirifi's message, "but then all messages from the Bible are good."

Owens thanked all participants and organizers, especially the volunteers in the kitchen and on the serving line.

He said he received positive feedback from guests, all of whom expressed appreciation in Asirifi's message.

"You can see why I asked him to speak," Owens said.

For more information about APG chapel services, visit www.TeamAPG.com and click on "Religious Services."

Did You Know?



Courtesy photo

U.S. Marine reinforcements wade ashore to support the beachhead on Okinawa, April 1, 1945.

The Battle of Okinawa, fought for more than two months 70 years ago, started on Easter Sunday, which that year fell on April 1, "April Fools Day."

The Battle of Okinawa, fought on the Ryukyu Islands of Okinawa, included the largest amphibious assault in the Pacific War of World War II.

Codenamed Operation Iceberg, the battle lasted 82 days, from early April until mid-June 1945. Located 340 miles from mainland Japan, Okinawa was the planned base of operations for Allied forces for the invasion of Japan. Four divisions of the U.S. 10th Army (the 7th, 27th, 77th, and 96th) and two Marine Divisions (the 1st and 6th) fought on the island, supported by naval, amphibious, and tactical air forces.

The battle was one of the bloodiest in the Pacific. Based on Okinawan government sources, mainland Japan lost 77,166 soldiers, who were either killed or committed suicide, and the Allies suffered 14,009 deaths (with an estimated total of more than 65,000 casualties of all kinds).

In addition, civilian casualties were extremely high. Official estimates state that 42,000–150,000 local civilians were killed or committed suicide during the operation.

Japanese commander Lt. Gen. Mitsuru Ushijima had orders to hold Okinawa at any cost and the battle is remembered partly for the fierceness of the Japanese Kamikaze attacks against the U.S. Navy. While 169 of the 193 Kamikaze plane launchings were destroyed, those that got through inflicted tremendous damage. The U.S. sent more than 300 warships and more than 1,000 other ships to the battle. About 60,000 ground troops landed in Hagushi on the island's south side on the first day.

The formal document ending the battle was signed Sept. 7, 1945 on what is present-day Kadena Air Force Base.

The total numbers of casualties and losses vary between the nations. The Cornerstone of Peace monument at the Okinawa Prefecture Peace Park lists 240,931 names of individuals killed during the Battle of Okinawa, including 149,193 Okinawan civilians, 77,166 Imperial Japanese Soldiers, 14,009 U.S. Soldiers and smaller numbers of people from South Korea, the U.K., North Korea and Taiwan. One of the most famous U.S. casualties was war correspondent Ernie Pyle.

Official numbers list:

- Allies: More than 12,000 killed; More than 38,000 wounded; 36 ships sunk, 368 damaged; 763 airplanes lost (April – July 1945)
- Axis: More than 110,000 killed; More than 7,000 captured; 16 ships sunk, four damaged; 7,800 airplanes lost/destroyed
- Civilians: 40,000 – 150,000 civilians killed

According to www.wikipedia.org, 90 percent of the buildings on the island were destroyed. Still, the military value of victory at Okinawa "exceeded all hope" for Allied forces because it provided a fleet anchorage, troop staging areas, and airfields in close proximity to Japan. The U.S. cleared the surrounding waters of mines in Operation Zebra, occupied Okinawa, and set up the United States Civil Administration of the Ryukyu Islands, a form of military government, after the battle.

Some military historians believe that the Okinawa campaign led directly to the atomic bombings of Hiroshima and Nagasaki, as a means of avoiding the planned ground invasion of the Japanese mainland.

Yvonne Johnson, APG News

Source: www.wikipedia.org; www.worldwar2facts.org

SAAM 5K first of several awareness events this month

Continued from Page 1

and walkers set out at 6 a.m. from Shore Park.

At the conclusion, participants – most still clad in the free teal-colored t-shirts that were distributed prior to the run – signed the SAAM pledge board and then formed a human ribbon to salute the start of the annual observance. Teal is the themed color for sexual assault awareness and prevention.

"The overall mission of SHARP mission is to educate military, civilian, installation, institution and civic leaders, creating an environment that fosters a climate of dignity and respect to help mitigate incidents of sexual violence," Nelson said.

"This event, as well as others planned this month are [intended] to continue to move awareness to the forefront," he said.

Owolabi added that the mission of the APG 2015 SAAM is to reduce sexual assault by providing a culture of prevention, education and training response capability, as well as victim support, reporting procedures and accountability that enhances the safety and well-being of all.

The 2015 SAAM theme is "Eliminate Sexual Assault: Know Your Part, Do Your Part."

