



APG NEWS

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1st AML closing Ebola test labs in Liberia

Story and photo by **STAFF SGT. TERRANCE D. RHODES**

101st Airborne Division

As the mission of Joint Forces Command – United Assistance comes to an end, there are a few more tasks that service members, deployed in support of Operation United Assistance, have to complete.

The 1st Area Medical Laboratory, based out of Aberdeen Proving Ground, Maryland, deployed as Task Force Scientist in support of OUA, is closing all four of its Ebola testing laboratories in Liberia.

The 1st AML is designed as a deployable analytical laboratory with a diagnostic capability to detect and identify environment contaminations that could harm service members on the battlefield.

The professionals provide combatant commanders with health hazard assessments of

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Photo by Sean Kief

From left, Command Sgt. Maj. James K. Sims of the U.S. Army Materiel Command; Gen. Dennis L. Via, AMC commander; Maj. Gen. Peter Utley, commander of the U.S. Army Test and Evaluation Command; Maj. Gen. Bruce T. Crawford, APG senior leader and commander of the U.S. Army Communications-Electronics command and his wife Dianne applaud a musical performance during the Black History Month observance at the Myer Auditorium Feb. 12. APG Garrison Commander, Col. Gregory R. McClinton is in the second row, center.

Celebrating Black History Month

By **YVONNE JOHNSON**
APG News

Team APG celebrated Black History Month during the installation's annual observance at the Myer Auditorium Feb. 12.

Hosted by the U.S. Army Test and Evaluation Command and Team APG, the program theme celebrated "A Century of Black Life, History and Culture." Commander of the

U.S. Army Materiel Command, Gen. Dennis L. Via, delivered the keynote address.

APG Senior Commander Maj. Gen. Bruce T. Crawford, commander of the U.S. Army Communications-Electronic Command, welcomed Via "back home," noting that he led the command's move to APG during the base realignment and closure transition.

Crawford said that when he considers the

struggles during the nation's Civil Rights Era, he thinks about leadership and personal courage.

"When you have controversy – when things are happening beyond your control – is when real leaders emerge," he said.

"Many great things happened and their

See OBSERVANCE, page 18

WWI-era barracks set for demolition

By **RACHEL PONDER**
APG News

Several buildings on post date back nearly a century, including a group of World War I-era barracks located on APG South (Edgewood) scheduled for demolition sometime in the next fiscal year.

This historic district includes 15 WWI-era buildings: 13 permanent barracks, a bakery and a heating plant, all known as the E4400 block.

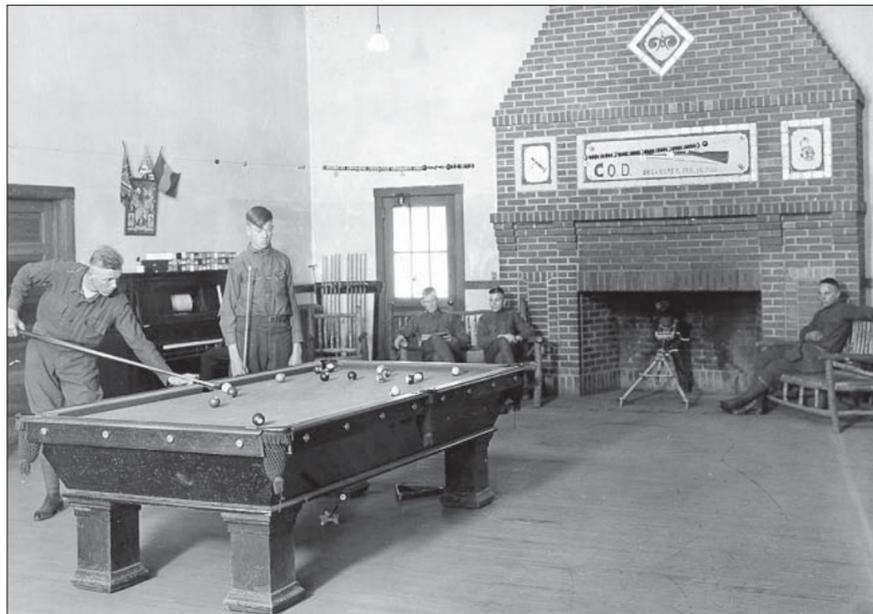
The area is located south of the east branch of Canal Creek, near the APG South chapel and the McBride Parade Field.

APG Cultural Resources Director Mark

See BARRACKS, page 18

Soldiers shoot a game of pool in the recreation room of a permanent World War I-era barracks on APG South (Edgewood), then known as Edgewood Arsenal.

Courtesy photo



Program to 'AAMP' up civilian workforce

By **AMANDA ROMINIECKI**
APG News

A professional development program designed by up-and-coming APG leaders is opening up opportunities for personnel across the installation.

The APG Assignment Market Place (AAMP) is an initiative engaging several of the installation's largest tenants to host developmental assignments geared toward enhancing the civilian workforce.

Open to any Department of the Army civilian working on APG, AAMP offers developmental assignments in three categories, allowing civilian employees to broaden their knowledge and grow their skill sets without permanently leaving their position or organization.

These types of assignments involve a tem-



porary position reassignment in a related field of work that will expand an employee's understanding of a particular industry. The numerous, interconnected missions of organizations located at APG foster the ideal environment for a program like AAMP.

"We're in a unique position here at Team APG in that, from what used to be a one or two organization post, we have 77 vibrant tenants and all of them have experiences that are complementary to one another, that grow people in

their particular areas of endeavor," said David Jimenez, director of the Army Evaluation Center and AAMP's Senior Executive Service sponsor.

"What a broad, good feeding ground for growing the future Army leadership."

Those who reach the pinnacle of Army leadership are those "who engage and have knowledge in competencies in a broad spectrum of what the Army does," and that those competencies are often learned through developmental assignments, Jimenez said.

Building the program

AAMP evolved as a fusion and expansion of two separate programs, taking root nearly four years ago, according to Lorrie Chieffo, chief of the Acquisition, Readiness and Development

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STREET TALK

What is the best gift you have ever received?

"My children. We were told we'd never have children, and we had three of them. Unfortunately our middle daughter died a few years ago. But they were the best gifts my husband and I have ever received."



Patricia O'Brien
Family member

"The best gift that I ever received was recovering from a severe surgery. Right now I have eight screws and two rods in the back of my head. I had surgery on both arms and I had surgery on my eye twice. So the best gift for me was to be alive, and also to be able to walk and talk and think and give love and receive love back."



Debbie Johnson
Retired military

"My kids are probably the best gift I ever had. I'm not really materialistic."



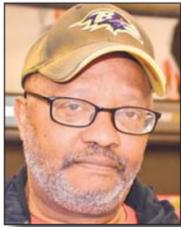
Duffie Robertson
Retired military

"My wife and my children. They make me happy. They're the best."



Maj. Rob Barnhill
ATEC

"I finally met a woman I loved and wanted to have a child with. I was 27 years old and, to me, that was the greatest gift. I waited a long time for something I wanted a long time. That's been one of the happiest things in my life and I've only been married about 42 years now. To me, it was unbelievable at that time [to have a child]. And I didn't care if it was a boy or girl. It was just nice."



William Brown
Retired military

See something, say something

The World Trade Center Towers. The Pentagon. Shanksville, Pennsylvania.

The events of 9/11 were a worldwide wake-up call. What had been more commonplace and usual for small-scale, individualistic events in Europe and Asia, struck very close to home in the hearts and minds of citizens across the United States. The realities of that day stood up and raised questions of terror.



Bruns

Could a group like Aum Shinrikyo with its Sarin gas attack in the subways of Tokyo occur in places like New York, San Francisco or Washington, D.C.? Apparently so.

America responded. "Homeland Security" became more than a buzzword, it became a call to action, a concept that many Americans now understood as far too real.

What was easily ignored was now looked at under a different light. America responded, both militarily and from a common foundation of values, wanting to preserve the American way of life, liberty and the pursuit of happiness. Vigilance became the modus operandi.

If you see something, say something. Better safe than sorry. Err on the side of caution.

Lockerbie, Scotland. The MS Achille Lauro. Marine Barracks Beirut. Oklahoma City Federal Building.

But time does some strange things. Time heals all wounds. Time makes it easier to distance oneself from the past – both the good past and the bad past. Repetition can easily turn into complacency. Doing something might require some work, some ownership. And how quickly negative events can be forgotten.

Now, sometimes you see something and you might say something. Maybe. Maybe later. Do not shirk the duties of vigilance. The world has forever changed and terror remains the same

Charlie Hebdo. The Corinthia Hotel. Boko Haram. The Islamic State of Iraq and the Levant beheadings.

Vigilance does not take a holiday. The bad guys tend to wait patiently, all the while counting on short attention spans and 10 second sound bite types to move on and drop the edge off this particular issue. It never happens to you until it happens to you.

An ounce of prevention is worth, well, a whole lot of intangible stuff. Not every upset event is a major terrorist attack but the world situation is still churning.

Remember that. The direction rings true still today: If you see something, say something – no matter how small. You might be the person who prevents a future catastrophic event.

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

Join Great American Spit Out

Defense Health Agency

If you think smokeless tobacco is harmless, consider these facts.

- Smokeless tobacco contains three to four times more addictive nicotine than cigarettes.
- Smokeless tobacco causes oral cancer, one of the most deadly forms of cancer.
- Smokeless tobacco use leads to tooth decay, mouth sores and gum disease for those who regularly chew, chew, dip and spit.

That's why the Defense Health Agency (DHA) wants to help you quit. Join The Great American Spit Out, Thursday, Feb. 19, when the military community comes together in spirit to "Ditch the Snuff for Better Stuff."

This year's e-campaign asks you to imagine the better stuff you can enjoy when you save the money you spend on tobacco, such as a beach vacation this summer.

Even with all its negatives, chewing tobacco and snorting snuff are popular pastimes among military service members. More than 12 percent use smokeless tobacco compared to only 2 percent of civilians, according to the most recent "Health-Related Behavior Survey of Active Duty Military Personnel" published by the Department of Defense in 2013.

There are several reasons military members favor smokeless tobacco, said Paul Fitzpatrick, manager of the DHA's "Quit Tobacco" program. They can chew tobacco more privately without the tell-tale burn from cigarettes and use it in places where smoking is prohibited. "Some service members are dual users, depending on whether their situation makes it more convenient to smoke or dip."

Tobacco use, smoked or smokeless, affects military readiness, the health of the armed forces and is a financial burden on the DOD, which spends more than \$1.6 million each year on tobacco-related medical care, hospitalization and lost work days, according to the DOD Health-Related Behavior Survey.

In the meantime, prepare to quit by checking TRICARE Tobacco Cessation for tools to help you to become and stay tobacco free. You can also access a quit-support text message program, FAQs, a savings calculator and 24/7 live chat support at www.UCanQuit2.org.

Additionally, TRICARE beneficiaries should take full advantage of the available TRICARE programs and medications to help with their individual goals and needs.

"Smokeless tobacco is not a safe alternative to smoking. Protect your health and wallet by quitting," said Fitzpatrick. "On Feb. 19, kiss the spit goodbye!"

Military Saves Week set for Feb. 23-28

By **KISHA A. TAYLOR**

Federal Retirement Thrift Investment Board

This year, Military Saves Week is February 23-28, and the theme is, "Set a goal. Make a plan. Save automatically!"

Saving money is not always easy, but the Federal Government offers two programs to make saving easier for military service members: the Thrift Savings Plan (TSP) and the Department of Defense's Savings Deposit Program (SDP). While these savings programs help you become financially ready, they are entirely different from one another. To avoid confusion, you should familiarize yourself with the differences.

For starters, the TSP is a long-term retirement savings plan that is open to all active service members. It's a lot like a private sector 401(k) plan. You can elect to contribute a percentage of your basic pay to the TSP as soon as you join the military.

The TSP doesn't replace your military retirement pension, which is available only if you serve for a minimum of 20 years. Rather, the TSP is an excellent opportunity for you to supplement your retirement income through long-term saving.

Thrift Savings Plan (TSP)	Savings Deposit Program (SDP)
<ul style="list-style-type: none"> ▪ Long-term retirement savings plan ▪ Accepts tax-exempt, tax-deferred, and Roth contributions ▪ With Roth TSP, earnings can be tax-free if certain conditions are met.* ▪ Variable returns based on investment choices and market performance ▪ Maximum contribution—up to \$53,000 in 2015 (limit changes each year) ▪ You can keep your TSP account through retirement. ▪ Contributions are made by payroll deduction only. <p><small>* Roth earnings are tax-free when you reach age 59½ or have a permanent disability, and five years have passed since the year of your first Roth contribution.</small></p>	<ul style="list-style-type: none"> ▪ Short-term savings program ▪ Accepts deposits from unallotted current pay and allowances ▪ You must pay taxes on SDP interest. ▪ Guaranteed 10% annual return compounded quarterly ▪ Maximum interest-earning contribution: \$10,000 per deployment ▪ You must withdraw your SDP when your tour of duty ends. ▪ Deposits can be made by cash, personal check, money order, or payroll deduction.

