



APG NEWS

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

www.TeamAPG.com

THURSDAY, AUGUST 13, 2015

Vol. 59, No. 32

newsbrief

AUGUST IS ANTI-TERRORISM AWARENESS MONTH

"See Something...Say Something."

It's a simple phrase that we've all heard many times, but do we really know what it means? What exactly are we looking for? And do we really know what to do if we see it?

To help us better understand the importance of identifying suspicious activity and the proper way to report it, the Army developed the anti-terrorism awareness program called "iWATCH".

The types of activities and behaviors everyone should watch for include (but are not limited to): strangers asking questions about security or building security procedures; briefcases, bags, or packages left unattended; cars or trucks left in no-parking zones in front of important buildings; or chemical smells or fumes.

Members of Team APG should report any suspicious activity to the APG police by calling 410-306-2222; From off post in Maryland, call 1-800-492-TIPS. In an emergency, dial 911.

Turn to page 5 and cut out the installation watch card to keep in your wallet.

inside

HEALTH

The Army celebrates the Performance Triad and healthy living this month.

August | 5

SMOKING

The DOD, Army and Harford County offer tools to help kick tobacco habit.

I quit | 8

EMAIL

All Enterprise Email users must be below inbox size limits by Oct. 1.

Email | 12

NAT'L GUARD

Baltimore City youth explored benefits of a career in the Maryland National Guard.

MDNG | 14

online

www.TeamAPG.com/APGNews

facebook.com/APGMd

twitter.com/USAGAPG

flickr.com/photos/usagapg/

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



Photo by Molly Blossie



Photo by Molly Blossie



Photo by Yvonne Johnson

(Clockwise, from left) APG Senior Commander Maj. Gen. Bruce T. Crawford throws out the first pitch for the Aberdeen IronBirds Military Appreciation Night at Ripken Stadium Aug. 6; Staff Sgt. William Ely wears an explosive ordnance disposal suit, and Spc. Patrick McElhinney assists as they demonstrate a remote control vehicle to a local family; CECOM Chief of Staff Col. Paul E. Harris III, right, chats with Vietnam-era veteran Carol Baker, commander of American Legion Department of Maryland, while visiting the seating area reserved for veterans and Gold Star family members.

Military Appreciation Night

Aberdeen IronBirds thank Soldiers, families, local veterans

By **YVONNE JOHNSON**
APG News

The Aberdeen IronBirds baseball hosted its annual salute to APG and the U.S. armed forces during Military Appreciation Night festivities at Ripken Stadium Aug. 6.

APG Soldiers took part in pre-game proceedings and performed entertaining con-

tests during between-inning breaks. Along with several other APG organizations, they also hosted informational displays in the stadium passageway.

APG Senior Commander Maj. Gen. Bruce T. Crawford led the APG crew and threw out the game's first pitch to IronBirds infielder Alexander Lee. Crawford

was joined by CECOM Chief of Staff Col. Colonel Charles E. Harris III; APG Garrison Commander Col. James E. Davis and Garrison Command Sgt. Maj. Jeffrey O. Adams. In addition, more than 20 Soldiers unfurled an American flag in the stadium outfield as

See **IRONBIRDS**, page 18

Job Expo draws more than 400

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

More than 400 job seekers attended the Employment Resources Day & Expo at the APG North (Aberdeen) recreation center Aug. 5.

The three-hour event, hosted by the Army Community Service Employment Readiness Program, was open to the public and featured more than 65 vendors from local and national employers. The purpose of the event was to connect job seekers with potential employers.

See **EXPO**, page 17

More than 400 community members attended the Army Community Service Employment Resources Day & Expo at the APG North (Aberdeen) recreation center Aug. 5.



Marine recruits take fitness test at APG

Marine recruit Daniel Jeong, 18, from Bel Air, Maryland, musters all his strength to complete a series of pull-ups during a fitness test at the APG North (Aberdeen) recreation center Aug. 8.

Approximately 30 recruits completed the three-part fitness test led by Staff Sgt. Phillip J. Barnes of the Bel Air Marine Corps Recruiting Station. The recruits completed timed pull-ups, crunches, and a mile and one-half run.

1st Sgt. Jermaine Allen, Headquarters and Headquarters Company, APG Garrison, facilitated the event. He said he was impressed with the efficiency of the portable pull-up bar system the Marine recruiters brought with them so the training could be completed outside.

"That's something different," he said. "I've never seen that before."

The recruits who passed the fitness test will report to USMC Recruit Training at Parris Island, South Carolina later this year.

Photo by Stacy Smith

index

Mark Your Calendar | 6

At Your Service | 8

All Things Maryland | 9

MWR Events | 10

APG History | 13

Crossword | 16

Did You Know? | 18

Snapshot | 19

STREET TALK

Which famous person – living or deceased – would you like to meet?

“German Chancellor Angela Merkel because I would like to ask her some questions. I think it would be interesting, because I was born in Germany, and her politics is pretty much aligned with mine.”



Heidi Solinsky
Family member

“Donald Trump, because he’s got a fantastic mind. He doesn’t let anything get him down and he leads a lot of people. He started out with nothing, lost a lot of his real estate, but then he bounced back. I just admire him.”



Emory O'Donnell
Exchange

“Marilyn Monroe. I'd want to ask her how it feels to be so beautiful and wanted by so many people.”



Elvia Pomerat
Family member

“Barack Obama. I find he’s the most amazing man that we ever had as president. I know he’s the most educated, and the fact that he’s been able to do what he’s doing, with so many people against him in Congress, amazes me.”



Johnny Lee Davis, Sr.
Retired military

“Jesus would be the one for me. He forgave all my sins, and he loves me unconditionally and shows me mercy and grace. And he answers most of my prayers. He’s just awesome to me.”



Diane Blagdon
Contractor

Police & Fire BLOTTER



The following statistics were provided by the APG Directorate of Emergency Services, recapping the fire, medic and police responses, issued citations and arrests made during the month of July.

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

Calls for Service

- FIRE: 127**
 - Fire Alarms – 75
 - Mutual Aid* – 20
 - Watercraft Emergencies – 1
- MEDIC: 76**
 - Mutual Aid* – 1
 - Chest Pains – 3
 - Breathing Problems – 3
- POLICE: 602**
 - Alarm Activation – 280
 - 911 Hang-ups – 24

- Traffic Accidents – 15
- Active Warrants – 10

Citations

- TOTAL: 420**
- Warning Citations – 251
- Citations – 169

Arrests

- TOTAL: 14**
- Traffic Related – 4
- Warrant Arrests – 3
- Domestic Related – 2

CYSS child care openings

Child, Youth & School Services

Child, Youth and School Services (CYSS) at Aberdeen Proving Ground offers active duty military and DOD civilians and contractors a comprehensive set of programs to assist with before and after school, and full-day child care needs.

Before and after school openings

The APG North (Aberdeen) and APG South (Edgewood) programs currently have immediate before and after school care openings for the 2015-2016 school year at their school age and youth services facilities.

Harford County Public Schools will transport students Roy from Roye Williams and Edgewood Elementary schools as well as Aberdeen and Edgewood Middle schools from and to the APG youth services facilities. Eligible patrons attending other schools must provide their own transportation.

Through partnerships with National 4-H, Character Counts and the Boys & Girls Clubs of America, the installation helps youth work with their strengths, interests, and each other, to feel good about themselves, and to grow as individuals.

U.S. Army Child, Youth & School Services

Programs are offered in the areas of leisure, recreation, the arts; sports and fitness; life skills, citizenship and leadership; and mentoring and support services. Lego League, Cooking Club, Gardening Club, Photography Club, Fine Arts and much more.

Pre-school age openings

The APG South Child Development Center has immediate full-time child care openings at their facility for children ages 3 and 4 years old in need of full-time care.

Through Teaching Strategies Creative Curriculum and TS Gold, activities are offered in the areas of oral language, social/emotional, physical, cognitive, literacy, mathematics, science and technology, social studies, arts and English language acquisition.

Participants for before and after school care and full-day child care must be registered with the Parent Central Office. Fees are based on the Total Family Income. Fees are waived for all middle school students' afternoon care. For more information contact the Parent Central Office at 410-278-7479 or 410-278-7571

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); or OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell8.civ@mail.mil

- Adair, Jennifer
- Alba, Audrey
- Ault, Ashley
- Avato, Jennifer B.
- Boone, Nancy D.
- Budzinski, David
- Clark, Lyra
- Dissek, Michael J.
- Gaddis, Lonnie
- Gardner, DeShawna

Employees eligible for donations in the Voluntary Leave Transfer Program

- Gilley, Christopher M
- Hancock, Kimberly M.
- Ingram, Debra
- Johnson, Douglas W.
- Leonforte, John L.
- Kladitis, Johnathan
- Kuciej, Andrea D.
- Mason, Jeremy L.
- McCauley, Adrienne
- Morrow, Patricia D.
- Perkins, Olga C.
- Royston, James A.
- Solomon, Je'Neane
- Tezak-Reid, Theresa M.
- Tomlinson, Rachel L.

APG SEVEN DAY FORECAST



APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 5,200. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by The Baltimore Sun Media Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising and mailing. To obtain a yearly subscription, which costs \$16, the price for weekly mailing, or for problems with incorrect mailing addresses, contact Customer Service at 139 N. Main Street, Suite 203, Bel Air, MD 21014, or call 410-838-0611. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or The Baltimore Sun Media Group of the products or services advertised. For advertising matters, call The Baltimore Sun Media Group, 410-332-6300. Send articles or information for publication to the APG Public Affairs Office, Building 305, IMAP-PA, APG, MD 21005-5001; send a fax to 410-278-2570; contact the Editor Amanda Rominiecki at amanda.r.rominiecki.civ@mail.mil, contact Assistant Editor Yvonne Johnson, 410-278-1148

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

Deadline for copy is Thursday at noon for the following Thursday's paper.

Staff

- APG Senior Commander ..Maj. Gen. Bruce T. Crawford
- APG Garrison Commander Col. James E. Davis
- Public Affairs Officer Kelly Luster
- Editor Amanda Rominiecki
- Assistant Editor..... Yvonne Johnson
- Contract Photojournalists..... Rachel Ponder
- Stacy Smith
- Graphic Designer/Photographer Molly Blossie
- Website www.TeamAPG.com/APGNews

ATEC champions workplace nursing

By **COURTNEY GILBERT**
ATEC

Mirroring the nationally recognized Federal Nursing Mother's Program, the U.S. Army Test and Evaluation Command issued a Nursing Mother's Policy earlier this year, permitting nursing mothers time and a private area to express breast milk while at work.

World Breast Feeding Week was recognized globally Aug. 1-7, with the theme "Breastfeeding and Work: Let's Make it Work."

The new ATEC policy was drafted after the Office of Personnel Management issued its Guide for Establishing a Federal Nursing Mother's Program in response to an amendment to the Fair Labor Standards Act initiated by the Affordable Care Act in March 2010.

According to the Centers for Disease Control and Prevention, roughly 70 percent of mothers with children younger than 3-years-old are working full-time. The amendment grants nursing mothers a flexible schedule and a reasonable amount of time to express milk for up to 12 months after their child's birth, and a private space, other than a restroom, in which to do it.

Though ATEC headquarters already has a lactation room in place, it issued its Nursing Mother's Policy April 14 to outline the workplace accommodations being provided for the organization's nursing mothers returning to work after maternity leave.

"Not having a calm, clean place to pump really hinders milk productivity and made it harder to get a good milk supply," said Natalie Dennison, a recruit analyst at ATEC. "In the past, my only options for places where I could pump milk were either the bathroom stalls or the supply closets."

The CDC recommends that mothers breastfeed for at least the first six months after giving birth in order for the infant to reap the immediate and long-term benefits of breastfeeding. The American Academy of Pediatrics reports that a significant benefit of breastfeeding is that it minimizes the chance of contracting certain short-term and chronic illnesses as well as reducing the severity of illnesses.

Breastfeeding benefits mothers as well, as it reduces the risk of developing ovarian and breast cancer. In addition,



Photo by Andricka Thomas

Mirroring the nationally recognized Federal Nursing Mother's Program, the U.S. Army Test and Evaluation Command issued a Nursing Mother's Policy April 14 permitting nursing mothers time and a private area to express breast milk while at work.

nursing mothers tend to return to their pre-pregnancy weight faster and have less postpartum bleeding.

The OPM guide encourages agencies to support the Nursing Mother's Program to the fullest extent possible and notes when agencies permit nursing mothers to express their breast milk while at work, it reduces their time away from work and lessens the need to take leave without pay.

According to the ATEC policy, nursing mothers are responsible for notifying their chain of command of their need and intent to utilize the workplace accommodation and to work cooperatively with their supervisors to schedule convenient breaks to minimize conflicts

with mission accomplishment.

The ATEC designated lactation room offers nursing moms two separate and private lactation stations with access to electricity for breast pumps, explained Gale Sauer, ATEC health and wellness coordinator.

"The setup of the lactation room is also great," Dennison said. "The tables allow the moms to bring laptops so we can actually keep working while we are pumping, which helps us remain productive."

Dennison added that being able to use the lactation room allowed her to pump milk for a longer period of time with her third child compared to the length of time she was able to with her

previous children.

The OPM guide notes that establishing workplace accommodations for nursing mothers allows them to better integrate their work and family needs and makes for a smoother transition after they return to work. It states that as a result, employers will see a decrease in turnover rates, absenteeism, and enjoy higher morale and productivity from working mothers.

For more information on the nursing mother's policy, or about how to utilize the lactation room within ATEC headquarters, contact the ATEC Safety Office at 443-861-9664, or the ATEC Health and Wellness Coordinator at 443-861-9260.

Blood Drives Save lives



Photos by Stacy Smith
Graphic by Molly Blossie

The APG News followed Mary Arthur, of the U.S. Army Research Laboratory, through each step of the blood donation process during the Armed Services Blood Program (ASBP) blood drive at the APG North (Aberdeen) recreation center Aug. 6.

"I regularly give blood," Arthur said. "It's something very easy [to do] to save a life and make a

difference. My dad got me into [giving blood] long ago, and I just keep trying to give back."

(Top row, from left) Arthur fills out a registration questionnaire to ensure she meets the basic requirements to donate blood; Navy Hospitalman Justin Cornwall directs Arthur to the physical assessment station; Hospitalman Matthew Brown checks Arthur's vital signs and tests her blood's iron count.

(Bottom row, from left) Petty Officer 3rd Class Matthew Gunther conducts a confidential screening with Arthur; Senior Airman Lamvien Nguyen adjusts the tubing on Arthur's arm during the drawing; Arthur and Nguyen chat as the drawing proceeds.

For more information about donating blood at APG visit www.militaryblood.dod.mil.

August is Performance Triad Month

By **LISA YOUNG**

U.S. Army Public Health Command

Get up, get out and get moving. This is what the World Health Organization recommends as part of its global strategy on physical health and activity.