APG will host a SHARP Summit April

15 for installation leaders. During the summit, leaders will hear from subject matter experts and survivors of sexual assault in order to educate and empower leaders to create a positive climate free from sexual assault and harassment and enforce accountability.

Also, the APG garrison and the U.S.

Army Test and Evaluation Command will host SHARP Vignettes at the post theater April 29. Check the APG News and APG social media sites for more information.

For more information about SAAM, contact Owolabi at 410-278-2572, theresa.owolabi.civ@mail.mil or Tracy Marshall, SHARP program manager, at 410-306-2054, tracy.y.marshall.mil@mail.mil.

For more information about SHARP resources, visit the APG SHARP Resource Center, one of just

12 across the entire Army, in Bldg. 4305 on the second floor. The center is available to both military and civilian personnel and is designed to handle restricted and unrestricted cases of sexual assault and sexual harassment.

Upcoming SAAM and SHARP events can also be found at the APG SHARP Resource Center Facebook page at www.facebook.com/APGSHARPResourceCenter.

The overall mission of SHARP mission is to educate military, civilian, installation, institution and civic leaders, creating an environment that fosters a climate of dignity and respect to help mitigate incidents of sexual violence.

1st Sgt. Daniel Nelson
HHC Garrison

Excuse me, do you have a copy of the APG Newspaper?

If you didn't pick up a copy, don't fret. You can check us out online

www.TeamAPG.com





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/>.



Photo by Stacy Smith



Photo by Rachel Ponder



Photo by Molly Blossie



Photo by Molly Blossie

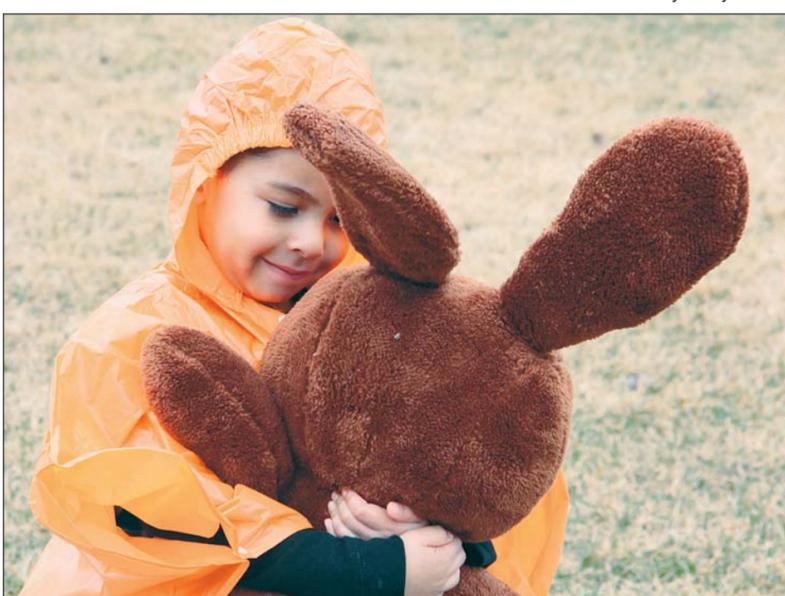


Photo by Molly Blossie



Photo by Rachel Ponder

SPRINGTIME CELEBRATIONS AT APG

Spring has finally arrived, bringing with it April showers, Easter and warmer weather. Team APG celebrated the season's arrival with Easter egg hunts, a visit from the Easter bunny and Spring Festivals.

(Above, clockwise from top left)

- Thomas Mitchell, 4, happily displays a yellow egg he found during an Easter egg hunt at the APG North (Aberdeen) Child Development Center April 1.
- Eden Newkirk, 5, is happy to wear bunny ears and whiskers during the Spring Festival at the APG South (Edgewood) youth center April 3.
- Arriyana Thomas, 4, tries on a hat from her dad Staff Sgt. Arrie Thomas Jr., with the 68th Chemical Company, after having her face painted during the Spring Festival at the Bayside Community Center April 3.
- Nyxin Graham and Adriana Exelby, 4, color eggs for the Spring Festival egg hunt at the APG South (Edgewood) youth center April 3.
- April showers don't stop Kain Felix, 4, from giving his prize bunny a big hug outside the Bayside Community Center during the Spring Festival April 3.
- Tyler Samler, 18 mos., enjoys his lollipop while posing with the Easter bunny at the Bayside Community Center Spring Festival April 3.

(Right) Little Man gets into the Easter spirit, with a bunny suit, Easter egg and a basket for candy.



Photo by Molly Blossie