The SDP, on the other hand, is a short-term savings program that is only available to service members who are deployed in combat zones or other operations and are receiving Hostile Fire Pay/Imminent Danger Pay (HFP/IDP).

You can only set up an SDP account after you've been deployed for 30 consecutive days or for at least one day in three consecutive months. You can build your financial savings by reaping the benefits of SDP's high returns.

The chart above shows the addition-

al differences between the TSP and the SDP. Use it to help you make the best decisions for your financial objectives.

Now that you're clear on how both savings options work, you can make the best choices for your short- and long-term financial goals. To enroll in the TSP, log into myPay and select the "Traditional TSP and Roth TSP" option. If your service doesn't use myPay, you can submit Form TSP-U-1, Election Form, found at tsp.gov. To learn about the SDP, visit DFAS.mil.

APG SEVEN DAY FORECAST

Thurs



16° | -3°

Fri



19° | 08°

Sat



31° | 28°

Sun



47° | 32°

Mon



33° | 14°

Tue



31° | 18°

Wed



30° | 13°

APG NEWS

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Scientist participates in exchange program

By **DAN LAFONTAINE**
RDECOM

A U.S. Army scientist has enhanced the Chilean Army's biological identification proficiency after working in the country for a year.

Biologist Leanne Chacon spent 2014 in Santiago, Chile, as part of the Army's Engineer and Scientist Exchange Program. Her goal was to research commercially available biological identification equipment.

"They're interested in being able to determine if food or water samples that Soldiers are eating or drinking are contaminated, if there are biological agents in them, if vectors in the area have diseases caused by a parasite, bacteria or virus," said Chacon, who worked for the Chilean Army's health directorate. "You want to be able to identify if anything is in the food, water and air before anyone gets sick."

Once Chacon identified potential equipment to meet the Chileans' requirements, she had to find distributors to discuss what was commercially available, the costs and what agents they could identify. The Chilean Army requested a presumptive test that Soldiers could use in the field for quick results as well as a confirmatory analysis in a laboratory setting.

To gain a better understanding of Soldiers' needs, Chacon visited logistic regiments throughout Chile to understand the facilities, infrastructure and personnel who would operate the equipment.

"If they are able to buy the equipment that I recommended, they will have a huge advance in their biological capabilities set," she said.

In addition to Chacon's work with the identification equipment, she also developed an online biological training course to incorporate into one of the Chilean military schools.

As a biologist with the U.S. Army Research, Development and Engineering Command's Edgewood Chemical Bio-

logical Center, Chacon's job back home is developing a biological identification system to detect, collect and identify bioaerosol threats. She said her scientific experience prepared her well for Chile.

"I have a background with detecting and identifying aerosol threats, and it translated well to what the Chileans wanted. My background really helped in understanding the technology, equipment and systems that I was researching," she said.

The year in Chile was mutually beneficial, Chacon said.

"They were excited when they found out where I've worked. They have heard of ECBC," she said. "A couple of the military personnel have been to the U.S. for training at Fort Leonard Wood [Missouri]."

"It was a once-in-a-lifetime experience. It was a lot of work and an amazing experience. Chile is eager for U.S. scientists and engineers to be able to work with them and vice versa. A lot of foreign scientists would be interested in coming to ECBC too."

Yuriy Posherstnik, with RDECOM's Global Technology Integration Team, works with ESEP applicants and coordinates their packages before submitting them to the deputy assistant secretary of the Army for Defense Exports and Cooperation.

Participants should be in General Schedule pay grades 12 through 14 (or acquisition demo equivalent) at the time of deployment, hold a minimum of a bachelor's degree and have at least four years of technical experience in industry or military/government.

ESEP selection is based on the following criteria: technology area, host country of interest, candidate profile, merits of assignment/position description, quality of application, foreign language capability (as applicable) and command endorsement.

For more information on ESEP, visit <https://www.milsuite.mil/book/groups/eseep>. For additional questions, contact Posherstnik at (410) 306-4832.



U.S. Army biologist Leanne Chacon, a participant in the Engineer and Scientist Exchange Program, visits with the Chilean Army's 3rd Logistic Regiment in Arica, Chile, to see the vehicle that will be used as a mobile laboratory.
Photo by Conrad Johnson

ICE

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BY THE NUMB#RS

Celebrating the Oscars

Considered the most prestigious award ceremony in the film industry, the annual Academy Awards show, honoring the year's cinematic achievements, airs Feb. 22.

200+

Number of countries that air the Oscars live.

86

Years that have passed since the first Oscars ceremony was held in 1929. The event only lasted 15 minutes, and all winners were notified ahead of time.

62

Years since the Oscars were first televised in 1953.

19

Number of nominations for Meryl Streep, setting the record for the most Oscar nods in history for any actor.

13

Years since Halle Berry became the first African-American to win the Oscar for Best Actress in a leading role for "Monster's Ball."

6

Actors and actresses who have received three or more Oscars: Katherine Hepburn, Ingrid Bergman, Walter Brennan, Jack Nicholson, Meryl Streep and Daniel Day-Lewis.

3

Number of films that share the record for the most Academy Awards received: "Ben-Hur" (1959) "Titanic" (1997) and "Lord of the Rings: The Eternal King" (2003) each received 11 awards.

By **RACHEL PONDER** APG News

Sources: <http://oscar.go.com/>, <http://www.imdb.com/>

Predicting damage in military vehicles

By **JOYCE CONANT**
ARL

Army researchers made an important discovery during metals testing that could impact the way the structural health of current and future military vehicles are deemed “healthy and more efficient.”

The discovery may lead to saving time and money, as well as prolonging the life of critical platforms.

“Military structures operating in such environments respond in a nonlinear matter ... they shake intensely, especially in rotorcraft,” said Ed Habtour, a U.S. Army Research Laboratory (ARL), researcher who specializes in nonlinear structural dynamics. “I was studying ways to simulate the dynamic response of structures exposed to harsh vibration loading seen in the battlefield.”

The objective is to provide operators with economical and novel health-monitoring technologies for the Army-led Future Vertical Lift program, which aims to replace the service’s aging helicopter fleet, and the aircraft of other services, at some point in the future.

Preventative diagnostics

The ARL team’s approach uses preventative diagnostics with innovative techniques to evolve current maintenance processes from a manual to an automated approach, Habtour said.

While vibration and nano-mechanical testing on the materials’ structures continues, this discovery would not only affect future Army aircraft, but would also help reduce Department of Defense operational and sustainment costs, and the time it takes for maintenance crews to perform mandatory inspections.

Habtour and Dr. Dan Cole, an ARL materials science researcher, shared their approach to developing the basic science behind damage precursor detection. They are developing novel techniques and methodologies to monitor progression of structural property degradation that can become damage.

Some of the approaches used at the laboratory’s Vehicle Technology Directorate include changes in the microstructure, electrical resistivity, acoustic response, localized thermal response, and materials micro-compliance to extract precursors to fatigue crack formation.

“I was using classical nonlinear dynamic theory to simulate the structural response,” Habtour said. “There was a small drop in the resonance frequency and an increase in the structural softening over time, but conventional sensors such as strain gages were telling us the structure was healthy.”

Micro-compliance

According to the team, one of the most promising techniques is the materials micro-compliance, which provides explanations to complex mechanical behavior encountered in the field.

Habtour studied the structure’s fatigue using conventional ways (vibration) for



U.S. Army photo
With damage precursors, Army researchers Ed Habtour, left, and Dr. Dan Cole hope to convert the structural skins of aerial vehicle components, including wings and blades, into “living” surfaces that could sense, react and adapt to the operational conditions.

more than a year. He said he knew the material was undergoing fatigue, but he could not see any micro-cracks—something was changing in the material. That is when he recruited the expertise of Cole, who used a new and different approach to test the strength of the material.

“Reaching out to Dan helped us to connect the world of systems dynamic to the micromechanics world,” Habtour said. “The outcome was the birth of a powerful technique that utilizes the interplay between the micro-material properties and the nonlinear dynamic parameters. The missing piece in the dynamic model was the fatigue-damage-precursor component that was captured through micromechanics and detected by adding precursor to the nonlinear dynamic model.”

Cole’s research involves the study of the structure of materials down to the micro and nano levels.

“Ed approached me about the shift in the structural resonance and the increase in the structural compliance when the structure is exposed to harsh vibratory loads,” Cole said. “We began discussing the possibility of changes in the state of the material at the micro-level that couldn’t be picked up through conventional mechanical tests. We decided to explore the local properties of the structure in areas that were expected to have experienced relatively high stresses.”

The team used a technique known as instrumented indentation or nano-indentation, which mechanically samples very small volumes of material; indents were performed approximately 100 nanometers into the structure surface.

“We noticed a very clear trend that showed a more compliant response [material softening] near these highly stressed locations,” Cole said. “The indentation elastic modulus dropped by approximately 40 percent with respect

to the rest of the structure, which was a huge surprise. In fact, we were pretty skeptical at the initial results and ran hundreds of additional tests to confirm this effect.”

Dr. Volker Weiss, an ARL senior research scientist at the directorate and professor emeritus at Syracuse University, found the discovery promising.

“Among several damage and damage-precursor indicators, the structural-stiffness effects observed in this study appear most promising,” Weiss said. “Softening [or compliance] measurement may well become one of the methods of choice for remaining service-life prediction of critical structural components.”

Moving forward

The next step is to better understand the changes in the microstructure that are leading to the compliance effect at the structure’s surface.

“Ultimately, we want to use the local mechanical tests to fully understand the material state before, during, and after loading,” Habtour said. “From there, we want to see if this technique can be applied to more complicated aerospace materials, such as current and future composite materials.”

Dy D. Le, chief of the mechanics division within the laboratory’s directorate, said he expects the discovery will enable the Virtual Risk-informed Agile Sustainment, or VRAMS, concept in future military platforms.

“The ability to identify and capture material-damage precursors is one of the key technologies included in the VRAMS core engine,” Le said. “Once a damage precursor is identified and its characteristics captured, the aircraft’s on-board intelligent system will provide information on how long it may take for a precursor to evolve through various stages of damage and, most importantly, when it may grow to catastrophic failure.”

The VRAMS concept aims at providing self-diagnostics and inspections; multiscale modeling to project the evolution of damage and maneuver capability; and reconfigurable maneuvers to keep the operating stress level at or below the stress-level threshold to avoid fatigue failure of critical aircraft components.

“ARL aims at maturing these technologies to enable VRAMS capability and make it a reality for sustaining Army Future Vertical Lift aircraft in 2048,” Le said.

The envisioned technology powered by the ability to identify and capture material-damage precursors, when integrated into Army and commercial aircraft, may enable detection of impending failure at a very early stage.

This may result in saving Soldiers and passengers, “but can also be used to sustain Army Future Vertical Lift and commercial aircraft at substantially lower maintenance costs,” Le said.

Army researchers recently submitted a manuscript detailing this research to the journal “Structural Health Monitoring.”

21st EOD Company Soldiers test high-tech tool

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

Soldiers from the 21st Explosive Ordnance Disposal Company (Weapons of Mass Destruction) conducted the first ever test of the liquid abrasive cutter (LAC) on high explosives.

Seven EOD technicians from the Kirtland Air Force Base, New Mexico-based 21st EOD Company remotely cut eight MK84 bombs at the New Mexico Institute of Mining and Technology’s Energetic Material Research and Testing Center in January.

The 21st EOD Company is part of the 242nd EOD Battalion, 71st EOD Group, 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives). The Aberdeen Proving Ground, Maryland-based 20th CBRNE Command is the U.S. Defense Department’s only multifunctional command that combats CBRNE threats around the world.

“Experiments conducted with the LAC will eventually contribute to the EOD community’s understanding of explosive reactions to different dynamic operations,” said 1st Lt. Mark Wiseman,

a 21st EOD Company platoon leader.

Wiseman said the company was selected to test the liquid abrasive cutter because of its relationship with the organization that designed it, the Lawrence Livermore National Laboratory.

Along with Wiseman, the EOD Soldiers involved in the LAC tests included Staff Sgts. Joseph Salmond; Jason Trahan; Michael Laurie; and Anthony Dymond; Sgt. Zachary Pickard; and Spc. Andrew Altonji.

The seasoned Army EOD team has a total of eight combat deployments.

The Energetic Materials Research and Testing Center and Lawrence Livermore National Laboratory took part in the tests.

Col. Heidi Hoyle, the commander of the Fort Carson, Colorado-based 71st EOD Group, said the experiment could benefit the entire EOD and scientific community.

“This experimental procedure looks to provide the greater EOD and energetics scientific community increased fidelity on water-based cutting operations,” Hoyle said.