Regular physical activity can reduce the risk of hypertension, diabetes and depression, and it can improve bone health and cardiorespiratory and muscular fitness.

As the summer season ends, do not let the changes in weather and daylight keep you from staying active. Commit to maintaining your health through regular activity during all the seasons of the year by not limiting your idea of physical activity. Leisure time events, transportation, occupational tasks, household chores, play, games, sports, and planned exercise throughout your daily, family and community activities all count.

“Your work hours and family commitments may challenge you, but it is all about making a decision to take control of your own life, and sticking with it,” said Col. David Bitterman. “It’s about rounding up your family on the weekends and visiting [state parks], or walking [trails], or playing soccer with your kids instead of watching them play.”

As a unit, a command, a Soldier or a family, the Performance Triad encourages everyone to achieve 15,000 steps a day, use proper resistance training techniques and prevent injuries.

Doing something convenient and enjoyable makes staying active easier. Walking, jogging, cycling, swimming, muscle strengthening and endurance resistance training are some of the ways to be physically active.

Staying physically active can:



U.S. Army photo

Young Soldiers go for a run for exercise and to stay in shape in keeping with the Army Performance Triad.

- Increase energy
- Tone muscles, easing back pain
- Reduce stress, aiding relaxation and sleep;
- Manage body weight by burning more calories and controlling appetite;
- Reduce risk of heart attack and type 2 diabetes;
- Manage high blood pressure and diabetes; and
- Slow osteoporosis bone loss.

Be sure to consult a healthcare provider about health issues or physical reason that would limit your exercise.

The following points can ensure keep safe and effective activities:

- If walking or running, choose safe

areas with several different routes for variety.

- Schedule time in your daily routine that will be the most consistent.
- Find a partner or group of people to exercise with.
- Wear athletic shoes that fit well, cushion your feet and absorb shock.
- Wear clothes that will keep you dry and comfortable.
- Wear a hat - a warm knit cap in the winter and a baseball cap in the summer.
- Begin with a warm-up, for five to seven minutes. A focused and tailored warm-up can increase performance and decrease the risk of injury. Gradually increase your activity to a moderate pace

for the main routine. Cool down with slower activity for five minutes.

▪ Stretch the major muscle groups (back, chest, hips and legs) afterwards. Hold each stretch for 20 seconds.

▪ Exercise most days of the week, but plan for at least three to five. To prevent injury, do not increase your intensity and your distance or time in the same week. If you exercise less frequently, progress more slowly.

▪ Drink water before, during and after physical activity.

▪ Stay aware of your surroundings.

▪ Wear bright colors or reflective tape after dark to increase your visibility so motorists can see you.

A successful physical activity program that lasts throughout the year takes commitment. As motivation, purchase an activity tracker to count how many steps you take, the distance you go and how long it takes. An activity tracker might help you go an extra lap around the neighborhood to get to 15,000 steps. They are able to detect body motion, count footsteps, display calories burned, distance walked and time elapsed. Joining a fitness group can also be fun, and a way to make new friends.

Things will interrupt your plans to stay physically active. Don’t let a few days off sabotage your dedication to stay fit and maintain good health. Keep from getting discouraged by setting realistic goals. Include simple lifestyle changes that will increase your daily activity, like taking the stairs, parking at the end of the parking lot or walking the dog twice a day.

Even though staying active can be difficult with changes in the weather or job schedules, keep your goals in mind.

See Something

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

Provided by the INTEL DIV/DPTMS

Say Something

<p>INSTALLATION WATCH CARD</p> <p>DO OBSERVE & REPORT</p> <ul style="list-style-type: none"> • Suspicious activity or suspected surveillance. • Unusual questions or requests for information relating to capabilities, limitations, or operational information. • Unusual vehicles operating in or around APG. • Unusual phone calls, messages, or e-mails. • Unusual contacts on or off post. • Unusual aerial activity near or around installation. • Any possible compromise of sensitive information. 		<p>INSTALLATION WATCH CARD</p> <p>DON'T</p> <ul style="list-style-type: none"> • Discuss any aspect of military operations or planning. • Discuss military capabilities or limitations. • Discuss FP measures, capabilities, or posture. • Disclose information about R&D and testing. <p>Report suspicious activity immediately to APG Police!</p> <p>APG (North & South): 410.306.2222 Off Post in Maryland call 1-800-492-TIPS or 911</p> <p style="font-size: small;">Card created by APG Intel</p>	
--	--	---	--

MARK YOUR CALENDAR

events&town halls

MONDAY AUG. 24

FORT MEADE INTERVIEW EVENT

Restart, Inc. will partner with Fort Meade Soldier for Life to provide a one-day Interview Event for service men and women who are transitioning as well as veterans who are available for hire no later than Dec. 1, 2015. Participants must be in possession of a secret clearance. This event will be held 9 a.m. to 2 p.m. in the McGill Training Center ballroom, 8425 Zimborski Avenue, at Fort George G. Meade.

Attendees will have the opportunity to meet industry-leading employers, discover the different hiring practices and culture of each respective company, network with peers and acquire beneficial tips and techniques to get the most out of their job search. Open positions include but are not limited to, engineers, analysts, network security architects, database administrators, security officers, construction supervisors, accounts payable specialists, graphic designers, sales representatives, service technicians, software engineers, inside/outside sales managers, and much more.

For more information, or to register, go to <http://www.restartevents.com/fort-meade-august-24th>.

TUESDAY SEPT. 1

2ND GARRISON PROFESSIONAL DEVELOPMENT TRAINING SYMPOSIUM

The APG Garrison Directorate of Human Resources will host the 2nd Garrison Professional Development Training Symposium at Top of the Bay from 8 a.m. to 4 p.m.

Open to all garrison employees, the symposium's theme is "Reaching for the Stars: Achieving Career Success" and will topics covered will include: Navigating SharePoint; Communicate like a Pro at Every Level; Earning College Credit for Prior Learning; Developing Yourself for Success; How to Stand Out; and Get Ahead and Get Noticed.

Registration is required, and now open through Aug. 25. To register, visit <https://www.apg.army.mil/CAC/PDS>.

For more information, contact Jill Brodbeck at 410-278-9917; Lisa Waldon at 410-278-4353 or your training coordinator.

TUESDAY – FRIDAY SEPT. 22-25

DAU ACQUISITION ENVIRONMENT COURSE

The Defense Acquisition University (DAU) will host a four-day ACQ 450 – Leading in the Acquisition Environment course 8 a.m. to 5 p.m. each day at the DAU Facility, 6175 Guardian Gateway at Aberdeen Proving Ground.

This action-based learning course provides an overview of the competencies and skills needed to lead in an acquisition environment. Experiential activities include role playing, simulation, communication, and critical-thinking exercises; a leadership challenge; and completion of 360 degree feedback instrument and executive coaching to develop action plans related to the feedback.

Participants will learn to apply strategies for leading up, down, and across in an acquisition organization. Level III certification in at least one acquisition career field and at least three years of Level III experience are required prerequisites for the course. Upon completion ACQ 450 students will earn 31 Continuous Learning Points.

Applicants must submit an application through their registration site prior to Tuesday, Sept. 1.

The URL for each site is listed at <http://www.dau.mil/training/Pages/apply.aspx>.

For more information, contact Ben Metcalfe at 410-272-9471 or email benjamin.metcalfe@dau.mil.

WEDNESDAY- FRIDAY OCT. 14-16

FORGING STAKEHOLDER RELATIONSHIPS

The Defense Acquisition University (DAU) will host a three day ACQ 452 – Forging Stakeholder Relationships course 8 a.m. to 5 p.m. each day at the DAU facility located at 6175 Guardian Gateway, Aberdeen Proving Ground.

This action-based learning course introduces professionals to the methods and skills necessary to identify, assess, and promote the building of stakeholder relationships required for success in the acquisition environment.

Experiential activities will include a pre-course stakeholder assessment as well as simulation, communication, and critical-thinking activities that will facilitate the development of tailored stakeholder action plans. At the end of the course, professionals will be able to build ownership of acquisition outcomes across the enterprise.

Level III certification in at least one acquisition career field is a required prerequisite for the course. Completion of ACQ 450 - Leading in the Acquisition Environment and at least three years of Level III experience are recommended prerequisites. Upon completion, ACQ 452 students will earn 25 Con-

tinuous Learning Points.

Applicants must submit an application through their registration site prior to Friday, Oct. 9. The URL for each site is listed at <http://www.dau.mil/training/Pages/apply.aspx>.

For more information, contact Ben Metcalfe at 410-272-9471 or email benjamin.metcalfe@dau.mil.

meetings&conferences

WEDNESDAY AUG. 19

31ST ANNUAL WOMENS EQUALITY DAY OBSERVANCE

Edgewood Chemical Biological Center (ECBC) and Team APG Federal Women's Program invite the community to attend the 31st annual APG celebration of Women's Equality Day (WED), 9:30 a.m. at the APG North (Aberdeen) recreation center ballroom.

During the observance, APG's Outstanding Woman of the Year, Outstanding Supervisor/Manager of the Year, and Activity Most Supportive of FWP Goals will be recognized. Maj. Gen. Linda Singh, Maryland National Guard Adjutant General, will serve as guest speaker. This year's theme is "Women's Right to Vote"

For more information, contact Elizabeth Young, 410-278-1392, elizabeth.h.young.civ@mail.mil.

health&resiliency

THURSDAY AUG. 27

IMMUNE SYSTEM/SLEEP AWARENESS INFO SESSION

A Boost Your Immune System/Sleep Awareness Info Session will be held 11:30 a.m. to 12:30 p.m. in the ACC Training room at Bldg. 6001, room 224 on the C4ISR Center of Excellence Campus. This event is open to APG military, civilians and contractors. Non-C4ISR attendees must pre-register by Aug. 19.

To register, or for more information, contact Tiffany Grimes, G-1, at 443-861-7901, tiffany.l.grimes.civ@mail.mil.

Garrison employees can sit in on the class via VTC in the garrison conference room, Bldg. 305. Space is limited. For more information, contact Marjorie Sexton at 410-278-0944 or marjorie.a.sexton2.civ@mail.mil.

FRIDAY SEPT. 4

KIRK U.S. ARMY HEALTH CLINIC CLOSURE

Kirk U.S. Army Health Clinic will be closed for a training day from 7:30 a.m. to 4:30 p.m. Friday, Sept. 4.

The clinic will resume normal operations Monday, Sept. 7. For more information, call 410-278-1724.

SEPTEMBER – OCTOBER

LIMITED OPTOMETRY SERVICES

During the month of September and into October, Optometry services at Kirk U.S. Army Health Clinic will be restricted due to limited staff.

Full services will remain available to active duty Soldiers, however full eye exams will likely not be available to family members and retirees.

Active duty appointments will be opened up to family members and retirees only if they are not filled within a reasonable time period. Patients are reminded during this time of limited availability that full eye exams are a covered benefit under TRI-CARE, and can be obtained at any network provider without the need for referral once every calendar year. Referral Services or Tri-care can provide information as to which providers in the community are network providers and can provide this service.

Full services are anticipated to resume in mid-October.

ONGOING

ARMY WELLNESS CENTER AT APG SOUTH CLINIC

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

- Aug. 13, 25
- Sept. 10, 22

For more information, or to schedule an appointment call 410-306-1024.

ONGOING

WEAR BLUE: RUN TO REMEMBER HARFORD

COUNTY/APG

A Harford County/APG-based Wear Blue: Run to Remember community has been established, with ongoing meets the second Saturday of every month 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.

Upcoming dates include:

- Sept. 12
- Oct. 10

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

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.

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

Sept. 16 – APG North Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

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

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

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

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

family&children

SATURDAY AUGUST 15

SCHOOL SUPPLY GIVEAWAY

Operation Homefront and the Aberdeen VFW Post 10028 ladies auxiliary will host a free Back to School Supply Giveaway to eligible recipients 10 a.m. to 2 p.m. at Post 10028, 821 Old Philadelphia Road (near the Route 715 gate) in Aberdeen.

Eligible recipients include:

- Active duty military, E-1 to E-6
- National Guard and Reserves, E-1 to E-6 on Title 10 or Title 32 Orders
- Wounded or Retired of any rank

Pre-registration is required. To register, email VFWLA10028@gmail.com. A confirmation email will be sent. Print the email and bring it to the event as your receipt.

For more information, contact Martha (Martie) King at 301-943-1132.

miscellaneous

SATURDAY SEPT. 26

HARFORD HABITAT FOR HUMANITY – WOMEN'S HOME BUILD

Grab your hard hats, tool belts, working boots, and join the women of the APG community as they come together and volunteer with Harford Habitat for Humanity in Support of a Women's Home Build event.

Calling all women, active duty military, retirees, civilians or contractors – The Team APG Federal Women's Program, the Maryland Tri-County Chapter of Federally Employed Women, and the Women in Defense, Mid-Atlantic Chapter, are seeking team members for: A Women's Home Build event set for Saturday, Sept. 26 from 7:30 a.m. to 3:30 p.m.

Harford Habitat for Humanity is building in Bel Air, Aberdeen and Havre de Grace. Location will be determined prior to the September build.

All volunteers (ages 16 and older) must attend a safety class before they can participate. The training is online and is part of the registration process. The online registration at www.habitatsusq.org/volunteer/construction-volunteers consists of three parts: (1) Creating a user account; (2) Signing a waiver of liability; and (3) Safety training.

Once all three steps are complete, users are directed to click on the link to the construction calendar where they can sign up for specific build days. To see the calendar in the future, log onto the website and select "Construction Calendar" from the drop down menu under the Volunteer tab at the top of the screen.

Even if you're undecided at this time, please take the safety classes, in case you decide to participate later. Your service will help a family in need. Plus, you can network and experience team building with women from all over the APG community.

Some materials, like toolbelts, hard hats, work gloves, safety glasses, and hand and power tools will be provided but in limited supply. Volunteers are encouraged to bring their own tools, if possible.

Call one of the following individuals by Aug. 25 for more information: Linda Patrick, 410-436-1023; Tracy Marshall, 410-306-2054; Sheryl Coleman, 410-278-5964; Teresa Rudd, 410-436-5501; Capt. Tamika Mckenzie, 410-436-1591; or Diane Siler, 443-243-7344.

THROUGH 2015

MOTORCYCLE SAFETY COURSES

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

Local Hazards Course:

This is a 30-minute course 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: 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: Sept. 17; Oct. 8; Nov. 12 and Dec. 10

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

ONGOING

HOT WORK PERMIT

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

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

Please give 24 hours notice prior to the work or event. Leave a message if there is no answer. For more information, call 410-306-0001.

THROUGH 2015

RETIRING SOON? UNCLE SAM WANTS TO THANK YOU!

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

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

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

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

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

ONGOING

SOUTH DAKOTA VETERANS BONUS

South Dakota is paying a bonus to members of the Armed Forces who were legal residents of the state for no less than six months immediately preceding their period of active duty and who served on active duty during one or more of the following periods:

August 2, 1990 to March 3, 1991 – All active service counts for payment.