Courtesy photo
Soldiers from the 21st Explosive Ordnance Disposal Company (Weapons of Mass Destruction) conducted the first ever test of the liquid abrasive cutter on high explosives at New Mexico Tech’s Energetic Material Research and Testing Center in January.

Send newspaper submissions to the APG News

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

MDARNG aviation unit facilitates casualty care exercise on APG South

By **STAFF SGT. MICHAEL DAVIS JR.**
Maryland National Guard Public Affairs Office

The Maryland National Guard's Company C, 1st Battalion, 169th Aviation Regiment collaborated with active duty Tactical Combat Casualty Care (TCCC) instructors from Walter Reed National Military Medical Center (WRNMMC) during a medic sustainment training event held at Weide Army Airfield on APG South (Edgewood) and at other locations in the Edgewood area in early February.

As part of a monthly partnership, the pilots and flight crew in Company C facilitate WRNMMC military personnel by providing suitable locations, nine-line medical evacuation (MEDEVAC) support, and familiarization to aircrafts in order to successfully run a TCCC training cycle. The instructors from WRNMMC teach TCCC to service members and civilians throughout the Department of Defense and other federal agencies.

"We coordinated with this National Guard unit here in order to facilitate medical evacuation assets with our trauma lanes," said Staff Sgt. Daniel Burke, an instructor with WRNMMC.

Even though the MDARNG facilitated the joint operation, Company C 1-169th flight crew was able to go through sustainable training as well.

Guard pilots were also able to receive flight time, which can be beneficial for their career.

"For [Company C] 1-169th, this exercise is helping them do training progression for not only their pilots but also their crew members," said Maj. Teresa M. Parrotta, Company C instructor pilot.

"The medics on the ground were getting the benefit value of running through the nine-line and familiarization of the aircraft because a lot of them have never been around a UH-60 (Blackhawk helicopter) or any other aircraft."



(Above) Sgt. Austin S. Langdon, a veteran flight medic, with Company C 1st Battalion, 169th Aviation Regiment helps trainees load a mannequin patient onto a UH-60 Blackhawk helicopter during the Tactical Combat Casualty Care exercise on APG South (Edgewood) Feb 8.



(Left) Sgt. Austin S. Langdon, a veteran flight medic, with Company C 1st Battalion, 169th Aviation Regiment further treats a mannequin patient, while airborne inside a UH-60 Blackhawk helicopter during the Tactical Combat Casualty Care exercise.

Courtesy photos

Leave Donations

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

Alba, Audrey
Ashby, Patricia
Beach, Sarah Lynn
Benysek, Lee
Best, Anja S.
Blevins, Dianna
Budzinski, David
Calahan, Jane E.
Coleman-Jones Nancy
Clark, Lyra
Dissek, Michael J.
Donlon, Jacqueline

Employees eligible for donations in the Voluntary Leave Transfer Program

Doyle, Tesha H.
Gaddis, Lonnie
Eilerman, Edward
Henry, Randy
Hise, Anne R.
Gilley, Christopher M.
Johnson, Douglas W.
Kennedy, Sandra
Merkel, Arthur J.
McCauley, Adrienne
Nguyen, Amy
Palm, Natalie

Pusey, Nancy K.
Robinson, Jennifer
Sadler, Steven B.
Small, Patricia
Solomon, Je'Neane
Starnes, Desiree C.
Trulli, Wayne R.
Wade, Lamesa S.
Weimer, Carl R.

MORE ONLINE



Come and follow us for news and events going on at and

around the U.S. Army Garrison Aberdeen Proving Ground, visit the garrison twitter site <http://twitter.com/USAGAPG>

MARK YOUR CALENDAR

events&town halls

WEDNESDAY

MARCH 4 EMPLOYMENT RESOURCE DAY & EXPO

Meet with local employers and employment assistance specialists during the Employment Resource Day & Expo, 11 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, Erie Street.

This event is open to all job seekers. Business attire is recommended.

Drivers not in possession of a government ID card will need to provide a driver's license, vehicle registration, proof of insurance and building information at the visitor center located at the MD 715 gate.

This event is presented in partnership with the ACS Employment Readiness program, the Department of Labor, Licensing & Regulation, Local Veterans Employment Representative (LVER), Susquehanna Workforce Network (SWN), and the APG Military Personnel Office (MILPO)/Directorate of Human Resources.

For more information, contact the ACS Employment Readiness Program manager at 410-278-9669/7572.

TUESDAY

MARCH 10 APG NATIONAL PRAYER LUNCHEON

You are cordially invited to attend the APG 2015 National Prayer Luncheon that will be held at Top of the Bay, 11:30 a.m. This year's theme will be "Discovering God, Celebrating Life, and Serving Others." Reverend Dr. Leroy Gilbert, former Chief of Chaplains for the U.S. Coast Guard, will serve as the keynote speaker. Gilbert presently serves as the Senior Pastor of the Mt. Gilead Baptist Church in Washington, D.C. The event will be hosted by APG Senior Commander Maj. Gen. Bruce T. Crawford.

ONGOING

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 fourth Thursday of each month – except November – and the first Thursday in December, at the Dickson Hall (Ball Conference Center).

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

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

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

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

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

meetings&conferences

THURSDAY

FEBRUARY 26 RESTORATION ADVISORY BOARD MEETING

The next Restoration Advisory Board (RAB) meeting will be held at the Ramada Conference Center in Edgewood at 7 p.m. Topics to be discussed will be a review of calendar year 2014 IRP activities, plans for calendar year 2015, an update on the Bush River Study Area and the Long-Term Management sites at APG.

For more information, contact Karen Jobs at karen.w.jobs.civ@mail.mil.

WEDNESDAY

MARCH 11 FEDERAL WOMEN'S PROGRAM – WOMEN'S HISTORY MONTH TRAINING PROGRAM

The 35th annual Women's History Month Training Program hosted by the Federal Women's Program will be held 8 a.m. at the Mallette Auditorium, Bldg. 6008.

This year's theme is "Weaving the Stories of Women Lives," and the guest speaker is Yolanda Maria Martinez, CEO

of Respira Medical.

For more information, contact Liz Young at 410-278-1392 or Teresa Rudd at 410-436-5501.

WEDNESDAY

MARCH 25 HOW TO SMART START YOUR SMALL BUSINESS

In honor of Women's History Month, Army Community Service will host a Powerful Women in Small Business seminar 11:30 a.m. to 2 p.m. at Top of the Bay, Bldg. 30. Attendees can purchase lunch for this one-day event. Future How to Smart Start Your Small Business sessions will be held at ACS Bldg. 2503, Highpoint Road 11:30 a.m. to 1 p.m., May 13, Aug. 12 and Nov. 4.

To register, contact the ACS Employment Program manager at 410-278-9669/7552. For more information, visit the ACS website on www.TeamAPG.com.

FRIDAY & SATURDAY

MAY 1 & 2 VETERANS LEGAL CAREER FAIR

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

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

Candidates should register by March 27 while employers are encouraged to register by March 13.

Any lawyer who has served or is serving in any branch of service in any capacity can register to attend. Military spouses who are lawyers also are eligible.

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

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

health&resiliency

THURSDAY

FEBRUARY 19 HEALTHY HEART INFO SESSION

Jump start your 2015 fitness goals during a Healthy Heart Info Session with Zumba 11:30 a.m. to 12:30 p.m. at the Myer Auditorium, Bldg. 6000. This event is open to DOD civilians, contractors and service members. For more information, contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

HEALTHY HEART SESSION & ZUMBA DEMO

The C4ISR Wellness Committee will host a Healthy Heart Informational Session from 11:30 a.m. to 12:30 p.m. at the Myer Auditorium, Bldg. 6000 on the C4ISR campus.

The session, open to military personnel, civilians and contractors, will discuss choosing the right foods, activities, and lifestyles to keep your heart and the rest of your body healthy. It will also include a Zumba demonstration and mini class.

C4ISR Slim Down Participants should bring their wellness activity rosters to credit attendance and sign the session sign-in sheet. For sign language interpreters or other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355.

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

THURSDAY

MARCH 26 PREVENTATIVE CARE INFO SESSION

The C4ISR Wellness Committee will host a Preventative Care Informational Session to explore the importance of maintaining a healthy lifestyle 11:30 a.m. to 12:30 p.m. at Bldg. 6001, second floor, room 224 on the C4ISR campus.

The session is open to military service members, civilians and contractors. C4ISR Slim Down Participants should bring their wellness activity rosters to credit attendance and sign the session sign-in sheet.

For sign language interpreters or

other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 by March 12.

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

ONGOING

THROUGH APRIL 17 INSTALLATION SLIM DOWN CHALLENGE UNDERWAY

The Installation Slim Down Challenge kicked off Jan. 20 and runs through April 17. The challenge encourages individuals to stay active and pursue their fitness and weight goals in keeping with the Army Performance Triad. APG units and organizations are encouraged to start their own groups to compete for the Slim Down Challenge Tenant of 2015 award. Personnel can also compete individually.

Participants can take advantage of MWR fitness classes including special Slim Down Boot Camp classes held each Monday, 11:30 a.m. to 12:30 p.m. at the APG North (Aberdeen) recreation center. Visit www.apgmwr.com for class schedules at APG North (Aberdeen) and South (Edgewood) facilities.

For more information, contact Capt. Joanna Moore, APG Performance Triad Action Officer, at 410-278-1773 or joanna.t.moore@us.army.mil.

ONGOING

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.

- **March 18** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **April 22** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- **May 20** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **June 17** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- **July 15** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **Aug. 19** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- **Sep. 16** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **Oct. 21** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- **Nov. 18** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **Dec 16** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

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

miscellaneous

ONGOING

THROUGH APRIL 2 2015-16 SENIOR SERVICE COLLEGE FELLOWSHIP PROGRAM ACCEPTING APPLICATIONS

The U.S. Army Acquisition Support Center is currently accepting applications for the 2015-16 SSCF program through April 2. The SSCF Program is a 10-month educational opportunity conducted under the auspices of the Defense Acquisition University (DAU) at Aberdeen Proving Ground, as well as Huntsville, Alabama and Warren, Michigan.

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

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

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

ONGOING

THROUGH APRIL 28 AMERICAN SIGN LANGUAGE CLASS

The basic and advanced American

Sign Language Class that began Feb. 3 runs through April 28. Class is held 11:30 a.m. to 12:30 p.m. each Tuesday at Bldg. E3330-31, room 270 in APG South (Edgewood). This class is free of charge and students can bring their lunch. The text book "ABC, A Basic Course in American Sign Language" is needed for the course.

To register, or for more information, contact BethAnn Cameron at 410-436-7175 or Instructors Pat Reeves and Randy Weber at 410-436-8546.

ONGOING 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: March 19; April 23; May 21; June 18; July 9; Aug. 13; Sept. 17; Oct. 8; Nov. 12; and Dec. 10.

Intermediate Driver's Course:

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

- Course time: 9 to 11:30 a.m.
- Course dates: March 19; April 23; May 21; June 18; July 9; Aug. 13; Sept. 17; Oct. 8; Nov. 12 and Dec. 10

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

FIREWOOD AVAILABLE

Firewood is available to authorized patrons at a cost of \$20 per level standard 8-foot pickup truck bed; \$15 per level standard 6-foot pickup truck bed, and \$5 per car trunk. Checks or money orders only will be accepted for payment. Permits to buy wood are good for ten days, or until an order is filled, whichever comes first. Permits will be issued on a first come, first-served basis 8 to 3 p.m., Monday through Thursday at Bldg. E4630 in APG South (Edgewood). For more information, contact Kathy Thisse at 410-436-8789 or Scott English at 410-436-9804.

REPORT POWER OUTAGES TO CORVIAS MILITARY LIVING

During severe weather, all residential power outages should be reported to the Neighborhood Office at 410-305-1076. This will allow staff to determine if the outage is widespread or specific to the home and coordinate the responsible provider to restore power.

In the event a neighborhood office loses power, the phone system may also be affected. If the office cannot be reached, residents should call the following toll-free numbers to report outages and maintenance emergencies. Calls to the toll-free number will directly connect residents to the emergency on-call service.

APG: 1-866-958-5412
Patriot Village: 1-866-871-6257
NH Office: 410-305-1076

HOT WORK PERMIT

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

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

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

For more information, call 410-306-0001.

MORE ONLINE

More events can
be seen at [www.
TeamAPG.com](http://www.TeamAPG.com)

Calories, exercise and weight management

By **BRANDON ALLEN**
APG Army Wellness Center

Just about everywhere we turn we see and hear different recommendations for nutrition and physical activity “Eat this, don’t eat that, this exercise is better for fat loss...”

Should we all be taking part in the latest fad diet or the hottest new exercise trend? Do all the diets out there really provide us with the right amount of calories our body needs each day based upon our goals?

It is hard to tell if you are getting the right amount of calories and exercise each day when these values can vary widely between individuals, but there are steps we can take and guidelines we can follow to ensure we get the right amount of calories and exercise each day.

The amount of calories you need each day depends upon whether you want to lose, maintain or gain weight, as well as how many calories your body burns each day from normal bodily functions, day-to-day activities and exercise. Once you know your resting metabolic rate, lifestyle activity and exercise levels, you can determine how many calories to consume per day to reach your weight management goal.

The question you may be asking yourself right now is “how do I know how many calories my body burns each day from my resting metabolic rate, lifestyle activity, and exercise?”

One can estimate their daily energy expenditure using different equations based upon normative data, or you can actually have your individual resting metabolic rate measured using indirect calorimetry.

Determining your daily caloric amount is as easy as one, two and three. *One*, call your local Army Wellness Center and schedule the initial appointment. *Two*, lie on their recovery bench and breathe into the mask or canopy for 15 minutes, and *three*, find out how many calories you need per day to lose, maintain, or gain weight.

It is recommended that males should not consume under 1,800 calories and females should not consume under

Healthy Living

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



Courtesy photo

The amount of calories you need per day depends upon whether you want to lose, maintain or gain weight, as well as how many calories your body burns each day from normal bodily functions, day-to-day activities and exercise. Once you know your resting metabolic rate, lifestyle activity and exercise levels, you can determine how many calories to consumer per day to reach your weight management goal

1,200 calories per day.

Knowing the right amount of calories needed per day is only a portion of the battle when it comes to health, fitness and wellness. It’s also important to make sure you are getting the right amount of

physical activity and exercise. Fortunately, there are organizations like the American College of Sports Medicine (ACSM) that make guidelines for physical activity and exercise.

According to the ACSM, a dai-

ly goal of 10,000 steps is what is recommended for good health. That is the equivalent to five miles per day depending on stride. Gradually building up to an even higher level of activity is recommended for weight loss and weight loss maintenance. Tracking steps with a pedometer is a great way to make sure you are getting the recommended amount of physical activity each day.

When it comes to exercise, the ACSM recommends that the apparent healthy adult engage in 30 minutes of moderate intensity exercise, like walking, cycling, or water aerobics five days per week for a total of 150 minutes. The ACSM recommends 75 minutes per week of vigorous intensity aerobic activity for individuals with good fitness levels.

One could also engage in a combination of moderate and of vigorous intensity aerobic activity three to five days per week as well. To lose or maintain one’s weight, the recommended aerobic activity per week doubles to 300 minutes of moderate intensity activity or 150 minutes of vigorous intensity activity.

Resistance training and flexibility are two components of fitness that should not be neglected. ACSM recommends that the healthy adult train the major muscle groups (chest, shoulders, back, legs, and arms) two to three times per week with at least 48 hours rest in between training the same muscle group. It is also recommended that flexibility exercises be done two to three times per week.

Calorie and exercise recommendations vary based upon the health status of the individual. To determine your ability to safely engage in exercise or adjust your physical activity levels or caloric intake, consider visiting your medical provider and the AWC.

To schedule an appointment at the APG AWC, call 410-306-1024 or email usarmy.apg.med-com-kirk.mbx.kirkwellnesscenter@mail.mil.

For more information on the activity and nutrition elements of the US Army’s Performance Triad please visit <http://armymedicine.mil/Pages/performance-triad.aspx>.

See more photos from events around APG <http://www.flickr.com/photos/usagapg/>



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



Like us on facebook 
www.facebook.com/APGMd

Follow us on twitter 
<https://twitter.com/USAGAPG>



Check us out on flickr
<http://www.flickr.com/photos/usagapg/>

ATEC explores energy management

By **DIANA REEVES**
ATEC

The U.S. Army Test and Evaluation Command's Resiliency Team kicked off the New Year by sharing tips on how ATEC personnel can better manage energy during a recent ATEC resiliency session at the APG North (Abedeen) recreation center.

Energy management can mean a variety of things, from saving energy in businesses, government organizations, and even homes. However, what about your body?

"Energy is a crucial component to ensure our body operates at its best," said Master Sgt. Linwood Parker, ATEC resiliency instructor and master resiliency trainer. "Many don't realize we have the ability to self-regulate our energy levels in a very deliberate way using a variety of strategies."

Parker led the class of military and civilian personnel. He compared the body's ability to manage its energy, to that of a cell phone.

"Just like our batteries in our personal devices, we can't leave home without it," Parker said. "Energy management and how it allows you to be in control of your physical state, thoughts, and emotions in stressful situations and how to help build skills for self-regulation."

The seminar addressed energy as it relates to individuals achieving their optimal performance. To do this, participants have to be aware of the various ways in which they perform to have your "head in the game."

"I think all of us, at one time or another, feels pressure to perform well, and most of us, at our jobs or even at home with our families, are evaluated and/or measured on our performance, and may even face consequences should our performance not be as optimal as it should be. We want to be good workers, spouses, parents and friends to the people in our lives," Parker said.

The class addressed how personnel can change their energy levels most by controlling their thoughts, emotions and responses to the stress faced in everyday life.

"Our thoughts drive our consequences and our consequences influence how well we perform. Your thoughts drive your physical reactions. It is a vicious cycle if you let it. We must change our thoughts and engage in more positive self-talk," Parker said. He said first responders serve as a good example of how to exercise good energy management skills.

Soldiers are trained, over and over, on how to react in stressful situations. "When we face those situations, we have moments of anticipation and can engage in pro-active thoughts about the very fact that we are in fact ready to deal with said situation. This positive 'mental conversation' with yourself can lead us to be more confident in our ability navigate through challenges and, in turn, react or respond in a calm and centered fashion," Parker explained.



(Above) The U.S. Army Test and Evaluation Command Master Resiliency Training attendees – seated, from left to right, clockwise – Capt. Elisabet Guillen, resource manager; Capt. Daniel Dotson, AFED military evaluator; Lt. Col. Aaron Lilley, senior military evaluator; and Lt. Col. David Law, military evaluation officer, share stories about personal experiences while combating counterproductive thoughts during July 10, 2014, MRT training at the APG North (Aberdeen) recreation center. The training focused on "Real-Time Resiliency," techniques to maintain a positive mental attitude when facing challenges. Also pictured (from left, standing), are ATEC Master Resiliency Trainers Master Sgt. Linwood Parker, and Sgt. 1st Class Milvia Kendrick, of ATEC's Army Evaluation Center.

Photo by Lindsey Monger



Class participants included Soldiers and civilians. Several said they gained something from the experience.

"The points covered today were relatively important to me, actions versus consequences, focusing on your thinking and what you do, working on your physical style and thinking about the breathing techniques when you are under pressure," said Tom Mikolins, from ATEC's Army Evaluation Center.

Parker offered the following example during the resiliency session:

"Let's say a Soldier preparing to present at a promotion board. He, or she, continues to tell himself that his career depends on this...feeling the pressure mounting, they will become worried.

"This worry may trigger some uncomfortable physical reactions, like a pounding heart, sweating, or even feeling sick to the stomach. Then, the negative thoughts can come into play. 'I must not be prepared enough because I'm ner-

vous, or sweating.' This person may even start panicking, or pacing. This person is unlikely to perform well at the task at hand because they are allowing their negativity to take over.

"Our thoughts and consequences have real-life impacts on our performance at work or at home. If we find ourselves about to perform and our physical state is not where it needs to be, we must change our thoughts in order to influence our physical state to increase the likelihood of performing well," Parker explained.

To gain control of emotions and reactions, "deliberate breathing," in a rhythmic manner is one tool to self-regulate your energy in times of stress.

"When practiced on a regular basis, deliberate breathing allows us to create balance so we can have an energy level that's appropriate for whatever performance event we're facing, conserve valuable energy, and quiet our minds to bring our focus to the pres-

ent moment," Parker said. "All of these techniques can enable a more optimal performance."

Class attendees participated in a series of breathing exercises to practice how to take control of their body's reactions to stressful situations.

"I realize that I am not alone, everyone experiences these issues. For me, the biggest take away from today's class is to acknowledge who you are in these areas and do something about it to improve your performance," said Capt. William Viegas, AEC.

"I learned that I should try to use positive thought more. Get out of the cycle of negativity and roll positive thought into it. Class was very informative," said Guy Matricciani, AEC.

The February resiliency session, covering how to identify and correct counterproductive thinking patterns, is scheduled for Feb. 26 at the APG North recreation center.

Workplace discrimination has lasting impact

By **NESLIE A. ETHERIDGE**
CECOM Equal Employment
Opportunity Office

Next to their homes, the workplace is where Americans spend the majority of their time. Employees strive for success and recognition in their chosen professions with the hope of a fair shot at advancement. But when workplace discrimination occurs, it can have effects far beyond a stalled career.

The burden and stress caused by discrimination and other forms of harassment can take a physical and sometimes mental toll on the body, compounding an already difficult situation.

A recently released study conducted by the National Institutes of Health (NIH) has shown a relationship between perceived discrimination in the workplace and a negative effect on both mental and physical health of the employee. Employees who have experienced discrimination have higher levels of psychological distress and health-related problems than employees who have not.

NIH conducted a meta-analysis of past studies and current literature on potential pathways linking perceived discrimination to negative health outcomes.

Information in the cross studies reviewed by NIH includes a link that suggests racial discrimination can lead to smoking, while sexual harassment and workplace bullying (hostile work environment) can lead to heavy alcohol use as a means for the employee to cope with the situation at work.



Courtesy photo illustration

A recent study conducted by the National Institutes of Health (NIH) has shown a relationship between perceived discrimination in the workplace and a negative effect on the mental and physical health of the employee. Employees who have experienced discrimination have higher levels of psychological distress and health-related problems than employees who have not.

Some of the physical effects include aches and pains, an increase in cardiovascular illness, breast cancer, obesity and high blood pressure most likely related to the impact of the stress. Effects are not limited to physical but also mental effects on the employee include depres-

sion, developing anxiety disorders, loss of self control leading to the employee becoming hostile or even attempting suicide.

Perceived discrimination impacts the employee and the work environment. Effects include a poor work culture when

the employee loses focus and exhibits counterproductive work behaviors such as not completing tasks on time, leaving work early, and arriving late.

The NIH's overall analysis of previous research supports the hypothesis that perceived discriminate may be related to mental and physical health outcomes.

Leaders have an important role in promoting a work environment that fosters awareness and worth of a diverse workplace. It is also important to ensure all employees are aware of and understand the EEO process.

Communication is key. If you are a supervisor, let your employees know you are approachable and available if they need to discuss issues.

Lead by example, include diversity in your strategic plans and walk the talk.

By promoting cultural diversity in the workplace, employees feel valued. Advantages of workplace diversity are an enhancement of productivity from the employee. Many studies related to organizational behavior conclude that promoting cultural diversity reduces absenteeism rates and lowers employee turnover.

In this world of competition, where cultural diversity has so many benefits, it deserves a place in all organizations. This will not only bring productive and happy employees to the organization but will lead to development of competencies among all employees.

Submit letters to the editor to usarmy.apg.imcom.mbx.apg-pao@mail.mil

ALL THINGS MARYLAND

The Walters Art Museum *Taking a stroll through world history*



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

Put down your tablet, silence your phone and instead of attending to cyberspace, study real, ancient Egyptian hieroglyphs, see an early depiction of the Stations of the Cross and stand in awe of Monet's brilliant depiction of light and shadow in his painting, "Springtime."

These works, along with more than 30,000 statues, paintings, sculptures, drawings and artifacts reveal themselves under a single roof at Maryland's prestigious Walters Art Museum.

The Walters is one of only a few museums in the world to present a panorama of art from the third millennium BC to the early 20th century. Stand-out collections include an array of suits of armor and weaponry, art nouveau jewelry, including Tiffany jewelry and Faberge eggs, Renaissance paintings by the likes of Tiepolo and El Greco, and a spectacular reserve of illuminated manuscripts and rare books.

The Walters Art Museum was named after Baltimore businessman William T. Walters, who in the 19th and early 20th centuries along with his son, Henry, assembled an incredible collection of 22,000 works of art from around the world.

Williams Walters proudly boasted he spent the first \$5 he ever earned on art. At first, he exclusively collected 19th century American regional art depicting current events and realistic landscapes. When he moved his family to Paris during the Civil War, his collecting interests broadened significantly.

Father and son passionately believed that the art of the past can enrich our lives and wanted to share it with others. In just over seven decades they created their own masterpiece: The Walters collection.

Today, the Walters Museum is free and open to the public.

The Egyptian and Roman art rooms



The age, gender and name of a mummy who calls the Walters' Art Museum home remained a mystery until 2008. A team discovered the mummy was that of an Egyptian woman, between 50 and 60 years old, who lived nearly 3,000 years ago. No clues remained of her identity, so museum staff named her Mery, meaning "the Beloved" in ancient Egyptian.

offer a fascinating look into the religious beliefs and funerary rites of ancient peoples, as revealed in the sizable collection of human and animal mummies and sarcophagi on display. Mummy cases were carved and shaped to outline the mummy's body, decorated with symbols and prayers to help the deceased in the afterlife, such as detailed spells to ward off evil spirits or bad omens.