March 4, 1991 to December 31, 1992 – Only service in a hostile area qualifying for the Southwest Asia Service Medal counts for payment.

January 1, 1993 to September 10, 2001 – Only service in a hostile area qualifying for any United States campaign or service medal awarded for combat operations against hostile forces counts for payment.

September 11, 2001 to a date to be determined – All active service counts for payment.

Veterans with qualifying service from Aug 2, 1990 to Dec 31, 1992 [Desert Storm] may receive one bonus of up to \$500.00. Veterans with qualifying service after Jan 1, 1993 may receive another bonus of up to \$500.00. Only federal active duty is applicable for bonus purposes. Active Duty for training is not allowed for Bonus purposes.

Applicants living outside of South Dakota may obtain an application by email at john.fette@state.sd.us. Include your branch of the military and dates of service. You may request an application and instructions by writing SD Veterans Bonus, 425 E. Capitol, Pierre, SD 57501-5070 or by calling 605-773-7251.

MORE ONLINE

More events can be seen at www.TeamAPG.com

Tech advisors, Soldiers connect

By **DAN LAFONTAINE**
RDECOM

As nearly 30,000 U.S. and Australian service members convened for Talisman Sabre 15, Army officials said the two-week exercise was a prime opportunity to address technological concerns.

U.S. Army science and technology advisors traveled across Australia July 7-20 to discuss issues with operational units during the joint, biennial exercise.

“Soldiers are happy to talk with you about their equipment,” said Lt. Col. Tom Bentzel, director of the U.S. Army International Technology Center Australia. “We got good feedback about boots, packs, vehicles, logistics supply chain, and command and control issues with communications connectivity and interoperability.”

“Hopefully we’ll be able to turn those into ideas that become research projects or contribute to ongoing projects and bring more relevance to them.”

The ITC in Australia is part of the U.S. Army Research, Development and Engineering Command. The ITC mission is to work cooperatively between countries on research and development projects that bridge gaps and achieve common goals.

Bentzel, along with Capt. Scott Pegan of U.S. Army Reserve Sustainment Command Detachment 8, were based at Camp Rocky, Queensland, during the exercise. They traveled to several exercise locations to meet with American and Australian operational units.

They submitted 35 requests for information to RDECOM headquarters on behalf of Soldiers. The RFIs are forwarded to the appropriate U.S. Army research and development center, and six requests were answered during the exercise. Four RDECOM centers received RFIs.

“Commanders in the field welcomed our presence,” Bentzel said. “They recognize they won’t see resolutions in six months, but it’s achieving that RDECOM objective of being relevant to Soldiers in operational units and serving their needs.”

“Sometimes it takes a bit of imagination to see beyond the daily common everyday problems that Soldiers have and see how science can influence those. Look beyond acquisition to look to the science. We were looking for ways that we could improve their comfort, effectiveness and efficiency in the field.”

Mission command interoperability and



Photo by 1st Lt. Timothy Golden

U.S. Army paratroopers with 3rd Battalion, 509th Infantry, 4th Brigade Combat Team (Airborne), 25th Infantry Division, assault an objective as part of Talisman Sabre 15 at Shoalwater Training Area, Australia, July 8.

communications connectivity was the greatest issue for Soldiers, Bentzel said. Some American systems did not interact well with Australian ones or were not able to be configured properly because of the complexity of the networks.

“RDECOM is supporting each of the Pacific Pathways exercises as part of its commitment to being warfighter focused,” Bentzel said.

In addition to RDECOM’s team on the ground in Australia, the command also provided technical expertise to U.S. Army paratroopers flying from Joint Base Elmendorf-Richardson, Alaska.

About 400 Soldiers parachuted onto Kapyong Drop Zone at Williamson Airfield in Australia. The 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, jumped from seven C-17 Globemasters, two of which belonged to the Royal Australian Air Force. The 19-hour journey was their longest infiltration direct flight.

Andy Margules, RDECOM’s Field

Assistance in Science and Technology advisor assigned to U.S. Army Alaska, said three Army organizations worked together on the Soldier readiness issues of proper nutrition, heat-related injuries, dehydration and sleep cycles.

“With 4/25 being active and able to engage in its objectives immediately after landing, it gives confidence to the Australian forces that the U.S. is ready and prepared to execute such a mission in the future,” Margules said.

Scientists from RDECOM’s Natick Soldier Research, Development and Engineering Center gave advice on nutrition. They provided more than 800 First Strike rations and explained the nutritional benefits compared with commercial alternatives. In addition, they explained how Soldiers could change their eating habits before the exercise to prevent lethargy after landing in Australia.

The U.S. Army Research Institute of Environmental Medicine discussed how to prevent heat-related injuries upon land-

ing based on thermal loading predictions and equipment requirements. USARIEM also provided information on the amount of water needed prevent dehydration during flight and once on the ground.

Finally, Walter Reed National Military Medical Center sleep specialists presented the optimal sleep plan for the flight. The plan detailed when Soldiers should be sleeping (with and without the use of sleep aids), the difference in sleep cycling for Soldiers landing to refuel in Hawaii versus those flying non-stop, and how Soldiers should change their sleep cycles to match Australian time.

“The gaps addressed by RDECOM were not technological in nature but show that the research and engineering at RDECOM can address non-technological or ‘soft gaps’ when challenged,” Margules said.

“While the soft gaps raised by 4/25 for this exercise are unique to their role as the Airborne response force in the Pacific area, they can be applied to any other long duration mission by U.S. forces.”

I quit, you can too

By **YVONNE JOHNSON**
APG News

The Department of Defense Quit Tobacco 2015 Summer Campaign promotes smoking cessation, with the motto “I quit, you can quit too.”

Through its award-winning website ucanquit2.org, the DOD “Quit Tobacco – Make Everyone Proud” program encourages quitting tobacco, smoking and dipping, and offers resources to help service members and civilians kick the habit for good.

Since 1980, the smoking rate in the military has been cut in half; more than half of all service members (51 percent) smoked 35 years ago, compared to 25 percent today.

Former smokers are encouraged to share their success stories at ucanquit2.org as extra support and motivation to others who are trying to quit.

While many tobacco users struggle to kick the habit, it can be done, according to Lt. Col. Kari Bruley, U.S. Army Public Health nursing program manager.

Bruley helped initiate the USAPHC Tobacco-Free Living Policy.

She said the policy was approved in January 2014 to support the momentum to transform the Army culture from tobacco-permissive to tobacco-free.

“The USAPHC Tobacco-Free Living Policy is the first comprehensive tobacco-free living (TFL) policy in the Army. Components include: a positive command climate in support of TFL; command support for employee access to tobacco use cessation services; defined tobacco -free campus boundaries that extend beyond the facility to adjacent roadways, including parking structures and all lands contained within; and an active working group to oversee policy implementation.

“The policy directs USAPHC personnel in all locations to avoid tobacco products during the duty day while on USAPHC campuses, with the intent of contributing to a healthier USAPHC workforce.”

Bruley said tobacco products include cigarettes, cigars, pipes, smokeless tobacco, and electronic nicotine-delivery products like e-cigarettes, e-pipes and e-cigars.

Bruley said military personnel and civilians can reap benefits from a tobacco-free lifestyle.

She said the 2011 Department of Defense Survey of Health-Related Behaviors, released February 2013, reports that approximately 50 percent of all service members use nicotine and 24 percent of those surveyed reported smoking cigarettes (compared to their civilian counterparts at 20.6 percent).

“Since tobacco use is both a readiness and a health issue, it is important to provide Soldiers with effective interventions to become tobacco-free,” she said. “Protecting the health of those around us, to include children and youth, by not using tobacco products at work is one more example of the Army taking care of its own.”

“Tobacco-Free Living benefits the command as a whole because tobacco-free Soldiers are stronger both physically and mentally, healthier, and better able to perform their mission. Soldiers and civilian employees who don’t use tobacco take

fewer sick days, perform better and are more productive.”

She added that supporting tobacco-free living benefits Soldiers and civilians by giving them an opportunity to maintain a healthier lifestyle and decrease the health risks associated with tobacco use.

“Additionally,” she said, “the TFL policy significantly reduces secondhand smoke exposure, which can cause cardiovascular disease and lung cancer among non-smokers.”

Bruley said secondhand smoke contains more than 7,000 chemicals, and releases more than 70 carcinogens. And, according to the Centers for Disease Control and Prevention (CDC), over the past 50 years 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.

“People need to know that this [living tobacco-free] is the wave of the future,” said Gale Sauer, registered nurse and Wellness Coordinator with the U.S. Army Test and Evaluation Command. Sauer said that with emerging tobacco cessation products and resources, it’s easier than ever for those who truly want to quit to do so.

She applauded the TLF initiatives at campuses like PHC and the U.S. Army Chemical Materials Activity in APG South (Edgewood) and encouraged those thinking about quitting to use every resource at their disposal.

“There are good medications available like lozenges, gums and nicotine patches, and great Internet sites like MDQuit.org with resources and facts to assist users.”

She said ATEC has its own Worksite Wellness sharepoint site that addresses all aspects of wellness with informative articles and lists of local and national resources. The site addresses environmental and mental health as well as prevention, Sauer said.

“Everyone in ATEC has access to the site,” she said. “And the Performance Triad and Resiliency is emphasized.”

One success story

Gus Manos, a mail and file technician with the U.S. Army Materiel Systems Analysis Activity, who started smoking when he was 11, said he used everything tool available to overcome tobacco. A native of Havre de Grace, Maryland, Manos said his 15-year-old brother and his friends would get cigarettes at a local gas station.



Manos

“The guy really liked us so it was never a problem,” he said. “Neither of my parents smoked. By 20 I was smoking a pack a day but never more than that.”

With other ongoing health issues since childhood, Manos said he knew cigarettes were not helping. He said he resolved to quit 15 years ago after a friend died following experimental lung surgery and he was successful for more than four months but an emotional situation drew him back to tobacco.

“Nicotine really is an addictive agent but smoking is also a psychological



Benefits of quitting tobacco

Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are harmful, and about 70 can cause cancer. Smoking increases the risk for serious health problems, many diseases, and death.

People who stop smoking greatly reduce their risk for disease and early death. Although the health benefits are greater for people who stop at earlier ages, there are benefits at any age. You are never too old to quit.

Quitting smoking is associated with the following health benefits:

- Lowered risk for lung cancer and many other types of cancer.
- Reduced risk for heart disease, stroke, and peripheral vascular disease (narrowing of the blood vessels outside your heart).
- Reduced heart disease risk within one to two years of quitting.
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath. While these symptoms may not disappear, they do not continue to progress at the same rate among people who quit compared with those who continue to smoke.
- Reduced risk of developing some lung diseases (such as chronic obstructive pulmonary disease, also known as COPD, one of the leading causes of death in the United States).
- Reduced risk for infertility in women of childbearing age. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

(Source: www.cdc.gov)

choice,” he said. “Most of the time it’s about playing games in your head and denying everything. You know it’s bad for you but you tell yourself you need it, which you don’t.”

Manos said he knows this from personal experience.

“I was taking medicines that were causing other problems in my body including something that was helping to keep my lungs clear. I went for 40 years on that medication, smoking the whole time. When you do something for 40 years, it becomes a physical as well as a mental craving.”

He said he used nicotine-reduction aids and Harford County smoking cessation counseling resources to overcome his addiction. Manos said he met the county health representative at an AMSAA health fair and he and a friend went to see her together.

“I wouldn’t say I won,” he said. “I’m an addict, just like an alcoholic. But I have relaxed about it, and I know if I fall back there’s help out there for me.”

He said those trying to quit tobacco should stay busy and not fall into “mind traps.”

“Coffee and alcohol can trigger cravings and some people say stress is a trigger, but cigarettes really don’t really help you relax at all. You choose to relax. The only way you get there is if you’re

tired of the denials and you really want to quit. Your mind has to be in the right place.”

Seeking help to quit

According to Bruley, tobacco-cessation resources are plentiful in the community as well as on the Internet.

“People need to know that if they want to quit tobacco they don’t have to go it alone,” Sauer said. “Resources are readily available for people to find the help they need.”

Tobacco cessation services can be accessed by TRICARE beneficiaries through the local military treatment facility. Non-TRICARE beneficiary employees have access to tobacco cessation services through their private health insurance plan as a mandatory provision through the Affordable Care Act.

All employees should access the USAPHC website for additional online TUC resources and “quit” tools at <http://phc.amedd.army.mil/topics/healthy-living/tf/Pages/default.aspx>.

For information about tobacco cessation classes on APG, contact Kirk U.S. Army Health Clinic, at 410-278-1771.

For information on tobacco cessation classes in Harford County, visit <http://www.harfordcountyhealth.com/harford-county-health-department-services/services-for-adults/smoking-cessation/>



Pragna Patel Chief of Laboratory Services

By **STACY SMITH**
APG News

Pragna Patel has been the Kirk U.S. Army Health Clinic Chief of Laboratory Services for 12 years. She is responsible for the day-to-day operations of the laboratory, and ensuring patient blood work complies with federal regulations.

“We do basic diagnostic tests for patients, including active duty, retirees, and families,” Patel said. “Based on our basic findings, patients can be diagnosed and treated. We are like a helping tool for the provider side,” she said.

Patel said that the laboratory process is fairly simple: patients register at the front desk, and then their blood is drawn, processed and analyzed. The patient provider can access the test results via a secure computer system. Patients who sign release forms can have their test results faxed or mailed to them.

She said healthcare providers are responsible for making conclusions based on the test results – not the laboratory staff.

“We [the laboratory] cannot discuss the results with the patient. We can only recommend they talk to their provider.”

Patel supervises approximately 10 laboratory workers, but said the lab is currently short-staffed and in the process of hiring new employees. She is often seen at the front desk, or anywhere help is needed.

“I fill in the gaps,” she said. “I’m a jack of all trades.”

A registered medical laboratory technologist, Patel is certified through the American Society for Clinical Pathology. She formerly worked as a laboratory inspector for Clinical Laboratory Improvement Amendments, a subsidiary of three federal regulations agencies.

Patel is originally from India, where she earned a master’s degree in microbiology. She continued her studies in the United States where she became a lab technician. Patel said that even in the nascent stages of her career she was drawn to human service.

“I used to work in quality assurance for a pharmaceutical company, but then I noticed that you’re working for somebody’s profit; I don’t like that. I like to deal with day-to-day patient activity.”

For more information, contact Patel at 410-278-1861, or email pragna.p.patel.civ@mail.mil.



**A Simple Observation
A Single Report can lead to actions that may STOP a terrorist attack**

THINK ABOUT THE POWER OF THAT. THE POWER OF iWATCH.

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!