Each piece tells a story about the times of those who created it. For example, a cista was a vessel commonly owned by Etruscan women to keep and protect valuable items, much like a jewel-

elry box. One such cista owned by the Walters depicts the ancient love story of Helen of Troy, daughter of Zeus, and Paris, a Trojan prince. Conservators have cleaned and restored the piece, and yet air and weather have caused a green product, known as patina, to form on the surface. The aged, weathered quality of some of the pieces makes them even more visually interesting.

The museum is family-friendly, offering fun and challenging activities for children to play while browsing through each collection. Current exhibitions include "From Pen to Press:

Experimentation and Innovation in the Age of Print," which tells the story of the print medium from the publication of Gutenberg's Bible in 1455 to present-day technologies that are moving the world from print books to digital publishing.

The Walters Art Museum is located at 600 North Charles Street in Baltimore's historic Mount Vernon Cultural District. Hours of operation for the museum are 10 a.m. to 5 p.m. Wednesday to Sunday and 10 a.m. to 9 p.m. on Thursday. For more information, visit www.thewalters.org.

Online VA prescription tracker now available

Department of Veterans Affairs

Veterans can now track the status of most of their prescriptions online, thanks to an innovative idea by a Department of Veterans Affairs (VA) employee. The new 24/7 service allows online tracking for most prescriptions mailed from the VA Mail Order Pharmacy.

The prescription tracker was recommended by VA employee Kenneth Siehr, a winner of the President's 2013 Securing Americans Value and Efficiency (SAVE) Award. Siehr's idea focused on the use of technology as a way to save money and improve the services VA provides to its patients.

"Our nation's veterans deserve a first-class pharmacy and quality customer service as a part of the exceptional health

Veterans Corner

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

care available from VA," said Siehr, the national director for Consolidated Mail Outpatient Pharmacies. "It is an honor to be part of serving veterans and to have been recognized for an idea that enhanc-

es our services to them."

More than 57,000 veterans are currently using the service through My HealthVet, an online feature that allows Veterans to partner with their health care

team. The number is expected to grow as VA starts to educate veterans about the new feature.

Later in February, the tracking feature will include images of the medication that is dispensed. Over the next year, a secure messaging alert will be added so that veterans know when a medication was placed in the mail.

"VA prescription refill online is an excellent example of how one employee looked at the process of VA prescription tracking through the eyes of our veterans and came up with an idea that better serves [them]," said Interim Under Secretary for Health, Carolyn M. Clancy.

"This idea is both innovative and transformative, and it is certainly one, when put into action, that improves customer service for America's veterans."



Jeanne Colopietro

Religious Education Coordinator

Jeanne Colopietro has served as the Religious Education Coordinator for the APG Religious Support Office (RSO) for the past year.

The RSO provides religious education programs for all ages and faith groups within the APG community. The wife of a Navy retiree, she has worked as a high school teacher and a

sports coach, and she has volunteered at the chapel for 10 years.

Colopietro's responsibilities include developing and procuring curriculum and providing theological instruction and training for volunteers in the Catholic, Gospel and Protestant congregations. She oversees all religious education programs and she partici-

pates in newcomer orientations and health fairs. She works closely with Mark Edwards, director of Religious Education for the RSO.

Colopietro also trains Catechism teachers. She said Catechism classes are standardized so that children receive the same curriculum no matter where their parents are stationed. The curriculum is set by the Archdiocese for the Military Services, USA.

Colopietro leads the Catholic Youth Group of the Chapel (CYOC) and oversees Children's Church and the Youth Ministry for the Gospel and Protestant services. She also helps with Vacation Bible School, the Back to School Fair and the Hallelujah Harvest.

She said she enjoys watching children grow up in the church and that young adults often return for service projects with CYOC during college

breaks.

"I am so happy when I see them come back," she said. "It shows that they are really walking in their faith."

What she likes most about her job, she said, is being a mentor to children and teens. Her focus is to teach them to see the value in community service.

"I love what I do," she said. "My main goal is to show the youth how much I love coming here, so they will want to come back and will want to give to others."

Colopietro holds a master's degree in education from Nazareth College. Her office is located at the APG North (Aberdeen) main post chapel, 4510 Boothby Hill Avenue, Bldg. 2485.

For information about sacramental programs, call Colopietro at 443-243-2861. For other religious education programs call Edwards at 410-278-2516.

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

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

Alba, Audrey
Ashby, Patricia
Beach, Sarah Lynn
Benysek, Lee
Best, Anja S.
Blevins, Dianna
Budzinski, David
Calahan, Jane E.
Coleman-Jones Nancy

Clark, Lyra
Dissek, Michael J.
Donlon, Jacqueline
Doyle, Tesha H.
Gaddis, Lonnie
Eilerman, Edward
Henry, Randy
Hise, Anne R.
Gilley, Christopher M.

Johnson, Douglas W.
Kennedy, Sandra
Merkel, Arthur J.
McCauley, Adrienne
Nguyen, Amy
Palm, Natalie
Pusey, Nancy K.
Robinson, Jennifer
Sadler, Steven B.

Small, Patricia
Solomon, Je'Neane
Stames, Desiree C.
Trulli, Wayne R.
Wade, Lamesa S.
Weimer, Carl R.

MORALE, WELFARE & RECREATION



Upcoming Activities

SAVE THE DATE 2K COLOR FAMILY FUN RUN

SATURDAY, APRIL 18, 2015

Registration opens Tuesday, Feb. 17
A 2K color run is scheduled for Saturday, April 18 from 9 a.m. to noon in celebration of Month of the Military Child at the APG North (Aberdeen) Youth Center, Bldg. 2522. The event is free and registration opens Tuesday, Feb. 17 on <https://eventbrite.com>.

For more information, contact: Stacie Umbarger at stacie.e.umbarger.naf@mail.mil or call 410-278-2857. REGISTRATION INFORMATION: Please visit the Parent Central Office, Bldg 2503 Highpoint Road, second floor, rooms 210/211/209, or call 410-278-7571/7479 to register.

CHILD & YOUTH SERVICES

INDOOR SOCCER REGISTRATION THROUGH FEBRUARY 26

Registration is open for the CYSS indoor soccer league. Games begin March 3 and will be held each Tuesday: March 3, 10, 17, 24, 31 and April 7 at 6 and 7 p.m.

AGE: Boys and girls ages 11-14, Age Determination Date: July 31, 2015 (same as fall soccer cut-off)
COST/FEE: \$20

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

SPRING SPORTS REGISTRATION THROUGH FEBRUARY 26

Registration is open for spring sports at CYSS Central Registration Bldg 2503, Highpoint Road 7 a.m. to 5 p.m. Monday through Thursday and 8 a.m. to 4 p.m. on Friday.

For more information go to <http://www.apgmwr.com/child-youth-school-services/child-and-youth-sports>.

SAT PREPARATION CLASSES THROUGH - MARCH 12

MARCH 26 - APRIL 30

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

Winter Session: Every Thursday, through Mar 12, 6-8 p.m. (SAT Test Date: March 14) Winter Session: Every Thursday, March 26 - April 30 (SAT Test Date: May 2)

The preparation class does not include

the official exam. Each class is limited to five students per session.

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

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

PARENT ADVISORY COMMITTEE MEETING WEDNESDAY, FEBRUARY 25

The next Parent Advisory Committee is set for noon to 1 p.m., Bldg. 2503, CYSS conference room 214. The PAC Board represents all CYSS programs. Parents with children enrolled in CYSS programs are encouraged to attend to receive two Parent Participation Points for attending. Attendees can bring their own lunch.

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

PRE-TODDLER AGE CDC OPENINGS

Child, Youth and School Services (CYSS) at Aberdeen Proving Ground (APG) offer active duty military, and DOD civilians and contractors a comprehensive program to assist with full-day child care needs.

The APG programs currently have immediate full-time child care openings at the Aberdeen and Bayside CDCs for children aged 13-months-old. Participants must be registered with the Parent Central Office. Fees are based on the total family income.

For more information contact the Parent Central Office at 410-278-7479 or 410-278-7571.

Through Teaching Strategies Creative Curriculum and TS Gold, our installation helps children work with their strengths, interests, and each other, to feel good about themselves, and to grow as individuals. Activities are offered in the areas of oral language, social/emotional, physical, cognitive, literacy, mathematics, science & technology, social studies, arts and English language acquisition. Sign up your child today.

LEISURE TRAVEL SERVICES

ROUNDTOP, LIBERTY AND WHITETAIL SKI TICKETS

The following ski ticket packages are available at the MWR Leisure Travel Services:

Weekend/Holiday Extended Lift - \$62

Weekday/Non-Holiday Extended Lift - \$50

All Mountain Package Weekend/Holiday ** - \$100

All Mountain Package Weekday/Non-Holiday ** - \$85

- Learn-to-Ski Weekend* - \$80

*Learn to Ski includes Ski/Snowboard rentals, beginner's lesson, and a beginner's 8-hour lift pass.

All Mountain Packages include a lift ticket valid on all lifts, optional class lesson and use of rentals.

MONSTER JAM DISCOUNT TICKETS

Purchase discount tickets to the monster truck show "Monster Jam" to be held at the Royal Farms Arena in Baltimore. Ticket prices are as follows: \$20 for adults, \$14 for children ages 2 and up. Pit pass is \$12, for 2 p.m. shows only. Tickets are available for the following dates and times:

- Friday, Feb. 27 - 7:30 p.m.

- Saturday, Feb. 28 - 2 p.m.

- Saturday, Feb. 28 - 7:30 p.m.

- Sunday, March 1 - 2 p.m.

WASHINGTON CAPITALS TICKETS

Purchase your discount tickets for The Washington Capitals. Home games are played at the Verizon Center, Washington D.C. For pricing and ticket availability contact MWR Leisure Travel Services at the APG North (Aberdeen) recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email usarmy.apg.imcom.list.apgr-usag-mwr-leisure-travel@mail.mil

BROADWAY'S "CHICAGO" FRIDAY, MARCH 6

Purchase your tickets for the Broadway production of "Chicago" at the Hippodrome Theater 8 p.m., Friday March 6. Tickets cost \$38 for left and right side Orchestra Seating. Tickets must be purchased by Feb. 16.

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

2015 APG TRAVEL FAIR & SPRING BAZAAR WEDNESDAY, MARCH 11

Complete your vacation plans early this year by attending the 2015 APG Travel Fair at the APG North recreation center, Bldg. 3326, from 10 a.m. to 2 p.m. Speak directly with representatives from local attractions, amusement parks, museums, Disney parks, the Baltimore Orioles and more.

The spring bazaar will include tables from local area vendors and businesses. Complementary light refreshments will be served and door prizes.

NATIONAL CHERRY BLOSSOM FESTIVAL BUS TRIP

SATURDAY, APRIL 11

Seats are available for a bus trip to Washington, D.C. for the National Cherry Blossom Festival. The festival includes special events, a parade and a Japanese street festival. Space is limited on the bus, tickets are \$32 per person, all ages.

The deadline to register is March 27.

SPORTS

ALL ARMY SPORTS "GET IN THE GAME" - SOCCER APPLICATIONS THROUGH MARCH 6

All-Army Men's Soccer is now accepting applications through March 6 for athletes.

For selection criteria and the application, visit www.allarmysports.armymwr.com.

For more information, contact MWR sports at 410-278-7933 or 410-436-3375.

ARMY COMMUNITY SERVICE

CREATING A SOLID SPENDING PLAN

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

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

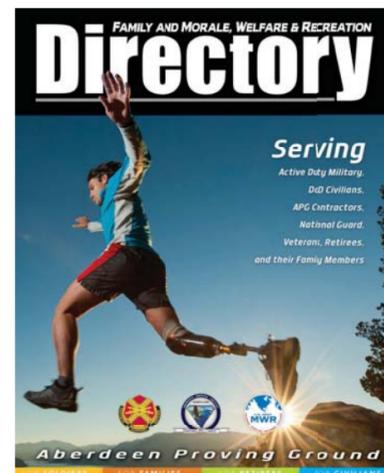
- Wednesday, March 11

- Wednesday, June 17

- Wednesday, Sept. 9

- Wednesday, Nov. 18

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



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

APGMWR

Texas Hold'em Tournament

Thursday February 26, 2015

Ruggles Golf Course Clubhouse
Doors open at 5PM Event starts at 6PM
\$25 in advance
\$30 at the door (if available)

Includes refreshments, cash bar
Prizes to the top winners
To purchase, visit MWR Leisure Travel Services at the AA Recreation Center, BLDG 3326.