ALL THINGS MARYLAND

Monster of Chesapeake

Maryland's mysterious aqua-beast dubbed "Chessie"

By **STACY SMITH**
APG News

The Loch Ness Monster, nicknamed "Nessie," may be the world's most infamous, unidentified sea creature, but Maryland might also have a mysterious aqua-beast. A series of reports detailing a water serpent trolling the Chesapeake Bay helped propagate the story of a creature that locals have affectionately dubbed "Chessie."

Author Mark Moran and graphic artist Mark Scurman detail the origins of the serpentine animal in their book "Weird Maryland." Chessie sightings date back to 1846, when a Captain Lawson reported seeing a small-headed creature between Cape Charles and Cape Henry, Virginia, near the mouth of the Chesapeake Bay. In 1934, two perch fishermen said they spotted something coming up for air, with a head shaped like a horse and the size of a football.

In 1963, a helicopter pilot reported seeing the creature while flying over the lower Bush River area. In his letter about the incident to a Maryland senator, he wrote, "I assure you that Chessie exists, or my eyes were deceiving me."

Chessie was finally captured on film Memorial Day in 1982 when a Kent Island couple caught site of a dark serpentine form heading toward a group of swimmers. The man, Robert Frew, was trained in wildlife management and said he didn't recognize the species.

"What we saw is not a run-of-the-mill animal," Frew said.

Scientists at the Smithsonian Institution's National Museum of Natural History scrutinized the tape and described the creature as "animate but unidentifiable," and added that they were "basically noncommittal but not skeptical."

Johns Hopkins Applied Physics Laboratory enhanced the tape, clarifying the

image as a "brownish, snakelike or eel-like aquatic animal, round as a telephone pole, with humps along its back and a football-shaped head," the authors wrote. Most reports point to Chessie as being similar in size and movement to the prehistoric creature, *basilosaurus*, Latin for "lizard king," a genus of early whale.

In 1984, State Sen. George W. Della of Baltimore drafted a resolution during the Maryland state legislature to "encourage serious scientific inquiry by the state into Chessie and other unusual animals in the Chesapeake Bay." Although widely criticized for the measure, Della insisted that for more than 20 years he had been receiving letters about Chessie from concerned citizens ranging from school children to research directors. He decided it was time to take the matter seriously.

Theories abound as to the creature's origin. One solid-sounding theory suggests that Chessie descended from giant South American anacondas that escaped from ships abandoned in Baltimore. Some say snakes were placed in the holds of 17th and 18th century ships to control rats. As the decommissioned ships decayed, the snakes could have escaped, using the city's water system pipes as shelter during winters, allowing for later generations to thrive in the cold.

Still, others believe that Chessie doesn't exist at all, and that the subject of these sightings was the lost Florida manatee that was captured in the waters of the Chesapeake Bay in the fall of 1994. Scientists equipped the marine mammal with a satellite-monitored radio tag and shipped it back to Florida. Interestingly enough, Chessie sightings have subsided since 1995.

For more information about Chessie, visit <http://www.dnr.state.md.us/irc/chessie/chessie.html>.

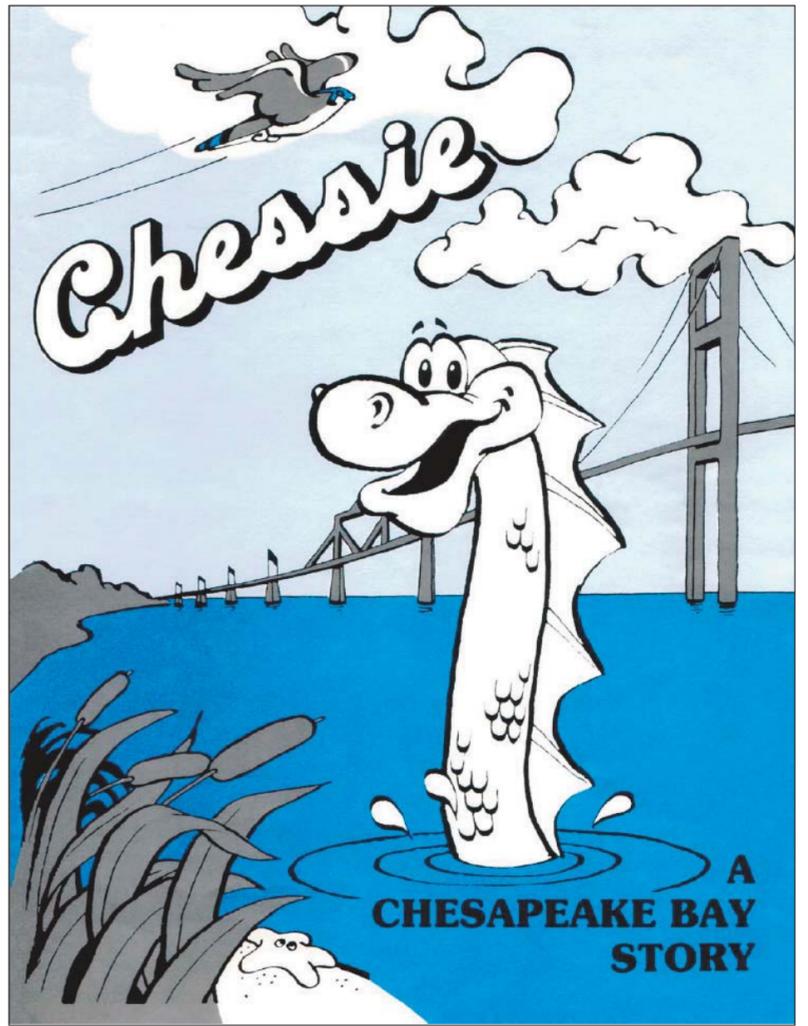


Illustration by David Folker

Chessie, the sea monster rumored to live in the Chesapeake Bay, takes a starring role in the 1986 U.S. Fish and Wildlife Service coloring book "Chessie: A Chesapeake Bay Story." The coloring book's story aims to help children learn about the bay and the importance of protecting its resources. A printable version of the coloring book is available at <http://www.dnr.state.md.us/irc/chessie/chesapeake.html>.

50 years ago: Army executes rapid buildup in Vietnam

By **DAVID VERGUN**
Army News Service

In early 1965, about 50,000 U.S. troops, mostly advisors, were in South Vietnam. By the end of 1966, that number had grown to 385,000 with the majority being Army and by that time, they were on the offensive, said Frank L. Jones.

Jones, a professor at the U.S. Army War College, authored a pamphlet, "Buying Time: 1965-1966," just published by the Army's Center of Military History.

The rapid buildup was not really part of the original strategy, Jones said. The U.S. advisors, including some 1,200 Green Berets, were there to buy time to train up the South Vietnamese, who would then carry the fight to the enemy on their own initiative.

But things weren't going well. In 1965, President Lyndon Johnson's administration and military leaders became aware that South Vietnam was on the verge of collapse, Jones said. Insurgents controlled about half of South Vietnam, along with about a third of the population.

Furthermore, South Vietnamese forces were not showing a willingness to fight and many were deserting. There were even concerns that Saigon could fall unless more U.S. troops were sent in to bolster the country. The role was beginning to change from advise and assist to offensive action.

Johnson, who was a senator during the Korean War, remembered how President Harry S. Truman had been castigated by the Republicans for "losing" China. "That stayed in his memory," Jones said. He didn't want Saigon to fall on his watch.

Furthermore, the U.S. saw the world divided into communist and non-communist countries. There were concerns that if South Vietnam fell to the communist North, other countries in Southeast Asia would follow.

Back home, not a lot of attention was being paid to the rapid buildup of U.S. forces, sometimes called the "Americanization" of South Vietnam, Jones said. Johnson's "Great Society" and civil rights legislation, as well as the space program were taking much of the spotlight.

As the buildup continued, U.S. forces were joined by those from Australia, New Zealand, South Korea, the Philippines and Thailand. This was known as the "Many Flags" campaign.



U.S. Army photo

UH-1 aircraft of the 229th Assault Helicopter Battalion carry wounded 1st Battalion, 7th Cavalry, Soldiers away during the fight for LZ X-Ray in the Ia Drang Valley of Vietnam.

Notably absent, Jones said, were NATO allies. They already had concerns about the Soviets to their east and were apprehensive about the new U.S. focus in Southeast Asia.

Early battles

On Feb. 7, 1965, the Viet Cong attacked the U.S. base at Pleiku in the Central Highlands. This led to Johnson authorizing the use of strategic bombing of the North by the U.S. Air Force, an operation known as Rolling Thunder. A series of small ground battles ensued throughout the countryside as well.

Also that year, the newly-formed 1st Cavalry Division (Airmobile) was deployed to South Vietnam. While the helicopter had seen use in the Korean War for medevac and small troop movement, the strategy of moving larger formations by air really got its start in 1965, Jones said.

The concept of air mobility, or massive movement by helicopter, came about following the Howze Board studies, chaired by Gen. Hamilton H. Howze and overseen by Secretary of Defense Robert McNamara in 1962.

Besides airlifting Soldiers, the experiments carried out included using helicopter gunships and using heavier helicopters like the CH-47 to airlift artil-

lery. The UH-1 Huey, a light helicopter, was relied upon to do much of the troop carrying and also serve as gunships. This was a major doctrinal change for the Army, Jones said.

In November 1965, 1st Battalion, 7th Cavalry Regiment, participated in the Ia Drang Valley Campaign, the most well-known battle at the time. The Soldiers were ferried into position using helicopters.

A reason there were fewer pitched battles than in previous wars is because the enemy, especially the insurgents, knew the terrain well and were elusive, Jones said. North Vietnamese Army troops would come in through Laos and Cambodia via the Ho Chi Minh Trail network and fan out below the jungle canopy, hiding weapons in caches. A lot of the work done by Soldiers at this time was locating and destroying these caches.

The Army never officially entered Laos and Cambodia during this period, Jones said. This was a time of limited or restrained warfare. The Johnson administration didn't want to pull the Chinese and Soviets directly into the fighting and risk escalation into a larger conflict with the potential for nuclear weapons being used.

By 1966, Johnson became concerned that counterinsurgency, called "pacifi-

cation," was getting short-shrift compared with applications of conventional force, Jones said. Gen. William C. Westmoreland, commander of Military Assistance Command, Vietnam, or MACV, began to pay more attention to "pacification" efforts. MACV controlled all U.S. ground forces in Vietnam.

Pacification or nation-building involved strengthening local government, rebuilding and goodwill efforts with the local populace so they'd support the efforts of South Vietnam. Today, as was the case then, these activities would be part of an interagency effort, Jones said.

One of the most underreported events of 1965 to 1966 was the massive logistical effort by the U.S. Army, Jones said. Sustaining such a large force, thousands of miles from home, was a huge undertaking.

Further, a massive engineering effort was needed to build port facilities and climate-controlled structures at various bases, he said. The U.S. Corps of Engineers was a large part of that undertaking.

The Soldiers doing the fighting and supporting the logistical effort were a mixture of enlistees and conscripts, Jones said.

Unlike the Korean War, the Army Reserve was not called up in 1965 and 1966. Johnson was concerned that should he do so, he'd lose backing for the war at home, as the military would seem to be losing control.

By 1965 and 1966, the protest movement had started, but it was still nowhere near in size to the protests that would erupt later in the war.

A number of company- and field-grade officers who served in Vietnam in 1965 and 1966 would later lead the Army in the late 1980s and 1990s.

Maj. H. Norman Schwarzkopf Jr. was one such officer who served in Pleiku and other areas advising and assisting the South Vietnamese, earning two Silver Star Medals in the process.

In 1991, by then, a general, he led coalition forces in the Persian Gulf War. Schwarzkopf advocated defeating the enemy quickly and with overwhelming force, which his troops did, liberating Kuwait in a matter of days. It was unlike his experience in Vietnam, Jones said.

For a look at earlier involvement in Vietnam, see Richard Stewart's pamphlet: "The Deepening Involvement: 1945-1965" on the CMH website. A future pamphlet on the later years of the Vietnam War is planned.



Upcoming Activities

CHILD & YOUTH SERVICES

PARENT ADVISORY COMMITTEE MEETING WEDNESDAY, AUGUST 26

CYSS has established a Parent Advisory Committee that represents all programs offered by CYSS.

Parents who have a child currently enrolled in a CYSS program are encouraged to attend the quarterly meeting at Bldg. 2503 in the CYSS conference room, #214 from 11:30 a.m. to 12:30 p.m. Any CYSS patron who has a child enrolled full-time in a CYSS program will receive two parent participation points. Attendees are allowed to bring their lunch.

For more information, email myria.i.figueroa.naf@mil.mil or call 410-278-2572.

START SMART SOCCER REGISTRATION THROUGH AUG. 27

Get your child ready for soccer by enrolling them in this parent/child program, and teach the basics to your child through skills stations that will progress each week.

Practice begins Monday, Sept. 14 at the Aberdeen Youth Center. Practice will be held every Monday from 5:30 to 6:30 p.m. at the soccer field located next to the APG North (Aberdeen) shoppette.

Start Smart Soccer is open to children ages 3 to 5 years and costs \$20 per child. Sports physicals are required to participate in all CYSS sports programs.

For more information, call 410-306-2297 or email william.m.kegley3.naf@mail.mil.

CYSS/HOME-SCHOOL PARTNERSHIP

CYSS is currently trying to establish a partnership with authorized CYSS patrons who home-school their children in the Aberdeen and Edgewood areas.

The CYSS facilities are willing to open during specific days and times during the week so that children who are home-schooled can have access to our classrooms, computer lab and gym on a scheduled basis. Sponsors of registered home-schooled children and youth are responsible to provide student instruction and supervision during the entire period of use.

The CYSS facilities will not be available on school holidays, evenings, weekends or federal holidays. All home-school users must be registered with the CYSS Parent Central Office.

For more information, contact Stacie Umbarger, APG school liaison officer at 410-278-2857 or stacie.e.umbarger.naf@mail.mil.

LEISURE & TRAVEL PA RENAISSANCE FAIRE THROUGH OCTOBER 25

Experience the fantasy of a marvelous trip back in time to the days of yore as the castle gates swing wide to usher in the 35th season of the Pennsylvania Renaissance Faire.

Featuring 35 acres of jousting knights and royal delights, the faire welcomes you with a cast of hundreds of costumed merry-makers, more than 90 shows daily, manicured gardens, scores of artisans demonstrating ancient crafts and 22 royal kitchens -- truly the faire remains a marvelous fantasy of bygone days and knights.

Tickets are \$23.25 for adults and \$10 for children ages 5-11. Registration deadline is July 9.

To purchase tickets, visit Leisure Travel Services at the recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

MARYLAND STATE FAIR AUGUST 28 - SEPTEMBER 7

The Leisure Travel Office is offering tickets to the Maryland State Fair at 2200 York Rd., Lutherville-Timonium, MD 21093.

Tickets are \$7 for adults, \$2.50 for children ages 6-11, \$19 for ride-all-rides passes, and \$11 for food vouchers. Registration deadline is Aug. 17. To purchase tickets, visit Leisure Travel Services at the recreation center, Bldg. 3326.

For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

AMUSEMENT PARK DISCOUNT TICKETS 2015 SEASON

The Leisure Travel Office is offering discount tickets to the following amusement parks on the eastern seaboard.

- Six Flags America (Maryland)
- Six Flags Great Adventure (New Jersey)
- Six Flags Hurricane Harbor (New Jersey)
- Dutch Wonderland (Pennsylvania)
- Hershey Park (Pennsylvania)
- Sesame Place (Pennsylvania)
- Carowinds (North Carolina)
- Busch Gardens (Virginia, Florida)
- Water Country USA (Virginia)
- Kings Dominion (Virginia)

Prices vary and are subject to change without notice. For ticket prices, and more information, visit www.apgmwr.com/recreation-and-sports/ticket-office or call 410-278-4011/410-436-2713.

SPORTS & RECREATION

DRIVE AWAY DOMESTIC VIOLENCE GOLF TOURNAMENT SEPT. 23

Ruggles Golf Course will host a "Drive Away Domestic Violence Golf Tournament" to raise awareness of domestic violence prevention. The tournament will be a 4-person scramble, captain's choice. Registration begins at 11 a.m. Lunch will be from 11:30 a.m. to 1 p.m., followed by a shot-gun start. The tournament is open to men and women and costs \$45.

The purple ball challenge winners will be documented on a plaque displayed at

Ruggles.

For more information, call the Ruggles Pro Shop at 410-278-4794.

LUNCH AND LEARN TUESDAYS & THURSDAYS THROUGH SEPT. 24

For \$15 a person, participants at the Ruggles Lunch and Learn will receive one hour of group clinic open to golfers of all skill levels. The clinic includes a choice of box lunch: Italian, club, chicken caesar, chicken salad or tuna salad wrap, chips, cookies and a bottle of water.

Lunch and learns are also available as team building events.

For more information, call the golf pro shop at 410-278-4794.

ULTIMATE FRISBEE WEDNESDAYS

Ultimate Frisbee matches will be held at Shore Park on APG North (Aberdeen), Every Wednesday from 5:15 to 7 p.m.

Ultimate Frisbee is a limited-contact team field sport played with a frisbee. Points are scored by passing the disc to a teammate in the opposing end zone. Other rules imply that players must not take steps while holding the disc (but may maintain a pivot) and interceptions and incomplete passes are turnovers.

All levels of players are invited -- beginners are welcome to come out and try a new activity!

FRIDAY NIGHT FISH FRY @ RUGGLES THROUGH OCT. 30

Ruggles will offer a Friday Night Fish

Fry and golf special, including nine holes of golf with cart and a beer-battered fish and chips dinner with fries and coleslaw. Cost is \$25 for military personnel, \$30 for all others. The cost of dinner only is \$15.95.

For more information, call Rik Bond at 410-278-4794 or email richard.j.bond10.naf@mail.mil

ARMY COMMUNITY SERVICE GETTING INSURANCE WEDNESDAY, AUGUST 19

ACS will host a "Getting Insurance" workshop that provides an overview of insurance, insurance terms and getting the most for your money. It will also explore questions such as, Do I have enough? What will these terms mean to me?

The class is free but does require registration. To register, call the ACS Financial Readiness Program Manager at 410-278-7572.

APPLYING FOR FEDERAL EMPLOYMENT SEPT. 22 AND NOV. 9

ACS will host an "Applying for Federal Employment" workshop, exploring the 10 steps to federal employment. Seating is limited to 30 individuals. Participants are encouraged to bring their lunch.

Registration is required. Visit www.mwejobs.maryland.gov; create a user account; go to events calendar on left-hand side; move forward to appropriate date; click on "APG How to Apply for Federal Jobs"; Click register.

Eligible MWR patrons

Army Regulation 215-1 "Military Morale, Welfare, and Recreation Programs" outlines individuals eligible to use MWR facilities, programs and services.

These eligible patrons include, among others:

- All active-duty service members & their families
- All Reservists & their families
- All National Guard service members & their families
- Retirees & their families
- Department of Defense civilian employees & their families
- DOD contract personnel

Anyone using an MWR service or facility must show proper identification as proof of eligibility.

While family members of military personnel are automatically issued dependent ID cards, the family members of civilian employees are not automatically issued an Army Civilian ID Card. In order for a Department of the Army civilian dependent to use an MWR facility or service, they must show proof of eligibility.

"Customer service is very important; patrons are required to present valid ID cards in order to meet requirements specified in the Army Regulation that governs Morale, Welfare and Recreation regarding proof of eligibility," said MWR Director Mike Lupacchino.

"The ID card indicates if the patron is eligible and if their eligibility has expired based on the date issued/expiration on the card. FMWR does not automatically receive notification when an employee/contractor is no longer eligible and their ID card becomes invalid."

APG's Memorandum of Instruction 14-55 states that DA civilian dependents may be issued a civilian ID card (DA Form 1602) for use of MWR facilities. The form can be found at <https://www.apg.army.mil/InstallationSupport/CAC>. The DA civilian, or sponsor, then must request a civilian ID for their dependent(s) through their assigned organization.

Friday Night Fish Fry RUGGLES GOLF COURSE

July 16 - Oct 30 3-8 pm



9 holes of Golf With Cart and beer battered Fish and Chips Dinner

Military \$25
All Other \$30
Dinner only \$15.95
includes Fries and Cole Slaw



For more information call Rik Bond at 410-278-4794 or email at richard.j.bond10.naf@mail.mil



Driving Away Domestic Violence

Wednesday Sept 23 Ruggles Golf Course

4 person scramble - Captain's Choice
11 am Registration, with lunch at 11:30 am
1 pm Shotgun start
Cost \$45 per person (open to men and women)
Cost includes: golf, carts, food and prizes
Purple Ball Challenge winners will be recognized on plaque displayed at Ruggles.



For more information or to register please call the golf shop at 410-278-4794

Dangerous summer heat continues

By **YVONNE JOHNSON**
APG News

It's August. Back-to-school, Labor Day and fall fashion plans are forming. But it's important to remember that the heat of the summer is not over. In fact it could be approaching its strongest point.

Now is not the time to forget summer safety rules regarding heat illnesses.

The body normally cools itself by sweating. Sometimes, during high temperatures, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions, such as drinking water frequently and resting in the shade or air conditioning, are not taken.

Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke requires immediate medical attention and can result in death.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and symptoms

- Warning signs vary but may include:
- An extremely high body temperature above 103 degree Fahrenheit
 - Red, hot, and dry skin with no sweating
 - Rapid, strong pulse
 - Throbbing headache
 - Dizziness
 - Nausea

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs and symptoms

- Warning signs vary but may include:
- Heavy sweating
 - Paleness
 - Muscle Cramps
 - Tiredness or weakness
 - Dizziness or headache
 - Nausea or vomiting
 - Fainting
 - Skin may be cool and moist
 - Pulse rate may be fast and weak
 - Breathing may be fast and shallow

First aid for heat illness

If you see signs of severe heat illness or stress -heat stroke or heat exhaustion - you may be dealing with a life-threatening emergency. Ensure someone calls for immediate medical assistance and do the following to begin cooling the affected person immediately:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods there are available. For example, spray the person with cool water from a garden hose; immerse the person in a tub of cool water; place the person in a cool shower; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body tem-



Take precautions to prevent heat related illness. It can mean the difference between life and death.

perature drops to 101–102 F.

- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not allow the person to consume alcohol.

Preventing heat illness

Remember these three simple words: Water. Rest. Shade.

Taking the following precautions to prevent heat related illness can mean the difference between life and death:

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow workers.
- "Easy does it" on your first days of work in the heat. You need to get used to it (acclimate).

Indoor and outdoor activities

- Drink more fluids regardless of your activity level. Don't wait until you're thirsty to drink. However, if your doctor has limited your fluid intake or prescribed water pills, ask your doctor how much you should drink when the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar; these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if possible, in an air-conditioned building. If your home does not have air conditioning, go to the shopping mall or public library. A few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Contact your local health department or emergency management facility to find heat-relief or cooling shelters in your area.

- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illnesses. Taking a cool shower or bath, or moving to an air-conditioned building is a much better way to cool off.

- Wear lightweight, light-colored, loose-fitting clothing.

- Never leave anyone in a closed, parked vehicle.

- If you must be outdoors on hot days try to limit outdoor activities to morning and evening hours.

- Rest often in shady areas.

- Wear wide-brimmed hats and sunglasses

- Use sunscreen of SPF 15 or higher (look for "broad spectrum" or "UVA/UVB protection" on the label).

- Cut down on exercise. If you must exercise, drink two to four glasses of

cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals lost in sweat. Those on low-salt diets should consult their health care provider before drinking sports beverages.

Infants, elderly & high risk

Although any one at any time can suffer from a heat-related illness, or heat stress, some people are at greater risk than others.

Infants and children under 4 years of age are sensitive to high temperatures. The body's ability to regulate its temperature isn't fully developed, and they rely on others to help them regulate their environment and to manage adequate fluid intake.

Older adults (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons. Older adults do not adjust as well as young people to sudden changes in temperature. They are more likely to have a medical condition that changes normal body responses to heat, and they are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Frequently check on:

On particularly warm days it is important to check on your friends, family and neighbors who may be at greater risk of heat illness: infants and young children; people aged 65 or older; people who have a mental illness; those with pre-existing medical conditions like heart disease, diabetes or high blood pressure; and particularly any of the previously mentioned individuals who live without air conditioning.

- Visit adults at risk at least twice a day and watch for signs of heat exhaustion or heat stroke.

- Encourage them to increase their fluid intake with cool, nonalcoholic beverages regardless of their activity level.

- Take them to air-conditioned locations if they have transportation problems.

For more information about heat illness prevention and treatment, visit the Army Safety Center website at <https://safety.army.mil>.

Source(s): www.cdc.gov; www.emergency.cdc.gov; www.osha.gov

BY THE NUMBERS

Performance Triad Month

August is U.S. Army Performance Triad month. The three components of the program – activity, nutrition and sleep – are essential for improving and maintaining the health, readiness and resiliency of the Total Army family: Soldiers, families, civilians and retirees.

20,000

Soldiers and family members tapped to participate in the Performance Triad program's second trial.

15,000

Steps the Army recommends individuals take every day, which includes exercise and daily routines.

26

Weeks the performance triad challenge lasts, a time in which participants learn different sleep, activity and nutrition tips designed for improved health.

10

Minutes of movement the Army recommends a person partake in every hour.

6

Hours before bed that Army experts advise people stop drinking caffeine to achieve a healthy night's sleep.

0.5

Average percentage of body weight lost for every 10 daily tweets a triad performer posted about their diet and weight loss. Researchers found that those who use online podcasts, read daily health-related tweets, and post daily updates on their weight loss goals lose more weight.

By **STACY SMITH** APG News

Source(s): www.army.mil, www.armymedicine.mil, www.armytimes.com



Vanpoolers needed on APG North

APG Commuter Center

There are several existing vanpools looking for riders as well as individuals looking to start vanpools for the following locations:

APG North (Aberdeen) to:

- ◊ Aberdeen train station shuttle
- ◊ Baltimore County, Maryland near I-70
- ◊ Newark, Delaware
- ◊ Wall Township, New Jersey

Commuters only need to be willing to travel to the designated areas to ride the vanpool. For more information, contact the APG Commuter Center POC, Syreeta Gross, at 410-278-5491 or syreeta.a.gross.ctr@mail.mil.

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

Scientists look to vacuum microwave drying as key to new, improved rations

By **JANE BENSON**
NSRDEC

Natick Soldier Research, Development and Engineering Center scientists are looking to vacuum microwave drying, or VMD, technology to create new, quality items for rations that may also reduce the warfighter's carrying load.

NSRDEC researchers hope to acquire the pilot scale equipment to develop items that meet the stringent requirements of military rations that must be shelf stable for years in extreme climates with no access to refrigeration.

The rapid drying technology would enable the creation of lightweight, nutritious, inexpensive shelf-stable foods, including cheese, fruits, vegetables and meats. Such items could be incorporated into the following rations: Meal, Cold Weather; Food Packet, Long-Range Patrol; and Meal, Ready-to-Eat.

"Some of the conventional drying methods are not efficient," said Dr. Tom Yang, a food technologist in NSRDEC's Combat Feeding Directorate, or CFD. "For example, sun drying takes a long time and is dependent upon Mother Nature. And it is not very sanitary. Another method is mechanical drying, which involves using a hot oven with hot air to remove moisture. But drying foods at a high temperature can affect quality, taste and texture. It is edible, but it can be hard like a rock. Drying foods can also take away nutrients. The food can shrink and the color can become dark. Not very appetizing."

VMD combines vacuum and microwave technology, heating foods uniformly through a quick, gentle process.

"Since you combine vacuum technology with microwaving to remove water, you can do so at a lower temperature," said Yang, who is part of CFD's Food Engineering and Analysis Team. "You maintain nutrients since the rapid drying process doesn't destroy heat-sensitive nutrients. The colors remain appetizing and the texture doesn't become hard and brittle."

In addition to producing higher-quality foods, the process takes less time than conventional air drying or freeze drying. Yang explained that freeze drying, which was pioneered at Natick years ago, is effective and retains good food quality but has some drawbacks.

"VMD takes freeze drying to the next level," said Yang. "It is much less expensive and uses much less energy."

Foods created by VMD are nutritious and pleasing to the palate. The technology also fits into NSRDEC's mission to lighten the warfighter's carrying load.

"It is low weight. It is very easy to



Courtesy photo

eat on the move," said Yang. "You don't need to store it anywhere."

The Food Engineering and Analysis Team, led by Lauren Oleksyk, hopes to obtain its own VMD machine for its Food Innovation Lab, where it will be used to create new foods for the warfighter and improve existing offerings.

"Our Soldiers deserve the best," said Yang. "Soldiers do so many important missions. They are under a lot of stress. They need to be well fed. Their physical and mental state needs to be in top shape. We are hoping to get a [vacuum/microwave] unit so that we can use it as a tool to try out many ingredients and recipes that we know Soldiers would like to have."

Yang said he thinks it is important to create some favorite foods for Soldiers far away from home.

"I have an idea for a shelf-stable cheeseburger with a layer of dried cheese, a layer of dried meat, and a layer of dried bread," Yang said. "A regular cheeseburger would be highly perishable, but this one would be shelf stable for three years. This is one of the concepts I want to explore."

"I like to explore new technology and new products. I like to see technologies that work, save money, and produce great rations that get into the hands of Soldiers."



Photo by Dave Kamm

(From top) Dr. Tom Yang, a food technologist at the Natick Soldier Research, Development and Engineering Center, wants to explore vacuum microwave drying, or VMD, technology to create lightweight, nutritious, and delicious shelf-stable cheese, fruits, vegetables and meats for Soldiers on the move. Yang is pictured here with a variety of foods created by VMD.