For questions call 410-278-4011/4907 or email us at usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil



The 2015 APG MWR Travel Fair

March 11, 10am-2pm
APG Recreation Center
Building 3326, Ballroom

Ripley's Believe It or Not!

Contact MWR Leisure Travel Services for more information at the AA Recreation Center, BLDG 3326, 410-278-4011/4907 or email APGR-USAG-MWR-LeisureTravel@conus.army.mil

Complete your vacation plans early this year!
Speak directly with representatives from:

Local Attractions
Amusement Parks
Museums
Orioles
Door prizes
And more



February is Children's Dental Health Month

By **COL. GEORGIA ROGERS,**
Consultant to the Surgeon General for
Dental Public Health

February is National Children's Dental Health Month. Did you know that tooth decay is the most common chronic disease affecting young children?

Many children suffer from tooth decay pain, some so severely that it interferes with their ability to pay attention in class, causes them to miss school, and keeps them awake at night. Cavities are usually a sign that teeth are either being exposed to sugar too often, not being cleaned often enough with fluoride toothpaste, or both.

Parents try to warn their kids about food choices that will cause cavities, but now more than ever families are faced with an array of beverages, convenience meals and snack foods that contain added sugar. When we choose to include more foods and drinks that contain sugar, they often edge out healthy, nutritious foods.

Defeat cavities and maintain a healthy mouth by brushing for two minutes twice a day with fluoride toothpaste, flossing, eating healthy snacks and avoiding sugary drinks.

The American Academy of Pediatrics also recommends that children have their first dental visit by age 1, to make sure that they don't have dental problems that will interfere with healthy growth and

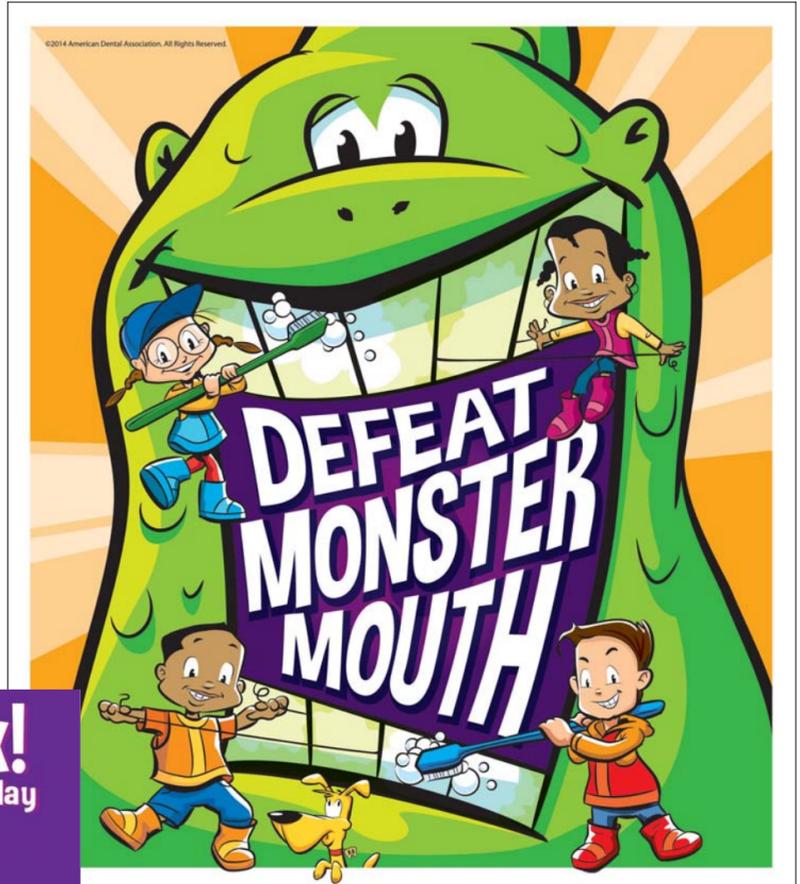
development.

Military family members can take advantage of their TRICARE Dental Program benefits to make sure that their children have healthy mouths. Find out more at <http://www.tricare.mil/CoveredServices/Dental/TDP>

For good oral health, follow these recommendations from the American Dental Association:

- Brush two minutes, two times a day.
- Clean between your teeth daily.
- Limit snacks, eat healthy meals.
- Visit your dentist regularly.

Just 2min2x!
Brush 2 minutes 2 times a day
- and YOU can defeat
Monster Mouth, too!



APG North acquisition package cutoff date announced

ACC-APG

The Army Contracting Command-Aberdeen Proving Ground (ACC-APG) Tenant Contracting Division has established the Fiscal Year 2015 (FY 15) cutoff date for submission of complete Acquisition Packages to include purchase requests (PRs) and required acquisition documentation.

With proper and early planning, together we can execute your requirements and your support continues to remain the key to a successful year-end by identifying and submitting these packages by or before the date listed below. This greatly enhances the ability of the ACC-APG Tenant Contracting Division to meet our customer needs.

Any packages which might be accepted after the cutoff date shall be handled on a best effort with no guarantee of award.

The following schedule has been established for the submission of acquisition packages for FY 15. This cutoff date is for the PR and all supporting documentation and signed approvals. Incomplete acquisition packages will not be accepted.

Failure to include the necessary documentation could result in delay, untimely, or non-award of requests.

Subject-to-availability-of-funds (SAF) will only be accepted by the Tenant Contracting Division Branch Chiefs. APG activities should consider maximizing use of their government purchase cards to execute small dollar transactions for authorized items rather than submitting a purchase request to the contracting office.

Acquisition package requirements

All acquisition packages must be submitted electronically and at a minimum shall include the following:

- Funded purchase request
- Statement of work/description of requirement/purchase description
- Signed independent government cost estimate (IGCE)
- Service acquisition strategy

(>\$150,000 inclusive of options)

- Service contract approval
- COR nomination completed in VCE-COR tool
- Quality assurance surveillance plan (QASP)
- NEC approval and/or AK1 Goal Waiver (IT hardware, software and services),
- Evaluation factors
- Complete sole source justification (<\$150K and J&A for >\$150K, if

appropriate),

- Antiterrorism/Operations Security (AT/OPSEC) cover sheet
- Market research.

ACC-APG Points of Contact

Who to contact:

- Chief, Tenant Contracting Division – Cynthia H. Phillips: cynthia.h.phillips.civ@mail.mil, 443-861-4812
- Mission Branch Chief – Alison Gannon: alison.w.gannon.civ@mail.mil,

443-861-4832

- Technology Branch Chief – Jason VanLuven: jason.e.vanluven.civ@mail.mil, 443-861-5355
- Facilities Branch Chief – Lane Gary: lane.m.gary.civ@mail.mil, 443-861-5339
- Supply & Services Branch Chief – Debbie Dean: debbie.d.dean.civ@mail.mil, 443-861-4625
- Contract Support Branch Chief – Thomas Boyle: thomas.j.boyle.civ@mail.mil, 443-861-5351

APG North (Aberdeen) Acquisition Package Cutoff Date: May 15, 2015

(Including, but not limited to, the following actions)

- Noncommercial items over \$150,000*
- Noncommercial items between \$2,500- for services; \$3,000- for supplies; \$2,000- for construction and \$150,000
- Commercial items under \$150,000
- Commercial items over \$150,000*
- Services under \$150,000
- Services over \$150,000*
- Delivery orders and task orders under existing contracts
- GSA schedule procurements
- Short-of-award over \$2,500**
- Maintenance for FY 2015 – (FY15 Contract Modifications and Options for Existing Maintenance Contracts)

* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the Branch Chiefs prior to this date. The ACC-APG Tenant Contracting Division encourages our customer activities to coordinate their projected FY-end requirements with their respective Branch Chiefs during the third quarter in order to discuss acquisition methods and identify those documents, reviews, and approvals required to accompany the procurement package.

**Customers submitting short-of-award PRs, especially for services requirements, must consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after PRs that are funded and PRs that are subject to the availability of funds. Short-of-award actions, if not funded in FY15, should be funded immediately in FY16 as a bona fide need.

Iraqi security forces repel ISIL attack

By **CLAUDETTE ROULO**

DoD News, Defense Media Activity

The Pentagon confirmed that an attempt by 20 to 25 Islamic State of Iraq and the Levant fighters to attack al Asad Air Base in Iraq was repulsed by “ready and able” Iraqi security forces Feb. 13.

“The attempted attack was led, we believe, by at least several ... suicide attackers,” Navy Rear Adm. John Kirby said. Early indications are that some of the attackers did detonate their vests, he noted, and the suicide attackers were followed by a second wave of about 15 fighters.

The admiral said the fighters reached the perimeter of the base, located in the Anbar province in western Iraq. “They were immediately engaged by members of the Iraqi army -- the 7th Infantry of the Iraqi army,” he added.

No coalition forces were injured in the attack, nor is there indication of Iraqi casualties, Kirby said.

Al Asad is a sprawling facility, he said. “It’s basically a base of many, many bases inside. And at no time were U.S. troops anywhere near the fighting -- at least a couple of miles away. So, they might’ve heard shots being fired, but that would’ve been about it,” the admiral said.

U.S. troops are at al Asad as part of the train, advise and assist mission, Kirby



Photo by Glenn Fawcett

Pentagon Press Secretary Navy Rear Adm. John Kirby takes questions during a press briefing at the Pentagon, Feb. 13. Kirby updated reporters on recent attacks in Iraq by the Islamic State in Iraq and the Levant.

by said. He said that if the troops were to come under fire, they are authorized and equipped to defend themselves.

Iraqi Troops Pressure ISIL

In one of their first successes in months, Kirby said, earlier this week ISIL forces took the town of al Baghdad, also in Anbar province. But, he noted, Iraqi security forces continue to operate

throughout the region, putting pressure on ISIL forces.

“Nobody has underestimated, and we’ve all been very honest about the continued threat that this group poses, which is why we have to take it so seriously, which is why this advise and assist mission is so important,” the admiral said.

“When you look at what happened today, I think it proves that Iraqi security forces can fight effectively and can defend territory and ground when they’re ready and they’re able. And in this case, they were ready and able,” he said.

ISIL Steals to Survive

It’s important to keep the events in Anbar in perspective, Kirby said. The list released earlier this week by U.S. Central Command of destroyed ISIL equipment and vehicles is significant given ISIL’s limited ability to reconstitute their supplies.

“It’s not like they’ve got, you know, a ready supply chain of armored personnel carriers just streaming across, and, you know, manufacturing capability to replace this stuff,” the admiral said. “It’s not like they’ve got a team full of mechanics that can keep them running after they’ve been hit and broken.”

Kirby added, “These guys steal to survive. I mean, one of their chief sources of income is stolen money. They just move into an area and basically rob banks. And that’s how they get a lot of their money. And when they’re not capturing new territory, they’re not robbing a whole lot of new banks.

“So there’s a shelf life here on their material capability,” he continued. “They do not have the ability to reconstitute strength the way a normal armed force would.”

Tips for winter storm preparedness

www.fema.gov

While it has been a relatively mild winter in terms of snowfall for the Baltimore area, if this past week is any indication, Mother Nature might not be done with winter just yet.

Plan now to be able to stay where you are when a storm hits. If you are not at home when the storm starts, you may need to stay where you are until the roads are safe.

This means having basic supplies of food and water in several locations, including your workplace, vehicle, and, if possible, other places where you and members of your household regularly spend time (e.g., house of worship, community center, and school).

Assembling emergency supplies

You may be without power and heat for several days. Have a family discussion; think through what three days without power, water, or heat would feel like. Gather the basic supplies your family would need if grocery stores and other services are unavailable; if power, water, and gas are interrupted; or if you cannot leave your home. Be sure to review your emergency supplies every fall.

Basic emergency supplies should

include the following, most of which you probably already have in your home:

- **Water** – Ensure you have at least one gallon of water per person per day for at least three days. (Store a longer-than-three-day supply of water, if possible). An average person needs to drink about 3/4 of a gallon of fluid daily. Individual needs vary depending on age, gender, health, level of activity, food choices, and climate. You may also need stored water for food preparation.

- **Food** – Store at least a three-day supply of non-perishable food for members of your household, including pets. Consider special dietary needs (e.g., infant formula). Include a non-electric can opener for canned foods.

- **Flashlight, radio and cellphone chargers** – You will need to be able to charge these items without electricity. Your flashlight and radio should be either hand-cranked or battery-powered, and stored with extra batteries. Your cell phone charger should be hand-crank, solar, or able to be charged from a car outlet.

- **Medical** – Include first aid kit, prescription and non-prescription/over-the-counter medications, and medical supplies.



Courtesy photo

- **Sanitation** – Pack supplies for sanitation, such as hand sanitizer, towelettes, paper products, diapers, and plastic bags, for use when water resources are limited.

- **Assistive technology** – Include battery backup power for power-dependent mobility devices, oxygen, and other assistive technology needs.