Researchers at the Natick Soldier Research, Development and Engineering Center hope to acquire a vacuum microwave drying, or VMD, machine to create shelf-stable, nutritious, good-tasting foods that are also lightweight. The drying technology heats foods uniformly through a quick, gentle process.

Email mailbox size enforcement to begin Oct. 1

Army CIO/G6

Effective Oct. 1, the Defense Information Systems Agency, or DISA, will enforce existing Department of Defense Enterprise Email, or DEE, Service Level Agreement, or SLA, mailbox size limits, to lower costs and improve efficiency and Outlook start-up times.

Each of the Army's more than 1.4 million DEE accounts has a storage limit. Most users fall into the Basic class, with a maximum storage limit of 512 megabytes. Business class users, with an operational requirement for a larger storage size, have a maximum storage limit of 4 gigabytes. Previously, those storage limits have not been enforced.

Even without strict enforcement, most Army users have stayed within their maximum allowable email storage. As of July 31, 2015, however, Army reports indicate that more than 75,000 Army personnel are storing more than 4GB of email. More than 7,700 user mailboxes exceed 10GB of storage each. That level of heavy use makes for a slow, inefficient and costly email system for both the individual user and the Army as a whole.

"Using email effectively is one way that today's Army personnel can help reduce costs and make communications more agile, from the homefront to the tactical edge," said John Howell, U.S. Army Program Executive Offi-



Courtesy graphic

The Army successfully completed the bulk of its migration to DOD Enterprise Email in July 2013 and size limitations will soon be enforced for mailboxes.

cer Enterprise Information Systems, or PEO EIS, product director for Enterprise Email, or PD EE. "Each user has a role to play to help facilitate state-of-the-art access to email from any location, by being mindful of the limits already in place to reduce costs and launch times."

Clearing out old, outdated emails is good practice for any user. But, what

if you aren't already in the habit? All users at risk of exceeding their size limits will receive auto-generated warnings when their mailboxes exceed authorized limits. Basic users will receive that warning if their mailbox exceeds 410 MB of storage, while business users will receive the warning if their mailbox exceeds 3.7 GB of storage.

"The warning emails serve as a

heads-up for users, to remind them to clear out extra emails before their mailbox size starts to impact their ability to use the email system," said Howell. "We have resources and information available to help individuals who aren't sure how to get a handle on their email's storage issues."

If an individual's email storage exceeds its limit--512MB for basic users, and 4GB for business users--they will receive a second warning that account will no longer be able to send email until the extra emails are cleared out. If the email account continues to grow--beyond 700MB for basic users, or 4.6GB for business users--the user will receive the third and final warning that the account will also lose its ability to receive incoming mail. At that point, anyone sending email to the out-sized account will receive a non-delivery notification.

It is especially important to note that users can still store everything they were storing before, just not in their Outlook inbox. Additional email can be stored in personal folders as .pst files located on local drives or shared drives in accordance with local command policies.

Find tips and strategies for reducing your email's storage overload on the Army Enterprise Service Desk's Customer Support website at <https://esd-crm.csd.disa.mil/app/home/>.

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."

THIS WEEK IN APG HISTORY



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

By **YVONNE JOHNSON**, APG News

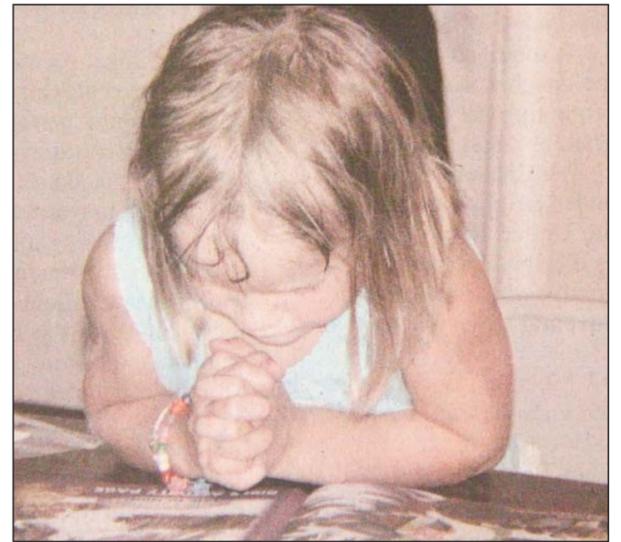
2015

10 Years Ago: Aug. 11, 2005



(Left) Col. Tony Francis, commander of the U.S. Army Environmental Center, carves a memorial to four Boy Scout leaders who were killed in a storm during the National Jamboree at Fort A.P. Hill, Virginia.

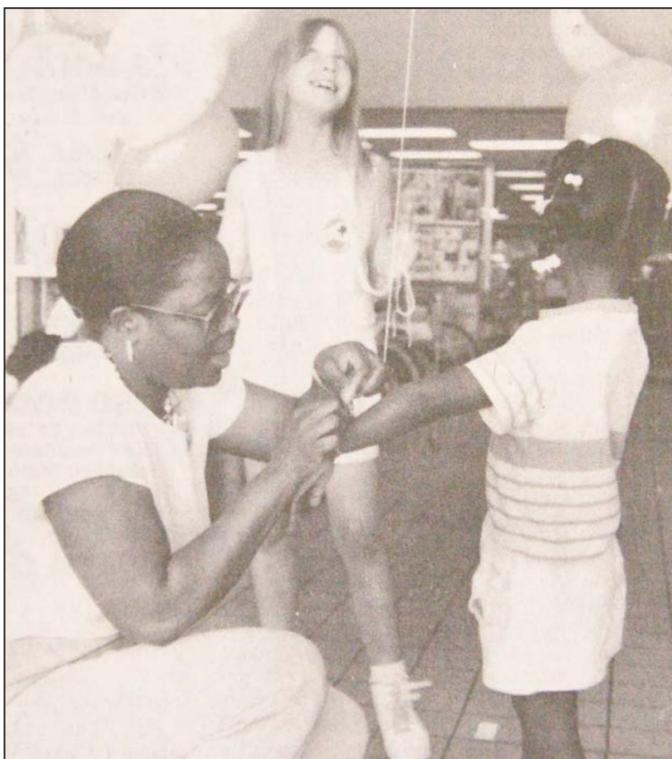
2010



(Right) Caroline Aloisi bows in prayer during the Vacation Bible School opening ceremony at the main post chapel.

2000

25 Years Ago: Aug. 8, 1990



(Left) Marilyn Howard of Army Community Service, left, ties a balloon on Sherell Fuller, right, as April Oxx, center watches it rise during the ACS 25th anniversary celebration at the Post Exchange.

(Below) Pvt. William Laycock, of Company B, 16th Ordnance Battalion disassembles brake shoes from an M532 Field Laundry Unit.

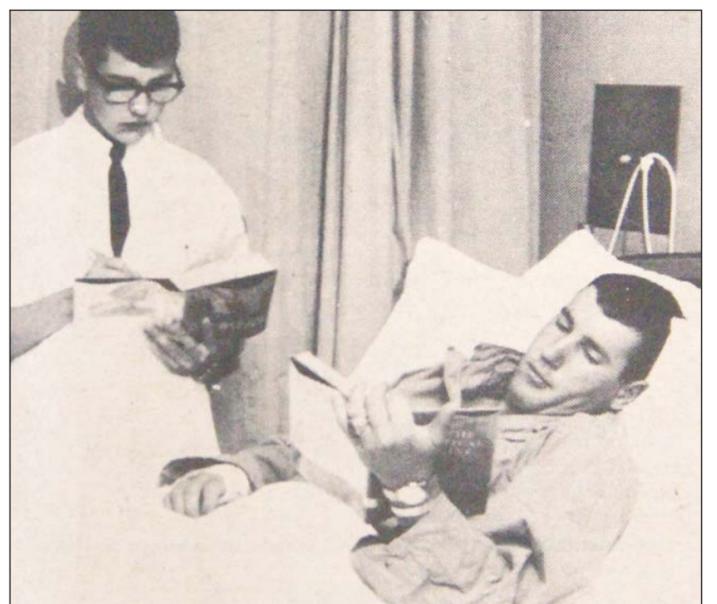


1990

1980

50 Years Ago: Aug. 12, 1965

(Right) Volunteer Monty Munroe, 15, one of 20 teen Red Cross volunteers at Kirk Army Hospital, helps patient Thomas Varney select books from the hospital library.



1970

1960



(Left) Former 13th Cavalry Regiment Soldiers, from left, Lloyd C. Nelson; Lt. Col. Carl V. Clark, APG provost marshal, and Harmon W. Tusten, clasp hands during a 30th reunion at the U.S. Army Test and Evaluation Command.

1950

MDNG inject youth with career ideas

Story and photos by
STAFF SGT. AIMEE FUJIKAWA
29th Mobile Public Affairs Detachment

Baltimore City teens spent a hot summer day getting acquainted with military emergency medical training during Maryland's Youth Works Summer Internship Program at Warfield Air National Guard Base in Middle River, Maryland July 29.

The interns visited with Soldiers from the 104th Area Support Medical Company during Operation Raven Care, a two-week training event, from July 25 to Aug. 7, simulating emergency scenarios.

They toured the 104th ASMC Tactical Operations Center, which included medical treatment areas, on-site laboratory, ambulance squads, and a UH-60 Black Hawk.

"We try to impress upon them how much career opportunity comes from being a member of the Maryland National Guard," said Michael Deckard Jr., Maryland Institute for Emergency Medical Services Systems ombudsman. "In addition to the added benefits of becoming a Guardsman, they also get to serve the State of Maryland."

A male intern said the visit opened his mind to see what he really wants to do. The soldiers explained how they got to their medical careers with the Guard and showed them what they really do.

"Being able to work with MIEMSS gives the interns an opportunity to see what the military is like," said Maj. Barbara Meadows, Maryland Medical Detachment deputy commander for administration. "It's a huge opportunity for them to get out, earn an income and get to see what opportunities are available out there."

The program also mentors the interns on trying new things and life skills such as being on time, learning respect, and active listening.

During their internship with MIEMSS, interns traveled to various Baltimore City firehouses and police stations. They learn about everything from fire rescue and extracting patients from vehicles to 911 calls.

The interns discovered that many firemen and policemen they met had a military background.

"It was an awesome opportunity to give these kids a five-week in-depth look into emergency services," Deckard said. "Hopefully we can recruit them into the volunteer realm, where there is always a shortage in the state."

High school students interested in various career fields submitted applications for the summer internship. Upon selec-



(Above) Maryland Army National Guard medics, Spc. Travis Rambert and Pfc. Clare Hargrove, from the 104th Area Support Medical Company transport a patient to an ambulance during the tactical field care training part of Operation Raven at Warfield Air National Guard Base in Middle River, Maryland, July 29. Summer YouthWorks program interns working with the Maryland Institute for Emergency Medical Services Systems spent a day with Soldiers exploring military medical career options.

(Left) Maj. Barbara Meadows, deputy commander for administration in the Maryland Medical Detachment, right speaks with Baltimore City teens about medical careers in the Maryland National Guard during their visit to Warfield Air National Guard Base in Middle River, Maryland, July 29. The interns spent time with medics and explored a UH-60 Black Hawk helicopter that's used to MEDEVAC patients to treatment facilities.

tion, they were able to participate in the Baltimore City Mayor's Office of Employment Development five-week summer program young adults between the ages of 14 - 21.

During the program, interns have the chance to explore various trades for both

volunteer and career paths. They gain work experiences with private sector, nonprofit, and city and state government employers. This is the first year for the Maryland National Guard and the Maryland Institute for Emergency Medical Services Systems to participate in the program.

U.S. Senate confirms Milley as new CSA

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

The Senate confirmed Gen. Mark A. Milley, Aug. 5, to become the 39th chief of staff of the Army.

He will succeed Gen. Ray Odierno in a change of responsibility ceremony scheduled for Aug. 14, at 10 a.m., on Summerall Field, Joint Base Myer-Henderson Hall, Virginia.

Also on Aug. 5, President Barack Obama nominated Patrick J. Murphy to be the next under secretary of the Army, a post currently held by Acting Under Secretary Eric Fanning. The office was assumed by Fanning, July 6, after Brad Carson became the acting under secretary of Defense for Personnel and Readiness.

No date has yet been set for Murphy's confirmation hearing before the Senate Armed Services Committee and the Senate is currently scheduled to be on recess until Sept. 7.

Milley: 'Winning fundamental'

During his Senate Armed Services Committee confirmation hearing, July 21, Milley told lawmakers, "Our fundamental task is to win, to win in the unfor-giving crucible" of combat.

Milley currently is commander of U.S. Forces Command, headquartered at Fort Bragg, North Carolina.

Besides combat, there are many other tasks the Army does every day and does very well, he said. It provides humanitarian assistance, shapes outcomes, builds partner capacity and deters the nation's adversaries.

"But our very reason for being, the very core of what it means to have an Army, it's to win and to win decisively in ground combat against the enemies of our country so that the American citizens can enjoy life, liberty and the pursuit of happiness," he continued.

"I have huge confidence in our Army today," he said, calling it "the most skilled and combat experienced Army in the nation's history."

Childhood hero

Milley told some 300 ROTC and U.S.



Gen. Mark A. Milley tells 300 ROTC and U.S. Military Academy cadets his winning philosophy. Milley, commander of U.S. Army Forces Command, spoke during the George C. Marshall Award and Leadership seminar on Fort Leavenworth, Kansas, March 31.

Military Academy Cadets at the George C. Marshall Award and Leadership Conference at Fort Leavenworth, Kansas, March 31, that his childhood hero was Green Bay Packers' winning football coach, Vince Lombardi.

When Lombardi was younger, he looked up to World War II heroes like Gen. George Patton and Gen. Douglas MacArthur and tried to pattern himself after them and their leadership techniques, Milley said.

The two points Lombardi took away from those heroes was, first, "you're in it to win, so winning matters and your team matters." The second was, "We don't break the rules," Milley said.

Milley promised the lawmakers that if confirmed, he would work to keep the Army the best in the world and

take on the "significant challenges" it faces "in manpower, readiness and modernization."

The general also told the senators he'd ensure upholding Army values and ethics would continue to be a top priority.

During his visit with the cadets, he exhorted them: "Playing by the rules involves internalizing the warrior code of ethics. It is something you have to practice at 24 hours a day. Unethical actions not only can get you or your Soldiers killed, they can also hurt the Army."

Heritage of service

Milley told the senators he comes from a family who proudly served. His mother treated wounded service members in a military hospital near Seattle and his father served in the 4th Marine

Division in the Central Pacific seeing combat in Kwajalein, Saipan, Tinian, and Iwo Jima.

Unfortunately, both of his parents passed away, but he said he still feels their presence.

He noted he's lucky to have been married for the last 30 years to the "most dedicated and strongest woman in the world," his wife Hollyanne. "She's a constant source of inspiration and love."

She represents all the Army spouses "for their resilience and sacrifice," he continued, having raised their two children while he was away on seven deployments and thousands of days of training.

Milley's operational deployments include Iraq, Afghanistan, Panama, Haiti and Bosnia-Herzegovina. Most of his 35-year career has been spent leading infantry and Special Forces Soldiers.

Finally, Milley thanked Odierno and his wife Linda for their "selfless service." He added that the nation and the Army have been well served by them.

Patrick J. Murphy

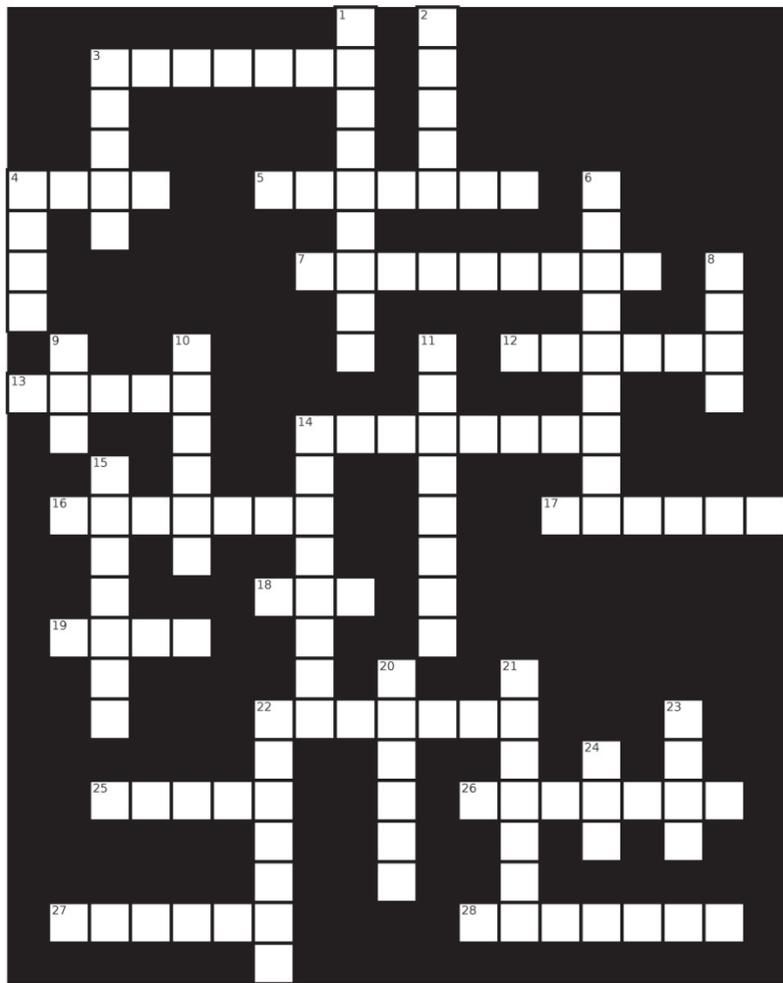
Murphy was the first Iraq War veteran elected to the U.S. Congress, according to an Aug. 5, White House press release. Murphy represented the 8th District of Pennsylvania in the House of Representatives from 2007 to 2011.

As a lawmaker, he served on the House Armed Services Committee, the House Permanent Select Committee on Intelligence and the House Appropriations Committee.

Murphy received his law degree in 1999 from Widener University School of Law in Harrisburg, Pennsylvania, after earning a bachelor of arts degree from Pennsylvania's King's College in 1996.

While in college, he attended ROTC at nearby Scranton University and was commissioned a second lieutenant in the Army Reserve upon graduation. He went on active duty in 2000 as a staff judge advocate and then became a faculty member at West Point.

From 2003 to 2004, he was deployed to Iraq, where he earned a Bronze Star Medal with the 82nd Airborne Division.



The APG Crossword

It's a seafood extravaganza!

By **STACY SMITH**, APG News

Seafood is a summertime favorite in Maryland. Complete this crossword puzzle to test your knowledge of these underwater delicacies.

Across

- 3. A red _____ is a figurative expression referring to a logical fallacy in which a clue or piece of information is or is intended to be misleading, or distracting from the actual question.
- 4. The farming of this fish was outlawed in China during the Tang Dynasty because the Chinese word

- for it sounded too similar to the emperor's family name, Li.
- 5. Fish named for its prominent barbels, which resemble whiskers.
- 7. Spanish word meaning shrimp or prawns.
- 12. Freshwater fish that migrates to the ocean, then returns to streams and rivers to reproduce

and expire.

- 13. Country where some martial artists eat live octopus, believing it helps build strength and stamina.
- 14. Italian word for squid; often served fried in restaurants.
- 16. Fish that biblical scholars suggest was used by Jesus to feed the crowds at the Sea of Galilee.
- 17. According to www.seafood-healthfacts.org, this is the most popular seafood eaten in the U.S.
- 18. Type of fishing the antagonists of the 1993 film "Grumpy Old Men" enjoyed.
- 19. Species of crab found in Alaska that can live up to 20 years.
- 22. Fish often eaten by Ashkenazi Jews during Shabbat and Passover.
- 25. Stew that originated in Louisiana in the 18th century and contains shellfish and meats.
- 26. Animal that is depicted as an ill-tempered, fast-food cashier in the popular cartoon, 'Spongebob Squarepants.'
- 27. Creamy soup of French origin often made from lobster, crab or shrimp.
- 28. Two-shell mollusks that obtain their food by pumping water through their system and filtering small organisms from surrounding waters.

Down

- 1. Ancient people whose fishing implements are depicted in tomb scenes, drawings and papyrus documents.
- 2. Japanese food often prepared with raw fish.
- 3. Human organ that Omega-3 fatty acids found in seafood are proven to protect.
- 4. Shelled mollusk whose taciturn nature inspired the English expression, to _____ up, meaning to become suddenly secretive or unwilling to talk.
- 6. Certain proteins in this collection of marine animals can cause an allergic reaction in some people when ingested.
- 8. Canned fish that represents

- about 67 percent of all the canned seafood consumed in the U.S.
- 9. Fish sometimes referred to as 'the chicken of the sea' due to its white, flaky meat and mild taste.
- 10. Delicacy consisting of salt-cured fish eggs eaten as a garnish or spread.
- 11. Crustacean resembling a small lobster; nicknamed "crawdad"
- 14. A fish dish extremely popular in Maryland and seasoned with Old Bay.
- 15. Southeast Asian country that exports swai fish to the U.S.
- 20. This name of a whole herring or small, oily fish is also the name of a British cartoon dog based on a series of books for preschool-age children by Mick Inkpen.
- 21. Highly toxic metal found in elevated levels in some seafood products.
- 22. Type of fish that the Environmental Defense Fund advises against eating due to elevated mercury levels and overfishing.
- 23. Crab species important to the Chesapeake Bay because of its ecological, economical and historical value.
- 24. Cold, smoked salmon, traditionally served on a bagel with cream cheese, capers and red onions.

Think you solved last week's puzzle? Check out the solution below

Solution to the August 6 puzzle



WORD OF THE WEEK

Distraught

Pronounced: dih-strawt
Part of Speech: Adjective

Definition:

1. Distracted; deeply agitated.
2. Mentally deranged; crazed.

Related forms
 Distraughtly, adverb
 Overdistraught, adjective
 Undistraught, adjective

Use:

- Distraught relatives are waiting for news of the missing children.
- She was distraught over the death of her partner.
- The paper says she was extremely distraught and sedated, and under a suicide watch.

By **YVONNE JOHNSON**, APG News
 Source(s): www.dictionary.com
 www.merriam-webster.com
 www.dictionary.com

ACRONYM OF THE WEEK

ENR

Bureau of Energy Resources



The Bureau of Energy Resources (ENR) is a division of the Under Secretary of State for Economic Growth, Energy and the Environment within the U.S. State Department. ENR ensures that diplomatic relationships advance national interests in accessing secure, reliable, and ever-cleaner sources of energy.

ENR has three core objectives:

- **Energy Diplomacy:** To manage the geopolitics of today's energy economy through reinvigorated energy diplomacy with major producers and consumers of energy.
- **Energy Transformation:** To stimulate the market forces that will sustain transformational energy policies in terms of alternative and renewable energy sources, electricity, development, and reconstruction.
- **Energy Transparency and Access:** To expand good governance, increase transparency, and improve commercially viable and environmentally sustainable access to the 1.3 billion people without modern energy services.

Catherine A. Novelli was sworn in as Under Secretary of State for Economic Growth, Energy and the Environment Feb. 18, 2014.

By **YVONNE JOHNSON**, APG News
 Source(s): Source: www.state.gov



APG CATCH-A-POACHER PROGRAM

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

Call the SUBMIT-A-TIP "HOTLINE" at 410-306-4673.
Emergencies or violations in progress should always be reported via 911.

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

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

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

Expo connects employers and job seekers

Continued from Page 1

ERP Manager Marilyn Howard said vendors were looking for skilled and novice employees, which she said enticed a broader range of job seekers and employers to the event.

"I am thrilled with the turnout," Howard said. "There was something for each job seeker, including family members, transitioning Soldiers, veterans and civilians contemplating a career change. I am looking forward to planning next year's event."

Participating vendors ranged from private, locally-owned corporations to government agencies, several of which said they were attending the career expo for the first time.

Laura Bodway, director of Synergy ECP, a cyber-security company located in Columbia, Maryland, said she attended the expo to expand the company's client base. Bodway was optimistic about finding the right people to fill available positions with the company.

"Cyber security is the hot button in the IT world," she said, adding that she was looking for people with experience in information assurance and intelligence. She said the company is especially interested in hiring veterans and military members because of their background.

"They already know the environment and they already know what the government and the Department of Defense and organizations like the NSA are up against out there in the field. It's a cyber-world," Bodway said.

Carrienne DiCarlo, senior staffing supervisor for Kelly Services, said she also attended the event to network with military personnel and veterans because they often make great employees.

"They're very reliable and great at following instructions. They have a lot of great soft skills that are hard to find," DiCarlo said.

Havre de Grace resident David Stevenson may be exactly the type of employee that vendors like Bodway and DiCarlo were looking for. Retired from the military for 10 years, Stevenson said the Army gave him experience as a helicopter mechanic, journalist and flight medic. He was recently laid off and came to the expo to see what kinds of jobs were available for someone like him.

"I'm looking for something in logistics or operations support," he said.

Some vendors, like Iris Irizarry, said they attended the event to help attendees find the right job. Irizarry works for DePaul Industries, a staffing agency that helps veterans and the disabled find temporary and permanent employment. She said the current job market is trending upwards, but admitted it can be hard to get a foot in the door, which is why she believes job expos are so vital.

"I think it's still very difficult to get a job, but you have to get out and take chances I did," Irizarry said.

Irizarry said she was a stay at home mom and military spouse when she decided to re-enter the working world



Laura Bodway, left, director of cyber-security company Synergy ECP, discusses career opportunities with event attendee Robert Buden during the Army Community Service Employment Resources Day and Expo at the APG North (Aberdeen) recreation center Aug. 5.

about a year ago. Ironically, she found her current position by attending a career expo. She recommended that job seekers "keep an open mind and have a goal for where they want to get to, but to be open."

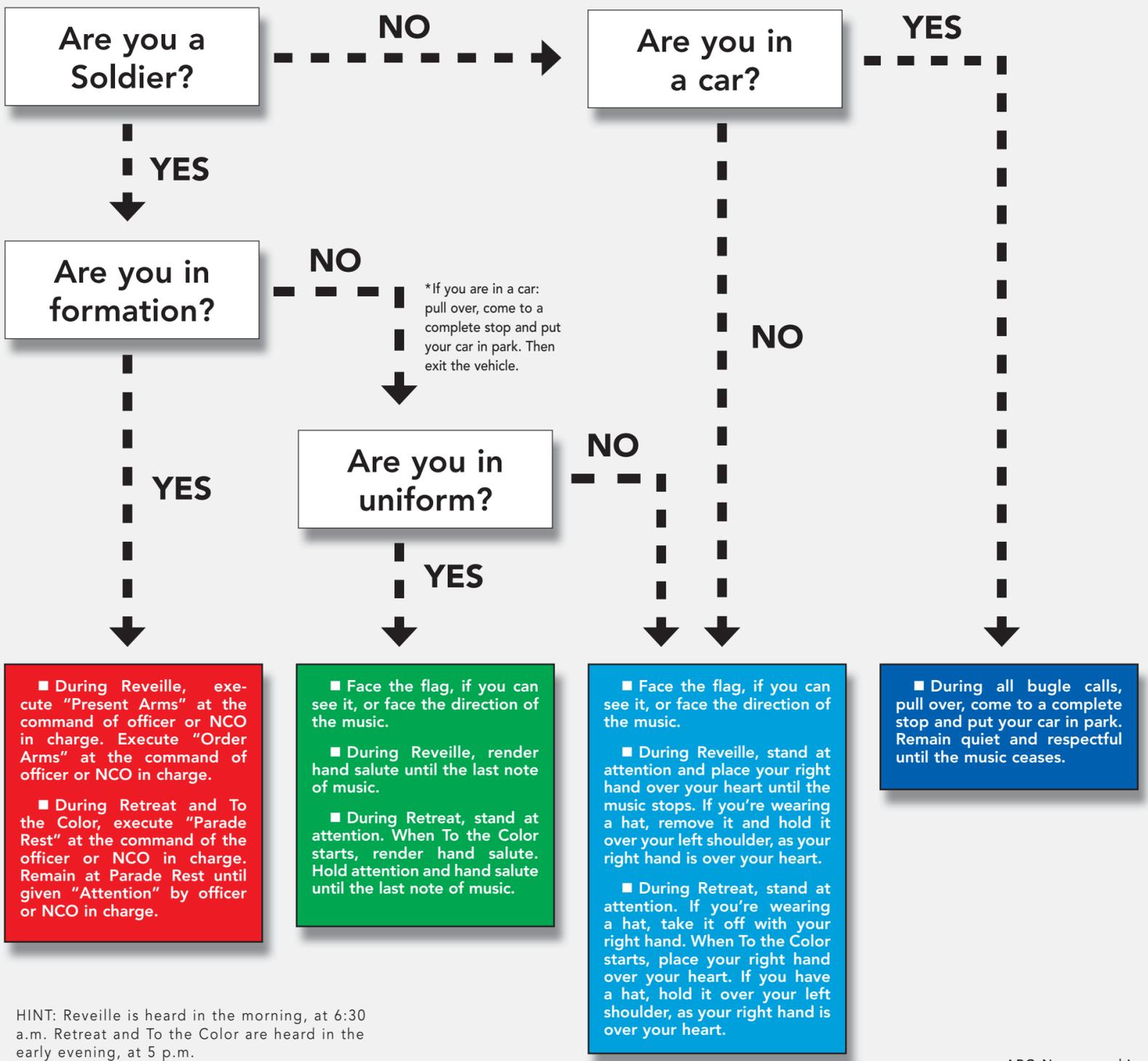
This is advice that job seeker Kayla Swearingen has adapted. Swearingen works in the legal sector, but she said she attended the expo to see that else may be available to someone with her background and experience level.