- **Extra clothing, blankets and sleeping bags** – Dress in layers to keep warm if you lose power. Ensure you have enough clothing, hats, mittens, and blankets or sleeping bags for everyone in the house.

- **Items for snow and ice** – Stock up on rock salt to melt ice on walkways or sand or kitty litter to improve traction

and snow shovels or other snow removal equipment.

- **Wood** – Store a supply of dry, seasoned wood if you have a working fireplace or wood-burning stove with a safe flue or vent.

It is important to consider the unique needs of your family, including access and functional needs, and the needs of children and pets. You may need to include: extra water; special food, such as infant formula or pet food; and supplies or equipment, such as diapers, glasses, or medical equipment.

An emergency supply checklist and other safety tips are available at www.ready.gov.

Easier Army installation access to enable non-profits to better assist Soldiers, families

By **DAVID VERGUN**

ARNews

Non-profit groups with a track record of helping Soldiers and their families will soon experience a more streamlined process to get them access to military installations, said Carla K. Coulson, director of Army Installation Services.

Coulson addressed the quarterly Veterans Service Organizations and Military Support Organizations, or VSO/MSO, summit, Feb. 11, at the Pentagon. About two dozen representatives from a variety of VSO/MSO were in attendance, as well as members of other non-federal entities who support Soldiers and family members.

In December, the defense secretary issued two memos directing the military services to implement additional procedures to improve access to installations for service and support organizations, she said. The Army’s executive order, or EXORD, is expected to be released in another week or so.

VA-recognized VSO/MSOs

Installations are legally bound to provide installation access to Department of Veteran Affairs-recognized VSO/MSO entities to assist Soldiers with their Department of Veterans Affairs, or VA, claims, if the senior installation commander receives and approves a written request, she said.

The EXORD would - while still



Photo by Staff Sgt. Laura M. Buchta

Participants from a variety of Veterans Service Organizations and Military Support Organizations attend a summit, Feb. 11, 2015, listening to ways the Defense Department plans to make access to installations a lot easier in the near future.

requiring a written request - expedite a lot of the paperwork that often accompanies a request. The order would also facilitate better communications channels, she said. For example, the EXORD requires a single-installation point of contact for organizations.

There are many types of VA-recognized VSO/MSO organizations. Examples include the Military Officers Association of America, Veterans of Foreign Wars, American Legion,

American Red Cross, and the Wounded Warrior Project.

Non-profit, non-federal entities

Nonprofit organizations supporting Soldiers and families, including VSO/MSOs not processing VA claims, would have similar access. In order to gain that access, such organizations may be required to provide an IRS Form 990 or other mandated documentation to establish their credentials, she said.

Examples of these organizations include the Tragedy Assistance Program for Survivors, the National Military Family Association, Operation Homefront and Blue Star Families.

Commander’s responsibilities

Coulson said senior installation commanders will be encouraged to expedite the return of requests for all entities. In turn, those requesting access are encouraged to include multiple dates for access - if desired - in a single document, to make the paperwork easier for the commander. Also, requesters are asked to provide their own single point of contact.

One concern is adequate facilities to host VSA/MSO groups, Coulson said. It is something each installation will be reviewing.

Senior installation commanders will receive training on implementing the EXORD and also will get help from their staff judge advocates and community relations personnel in designing a plan, she said. She asked the organizations to have patience while commanders work through the new process.

Rene C. Bardorf, deputy assistant defense secretary for public affairs and public outreach, who also spoke at the summit, said that “bad actors” still will not gain access to installations.

The bottom line, Coulson said, is that access procedures will become standardized and clearer, and Soldiers will benefit from the change.

THIS WEEK IN APG HISTORY

APG NEWS



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 2013.

www.apgnews.apg.army.mil

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

March 14, 2013 Vol. 57, No. 11

By **YVONNE JOHNSON**, APG News

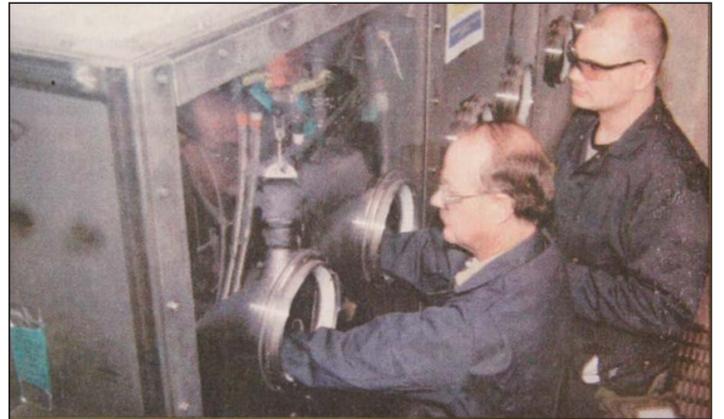
2015
2010
2000
1990
1980
1970
1960
1950

10 Years Ago: Feb. 17, 2005



(Left) From left, Pvts. Natasha McCray, Megan Santana and Pfc. Ivelise Hernandez from Company B 16th Ordnance Battalion, rock to the sounds of The Coasters during the Stand Up America concert also featuring The Drifters and the Marvelettes.

(Below) A technician demonstrates how containers are drained at the Aberdeen Agent Disposal Facility. In 2005, APG announced the removal of the last container of mustard agent from the Chemical Agent Storage Yard, marking the end of 61 years of bulk mustard agent storage on the installation.

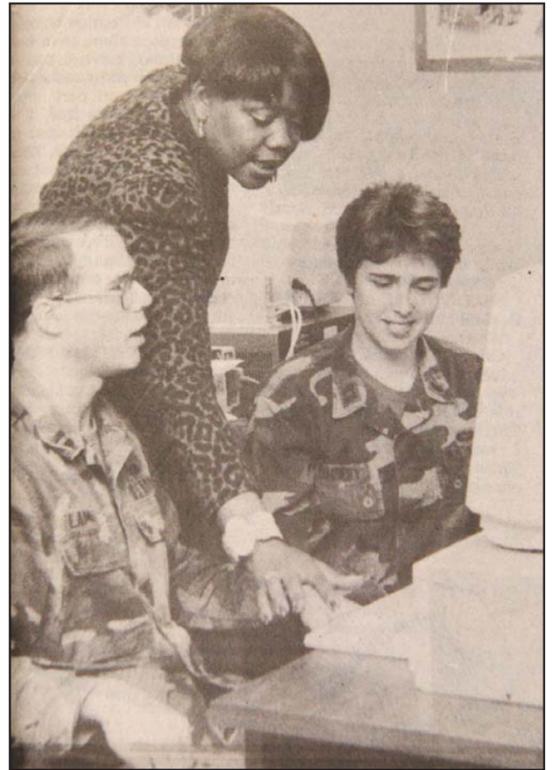


25 Years Ago: Feb. 14, 1990



(Above) Reverend Delores F. Richardson, the first African-American woman to graduate from Princeton Theological Seminary, is the guest speaker during a Black History Month prayer breakfast at the U.S. Army Chemical Research, Development and Engineering Center.

(Right) Training Specialist Valerie Goodall, center, trains Capts. Wayne and Dorinda Lambert on the new Unit Level Logistics System program in the newly-opened ULLS Laboratory for professional development.



50 Years Ago: Feb. 18, 1965



(Left) The Army's new Universal Engineer Tractor, now being tested at APG, can carry an armed engineer squad to the scene of the battle and move earth as well.

(Right) Pat Ferguson lays in two points over Marilyn Feld to help the APG Bomberettes defeat Fort Ritchie during the Second U.S. Army Women's Basketball Tournament at Russell Gym.



APG's Military Working Dog Bleky was selected to appear on posters in Army Vet Clinics across the globe.

Read more about Bleky in the Sept. 4, 2014 issue of APG News, available online at www.teamapg.com/APGNews

MEET *Bleky*

Bleky is an 8-year-old Belgian Malinois Military Working Dog.

He stays fit by getting plenty of rest, training daily, and eating healthy meals. When this loyal and obedient canine isn't training for military duty, he is enjoying the company of his handler.

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U.S. ARMY



WORD OF THE WEEK

Truculent

Pronounced: truh-ku-lent

Part of Speech: Adjective

Definition:

1. Easily annoyed or angered and likely to argue
2. feeling or displaying ferocity : cruel, savage
3. deadly, destructive
4. scathingly harsh : vitriolic (truculent criticism)
5. aggressively self-assertive : belligerent

Other forms:

truculence, truculency, noun
truculently, adverb

Use:

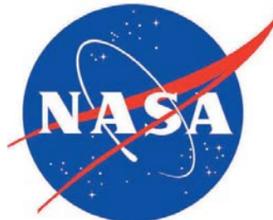
- Die-hard fans became truculent and violent after their team's loss.
- The theater critic gained fame for his notoriously truculent reviews.
- If monetary policy seems indifferent to the economy, then fiscal policy is downright truculent.

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

ACRONYM OF THE WEEK

NASA

National Aeronautic and Space Administration



The National Aeronautics and Space Administration (NASA) is the U.S. government agency responsible for the civilian space program as well as aeronautics and aerospace research.

NASA grew out of the National Advisory Committee on Aeronautics (NACA), which had been researching flight technology for more than 40 years. President Dwight D. Eisenhower established NASA in 1958 and President John F. Kennedy focused the organization and the nation on sending astronauts to the moon by the end of the 1960s.

NASA Headquarters, in Washington, D.C., provides overall guidance and direction to the agency, under the leadership of the administrator. Ten field centers and a variety of installations conduct the day-to-day work, in laboratories, on air fields, in wind tunnels and in control rooms.

Retired USMC Maj. Gen Charles Bolden, the 12th NASA administrator, first African American and only the third former astronaut to head the agency on a permanent basis, was appointed by President Barack Obama and confirmed by the Senate in 2009.

By **YVONNE JOHNSON**, APG News
Source: <http://www.nasa.gov/>; www.wikipedia.org



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Captain captures photos out of this world

By **MARIE BERBEREA**
TRADOC

Capt. Joe Spracklen, an Air Defense Artillery Captains Career Course student, sits in the dark waiting.

He has spent countless hours researching and preparing. He sets up his many pieces of equipment as he tracks the movement of his long-range target.

The stars.

Spracklen leaves the pollution of the city lights regularly to take aim at his hobby of astrophotography.

“My parents got me a telescope when I was really little. Kind of been hooked ever since,” Spracklen said.

Recruited to play hockey at the U.S. Military Academy at West Point, New York, Spracklen said that is when he began looking into the art form.

“I spent a ton of time just researching and just figuring out how to do everything and figuring out what I was going to buy, so I was really prepared once I finally graduated,” he said.

Five years later, Spracklen is still honing his skills.

“It’s one of the most frustrating things I’ve ever done, especially because I didn’t have anyone to teach me,” he said. “I took all this stuff out probably 15 or 20 times, drove an hour away, set all this stuff up and then just completely failed.”

Spracklen has since figured it out. He sets up his equipment about an hour before sunset, and then waits until the North Star is visible before he focuses on a subject.

“You have to find everything yourself, so you learn a lot about where things are just by hunting through the constellations,” Spracklen said.

His telescope and camera are fixed to a mount on top of a tripod. The mount is motorized and controlled by a program on his laptop that tracks the exact rate of the earth’s movement.

As an extra measure, Spracklen uses a second telescope, called a guide scope, which detects if the mount isn’t tracking perfectly so he can adjust accordingly.

“The process to take these pictures is extremely complicated; there are a hundred variables that need to be exactly right for me to get a good image.

“Being able to create a detailed and systematic process has helped me get consistent results and allowed me to



(Left) The Rosette Nebula, also known as Caldwell 49 or NGC 2237, is about 5,200 light-years away from Earth. This flower-shaped nebula is a huge star-forming cloud of dust and gas in the Milky Way Galaxy. Photo by Capt. Joe Spracklen

(Below) Capt. Joe Spracklen, of the 30th Air Defense Artillery, uses a telescope, camera, guide scope, mount, tripod and a laptop for astrophotography. He also created a shield to diminish any disturbance in the photos from wind gusts in Oklahoma. Photo by Marie Berbera

quickly diagnose problems that arise during an imaging session,” he said.

Each click of the camera’s shutter is open for 10 minutes to gather as much light in the photo as possible. After 20 viable frames, he layers them in editing software on his computer.

Spracklen also takes several negative frames with the lens cap on that are later used to reduce noise in the composite photo.

“I have to do some pretty extensive work in Photoshop to bring out details ... probably six to eight hours per picture,” he said.

Although it seems a hobby like this can only be taken on by someone inherently patient, Spracklen said his time on the ice has helped him focus in this medium.