"I came to broaden my horizons," she said. "I got some good contacts

today that will hopefully help me progress in my field, or pursue something in administration."

The Employment Resources Day & Expo was presented by the ERP; APG Military Personnel Office/Directorate of Human Resources; Susquehanna Workforce NetworkInc.; Maryland Department of Labor, Licensing and Regulation; and local Veteran Service Organizations (VSO). For more information about employment or resources, contact Marilyn Howard at 410-278-9669.

You hear the bugle call, now what?



APG News graphic

Win Exchange trips to SeaWorld, Busch Gardens

Army & Air Force Exchange Service shoppers can get their thrills on land or sea with the latest Because of You contest. Three authorized shoppers will win a trip for four to the SeaWorld or Busch Gardens park of their choice.

The giveaway is part of the Exchange Because of You program, a yearlong effort to recognize and reward service members for their sacrifice and dedication.

Winners can choose to visit Busch Gardens locations in Tampa, Florida or Williamsburg, Virginia, or SeaWorld locations in Orlando, Florida or San Antonio or San Diego, California with three guests. Winners will receive round-trip airfare and accommodations worth \$4,450.

Authorized shoppers can enter at www.shopmyexchange.com/BecauseOfYou through Aug. 31. Three entries will be chosen at random.

The winners of the Because of You giveaway will be notified no later than Sept. 19. No purchase is necessary to win. For more information, visit your local Exchange or go to <https://www.shopmyexchange.com/>.





Photo by Yvonne Johnson

Vietnam veterans pose with APG Garrison Commander Col. James E. Davis, far left, and Garrison Command Sgt. Maj. Jeffrey O. Adams, far right, in front of the APG Vietnam War Commemoration display at Ripken Stadium Aug. 6. Twelve of the 14 veterans shown here have been profiled in the ongoing APG News "Remembering 'Nam" series. Their framed stories decorate the display table.

IronBirds celebrate APG and nation's military

Continued from Page 1

Sgt. JaVon Griffith of Kirk U.S. Army Health Clinic sang the national anthem. Installation guests included Gold Star Family members and nearly 40 Vietnam War veterans who were saluted for the war's 50th Anniversary Commemoration. Crawford expressed thanks to Harford, Baltimore and Cecil counties for "coming out to recognize your military" and he asked all veterans to stand and be recognized.

"Thank you for what you've given to our country," he told the families and veterans. "And thank you," he told the audience, "for taking the opportunity to salute your veterans. We thank you for supporting our military."

APG organization displays included the Army Substance Abuse Program, Kirk U.S. Army Health Clinic and the Army Wellness Center, as well as the 20th CBRNE Command and 22nd Chemical Battalion (Technical Escort).

At the 22nd Chemical Battalion display, Spc. Patrick McElhinney helped pack Sgt. William Ely into an Explosive Ordnance Disposal (EOD) bomb suit and helmet to walk among the stadium guests.

"It draws a lot of attention. Lots of people will stop him and ask questions," McElhinney said.

Remembering 'Nam

A Vietnam War display coordinated by the garrison's Directorate of Plans, Training, Mobilization and Security and the graphic artists from the Visual Information Services Division, featured the framed stories of 15 veterans who have been featured in the APG News "Remembering 'Nam" series. Fourteen of the 15 veterans were on hand for the game.

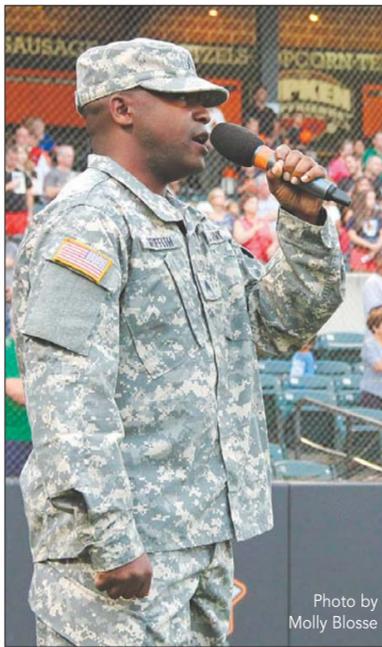


Photo by Molly Blossie

Carol Baker of Bel Air, a Vietnam-era veteran and commander of the American Legion Department of Maryland, whose September 2014 story kicked off the series, called the evening wonderful.

"It's a good feeling to be recognized and for these guys to no longer be looked at with disdain," she said.

Vietnam veteran Frederick Ryan of Abingdon added that several people thanked him for his service.

"It made me feel pretty good," he said. "It's great that they set aside this time to say thank you. The guys deserve it."

James O'Neill, a Vietnam veteran from North East, said he was impressed with the military presence.



(Left) Sgt. JaVon Griffith of Kirk U.S. Army Health Clinic sings the national anthem. (Above) Members of Maryland Gold Star Mothers, Inc. pose with Dianne Crawford, second from right, the wife of APG Senior Commander Maj. Gen. Bruce T. Crawford, at Ripkin Stadium. From left, are Donna Robinson, President Janice Chance, Crawford and Yvonne Green.

"I got to meet a two-star general, two full-bird colonels and a command sergeant major," he said. "I love how they took the time to come greet all of us. I even thanked a few people for their service. I just wish I could do more."

Janice Chance, first vice president and chaplain of the Maryland Chapter American Gold Star Mothers, Inc., added that the group's national president has ordered a partnering with the Baltimore Vietnam Veterans of America (VVA) chapter during the commemoration period.

"We want to honor them because of what they endured," She said. "When you come back from war you should be

praised, not treated like they were. They were drafted, did their time and then were stepped over and mistreated. We just don't want the nation to forget that these people are heroes too. We can't undo the past but we can make their present better."

Also honored during the ceremony were members of the nonprofit Tragedy Assistance Program for Survivors (TAPS), which provides care for survivors of the fallen. TAPS hosts the National Military Survivor Seminar and Good Grief camp and provides a national peer support network and no-cost grief resources, all at no cost to surviving families and loved ones.

Did You Know?

The little-known First Barbary War of 1801-1805 was a big deal. It spawned the first land battle of the U.S. Marine Corps on foreign soil, the oldest ceremonial sword in use by U.S. armed forces, and the opening lines of the Marine Corps Hymn.

In 1805, the United States government refused to continue paying Barbary Coast pirates to refrain from raiding American merchant ships. When negotiations for a treaty failed, President Thomas Jefferson assembled an expeditionary force of Marines to respond.

Barbary, also called Barbary States, was the former designation for the coastal region of North Africa bounded by Egypt and comprising Morocco, Algeria, Tunisia, and Libya. For centuries the name was associated with the coastal pirates who preyed upon Mediterranean shipping. The term was in use until occupation of the region by European powers in the 19th century.

The First Barbary War was the first of two Barbary Wars between the United States and the Barbary States. The cause was the seizure of American merchant ships and crews by Barbary pirates who demanded ransom monies as well as tributes to Barbary rulers.

Algeria first began piracy against the U.S. July 25, 1785 with the capture of the schooner Maria, and the Dauphin a week later. All four Barbary Coast states demanded \$660,000 each. The crews of Maria and Dauphin remained in captivity for over a decade, and soon were joined by crews of other ships captured by the Barbary States.

Estimates are that more than 1.25 million people were pressed into hard labor as slaves or hostages and struggled under extremely poor conditions that exposed them to vermin and disease. As word of their treatment reached the U.S., through freed captives' narratives and letters, Americans pushed for direct government action to stop the piracy against U.S. ships.

On Jefferson's inauguration as president in 1801, Yusuf Karamanli, the Pasha (or Bashaw) of Tripoli, demanded \$225,000 from the new administration. Jefferson refused the demand. Consequently, on May 10, 1801, the Pasha declared war on the U.S. by cutting down the flagstaff in front of the U.S. Consulate.

Hostilities went on, mostly in the form of small firefights between Tripoli and the U.S. Navy, which was supported by European allies and mercenary forces.

The defining event of the war was the Battle of Derna, April-May 1805, when William Eaton, the former consul to Tunis and an ex-Army captain who used the title of "general," and Marine Corps 1st Lt. Presley O'Bannon, led a force of eight U.S. Marines and 500 mercenaries on a multi-national expedition — a 600-mile march



Courtesy photo

Lieutenant Presley O'Bannon at Derna, April 1805

across the Libyan desert from Alexandria, Egypt — to assault and capture Tripoli and free the crew of the captured USS Philadelphia.

Marines led by O'Bannon successfully stormed the fortified city and rescued the kidnapped crew.

On June 10, 1805, Tripoli agreed to a treaty that stipulated the U.S. would pay \$60,000 for the freeing of the prisoners. In agreeing to pay the \$60,000, the Jefferson administration drew a distinction between paying tribute and paying ransom. At the time, some argued that buying Sailors out of slavery was a fair exchange to end the war. Eaton, however, remained bitter, believing that his efforts had been squandered.

The Marines' victory helped Prince Hamet Bey reclaim his rightful throne as ruler of Tripoli. In gratitude, he presented his Mameluke sword to O'Bannon.

This famous sword became part of the Marine Corps officer uniform in 1825 and remains the oldest ceremonial weapon in use by U.S. Armed Forces today.

The Battle of Derna was the Marines' first land battle on foreign soil and is notably recalled in the first verse of the Marines Hymn: "From the Halls of Montezuma to the shores of Tripoli, we fight our country's battles in the air, on land and sea."

Yvonne Johnson, APG News

Source(s) <http://www.marines.com>; <http://www.britannica.com>; www.wikipedia.org

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/>.



ABERDEEN IRONBIRDS SALUTE THE MILITARY

Aberdeen IronBirds baseball hosted its annual salute to APG and the U.S. armed forces during Military Appreciation Night festivities at Ripken Stadium Aug. 6.

(Clockwise from top left) Jackson Gobble, 3, receives an autograph from IronBirds player Austin Pfeiffer; Garrison Commander Col. James E. Davis laughs in the seating area reserved for veterans and Gold Star family members during the game; accompanied by his wife Dianne, right, and son Corey, left, APG Senior Commander Maj. Gen. Bruce T. Crawford, center, gets ready to address the crowd during pre-game ceremonies; Vietnam veteran John Burke, right, shares a laugh with CECOM Executive Officer Col. Thomas J. Oliver; Xavier Gasadia, 9, left, listens as Staff Sgt. David Ellis, of the 203rd Military Intelligence Battalion, right, explains the different types firearms on display; APG Soldiers unfurl a large American flag in the Ripken Stadium outfield for the singing of the national anthem.

Photos by Molly Blossie

YOGA + PILATES = DE-STRESSING YOGILATES

The C4ISR Center of Excellence seminar, "De-stressing with Yogilates" was held at the Myer Auditorium Aug. 4.

Yogilates is a blend of yoga and pilates, created by a yoga practitioner and certified instructor Jonathan Urla in 1997. Certified instructor Cecelia Bellomo led the seminar, discussing triggers for stress and multiple ways to de-stress including the yogilates and demonstrating some sitting and standing exercises.

From left, Pallavi Karia, of CECOM LRC; Tiffany Grimes, of CECOM, and Ruth Flanders, from the Army Materiel Command, are led through a Yogilate pose by Certified Instructor Cecelia Bellomo. Several poses can be done in a desk chair while at work.

For more information about upcoming CECOM Wellness Program activities, contact Tiffany Grimes, CECOM G-1, at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

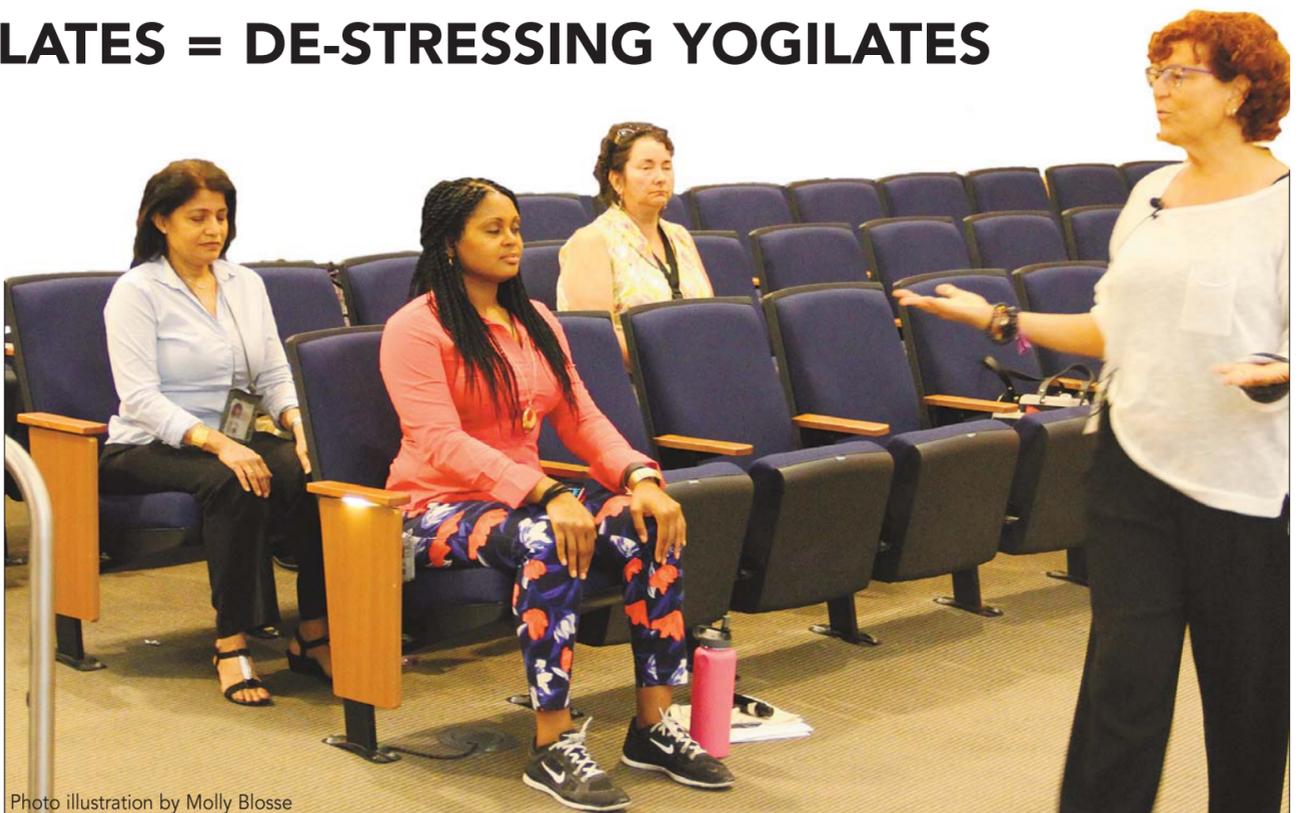


Photo illustration by Molly Blossie