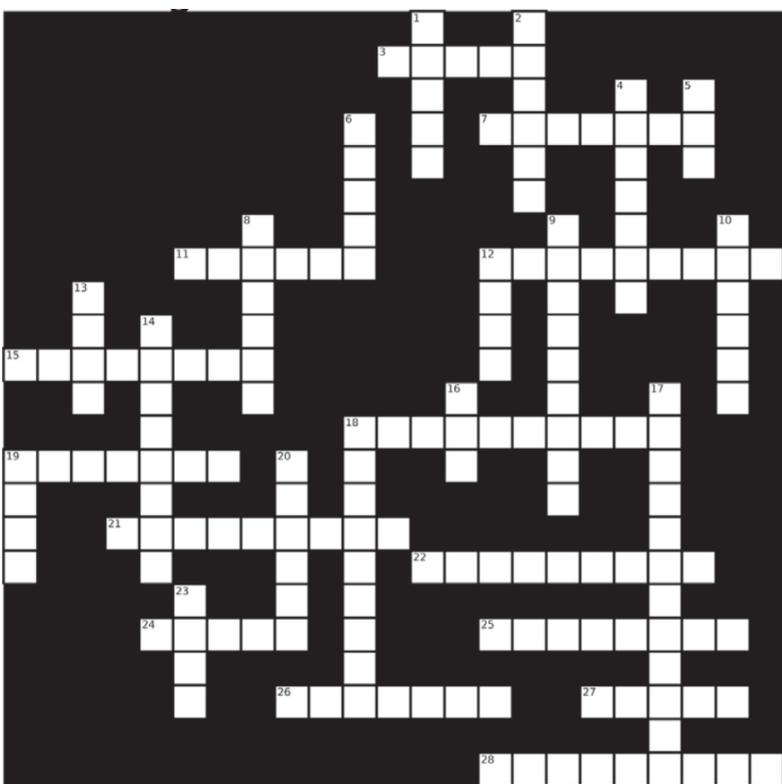
“I attribute a lot of my personality and character to playing hockey and I think that the dedication it took to reach a high level of competition in the hockey world has served me well in all areas of my life, including my hobbies,” he said.

Spracklen said he is often teased about astrophotography until he shares the results of his labors. He said he loves to capture images that most think are only possible using the Hubble Space Telescope.

“What’s anyone get out of any hobby,” Spracklen asked. “It just fascinates me. It’s always fascinated me.”



The APG Crossword



By **RACHEL PONDER**, APG News

Mardi Gras was celebrated around the world on Tuesday, Feb. 17. Test your knowledge about the traditions surrounding this cheerful celebration.

Across

- 3. Green symbolizes _____.
- 7. Mardi Gras coincides with Shrove Tuesday. Shrove comes from the word shrive, which means _____.
- 11. In Italy, Mardi Gras is called Martedì _____.
- 12. This island town hosts

the largest Mardi Gras celebration in Texas.

- 15. This food is associated with Shrove Tuesday.
- 18. Mardi Gras has roots in this pagan festival, which involved feasting, drinking and decadence.
- 19. Purple symbolizes _____.

21. In the early 1740s, Louisiana’s governor, the Marquis de _____ established the tradition of elegant society Mardi Gras balls in New Orleans.

22. The colorful, decorative coins tossed from floats during Mardi Gras parades.

24. Celebrators hide their identity by wearing these on their face.

25. The Zulu Social Aid & Pleasure Club give hand-painted _____ to parade goers.

26. Most New Orleans Mardi Gras parades and parties take place in the French _____.

27. A Mardi Gras decoration, a fleur-de-lis is an artistic impression of a _____.

28. In Pennsylvania Dutch Country, Mardi Gras is known as _____.

Down

- 1. The _____ Parade is a highlight of Rio de Janeiro’s Carnival celebrations.
- 2. Another name for trinkets tossed during Mardi Gras parades.
- 4. The French term for pastry, a treat in New Orleans.
- 5. The day after Mardi Gras is _____ Wednesday.
- 6. This popular New Orleans dish includes shellfish, sausage, Cajun seasonings and vegetables. Usually served with rice.
- 8. A traditional king cake is made of this type of dough.
- 9. Another name for lighted torch, part of Mardi Gras parades.

10. The first Mardi Gras celebration in the U.S. was held in this Alabama city.

12. Traditional Mardi Gras colors are green, purple and _____.

13. For some, the Carnival season is a prelude to _____, a period of prayer, fasting and repentance.

14. This word refers to the period of feasting and merriment that begins on Three Kings Day, Jan.6.

16. This non-profit organization, founded in 1872, names an annual “King of Carnival.”

17. Carnaval de _____ is Colombia’s Mardi Gras celebration.

18. The only U.S. state in which Mardi Gras is a legal holiday.

19. In addition to Mardi Gras, New Orleans is known for this style of music.

20. Name for non-profit organizations that plan and host Mardi Gras events.

23. Traditionally, a small plastic or porcelain _____ is hidden inside a king cake.

Solution to the February 12 puzzle



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

1st AML labs close as mission comes to an end

Continued from Page 1

environmental, occupational, endemic and chemical, biological, radiological, nuclear or high-yield explosive threats, also called CBRNE, in support of force protection and weapons of mass destruction missions.

Made up of microbiologists, biochemist, and laboratory technicians from the 1st AML, Task Force Scientist also includes Sailors from the Naval Medicine Research Center, and civil affairs and military police Soldiers.

With the motto of “Soldier-scientists,” they test air, water, soil, food, waste and vectors like insects, animals and blood, for various kinds of contaminants. To do this, the unit was structured into three specific areas: biological, chemical, and occupational and environmental health, said Col. Patrick Garman, commander of the 1st AML.

“The 1st AML has brought state-of-the-art analyzers and experienced personnel who have been able to analyze and identify Ebola in human samples as well as other endemic diseases in a very professional manner,” he said.

The main 1st AML mission was to establish four Ebola testing laboratories in austere environments at Tappita, Sanniquellie, Greenville and Zwedru since arriving in mid-October. The Soldier-scientists have tested over 4,500 Ebola suspected samples, Garman said.

Zwedru was the first Ebola testing lab to close, shutting down operations Feb. 9, while the other three labs are scheduled to shut down over the next few weeks.

“It’s been more than 90 days since the last confirmed Ebola case [in Grand Gedeh County],” said Capt. Shawn Palmer, a 1st AML biochemist



Capt. Shawn Palmer, a biochemist with the 1st Area Medical Laboratory, breaks down a biological safety level three glove box at the 1st AML’s Ebola testing lab in Zwedru, Liberia, Feb. 9. This, along with other equipment, was decontaminated and packed away as 1st AML closed the Zwedru lab.

for the Zwedru lab.

On an average day, the Zwedru lab would receive samples in the morning and began the testing process with paper work and safety preparations, said Palmer.

After all the paper work is filed, the technicians decontaminate the samples by extracting the Ribonucleic acid from each sample, a process that takes about three hours, Palmer said.

“Here at the Zwedru lab, we haven’t

received any positive samples for Ebola, which is great for the people of this community,” Palmer said.

For Palmer, being a part of this mission was a chance to experience something new and different.

“This was a great opportunity to come to Liberia and help the community and the locals try to eradicate Ebola,” Palmer said.

Expressing pride in what has been accomplished, Garman said it’s the Sol-

diers and the support received that made the mission successful.

“We have received nothing but the upmost support from the JFC, 101st [Airborne] Division, and our Soldiers have benefited from that,” Garman said.

“We have Soldiers out in austere locations and hours away from the headquarters; they have been part Peace Corps, part diplomats, part scientists, but always professional Soldiers,” he said.

AAMP offers civilian developmental assignments

Continued from Page 1

branch at the U.S. Army Test and Evaluation Command

The APG Senior Leadership Cohort, an effort to further develop and nurture up-and-coming leaders among APG personnel, was running a developmental assignment program for senior-level employees at the GS 14/15 level across several APG organizations.

Concurrently, ATEC, along with the Communications-Electronics Command and the Research, Development and Engineering Command, had piloted a cross-organizational developmental assignment “swap” program and stand-alone developmental assignment program for various GS-level employees, Chieffo said.

The idea to combine the two separate programs took root and laid the groundwork for the AAMP program that exists today.

From its inception, the program was envisioned to be an “installation-wide, centralized opportunity, open to all grade levels and all job series, where folks can participate in developmental assignments,” said Teri Lalain, a former member of the cohort from ATEC, who worked to develop the program in its initial stages.

In early 2013 a memorandum of agreement, drafted by Chieffo, was signed between several APG organizations, each agreeing to actively participate in the program, post developmental assignments and encourage their own employees to take advantage of those opportunities.

Since that time, the APG Senior Leadership Cohort has worked to develop AAMP’s digital platform on MilSuite, further market the program and gain more visibility for the opportunities available to APG personnel, said Claudia DeCarlo, PEO C3T employee and cohort member currently working to expand the program.

Leadership development

Taking advantage of the diverse but connected missions at APG, assignments through AAMP not only foster relevant skills development, but enhance existing relationships and foster new ones.

According to Gary Martin, CECOM deputy to the commanding general, supervisors who allow employees to participate in developmental assignments are helping nurture and broaden their employees, enabling them to grow and to learn to independently solve problems.

One of the things that’s so unique about APG is that we have organizations from the entire lifecycle here at one installation - starting with research, all the way through disposal at Edgewood. As an employee, you can really touch every piece of the process, without leaving APG, and that’s really fantastic.

Claudia DeCarlo

APG Senior Leadership Cohort Member

“Supervisors and managers can certainly broaden and develop employees within their own commands and organizations, however, the opportunities for doing so across the many organizations at APG are even more powerful.” Martin said.

“I would much rather have folks who can get things across organizational boundaries without needing me to help solve problems. The way you do that is by allowing folks to build relationships with counterparts in other organizations and gain a greater appreciation of the larger enterprise, to know a bit more about the broader business.”

While similar opportunities may exist outside this program on APG, it is often only within a supervisor’s own network, DeCarlo said. AAMP allows for equal opportunity career development for any civilian at APG, as well as fosters unique cross-organizational assignments.

“A lot of organizations are doing developmental assignments internally, putting someone from a line organization into a headquarters. That’s great for the organization, but this program is specifically designed to cross-fertilize across APG organizations, so that you have a researcher from the early part of the acquisition process come into the test side to understand that part of the process,” DeCarlo said.

“One of the things that’s so unique about APG is that we have organizations from the entire lifecycle here at one installation - starting with research, all the way through disposal at Edgewood. As an employee, you can really touch every piece of the process, without leaving APG, and that’s really fantastic.”

During a time of fiscal restraint and hiring freezes, developmental assignments can also help organizations do more with less.

“You may have a particular need - you’re ramping up or surging in a particular

area and you can’t hire somebody to bring in. It’s a perfect way to augment your team when you have a need for a certain time period,” DeCarlo said.

From concept to reality

For nearly four years, members of several leadership groups and cohort classes have worked to take AAMP from a concept to a thriving program on APG. This included drafting the memorandum and socializing the program among APG tenants, building a website to make assignment opportunities easily accessible and making that initial concept into a workable reality.

Determining how the program would be realistically implemented included answering logistical questions and overcoming several perceived challenges associated with an organization temporarily “losing” a seasoned employee.

“I participated in the first senior leader exchange while working on developing the implementation of the program,” Lalain said. “It was incredibly valuable because I was in an assignment, seeing how they work and talking to the host organizations and other participants to see how you really go about implementing this memorandum of agreement.”

Each cohort built upon the foundation provided by the class that came before it, Lalain said. The current class has been able to build on that foundation to more broadly market AAMP to tenant organizations and turn it into what is now an active, living program.

Plans are currently underway to institutionalize the AAMP program through an executive governance board so it will take root outside the cohort and allow for greater visibility and participation among the entire APG community, DeCarlo said.

That governance board will include

members from each of the eight signatories of the original MOA, which include: ATEC; CECOM; RDECOM; Joint Program Executive Office for Chemical and Biological Defense; Program Executive Office Assembled Chemical Weapons Alternatives; Program Executive Office Command, Control, Communications - Tactical; Program Executive Office Intelligence, Electronic Warfare and Sensors; and Public Health Command.

Assignment opportunities

Developmental assignments through AAMP are open to any Army civilian at APG, regardless of which organization he or she works for, DeCarlo said.

There are three types of developmental assignments available, this first of which is a senior leader, GS14/15, developmental assignment, with a goal to develop those individuals’ leadership skills by working alongside members of the Senior Executive Service at an APG organization other than their own for a term typically lasting six months.

The second type of assignment is an exchange program. Two employees with similar responsibilities at different organizations essentially swap places, DeCarlo said. Term length depends on the assignment and needs of the organizations.

The third type of assignment is a traditional developmental assignment in which an employee with relevant skills is assigned to a different organization requesting assistance in a specific area. Term length for this assignment also depends on needs of the organization.

All open opportunities are posted to a centralized location on the AAMP website, which exists as a “MilBook” page, accessible to all APG employees with a CAC. It can be found by searching “APG Assignment Marketplace” through MilSuite or by visiting <https://www.milsuite.mil/book/groups/apg-developmental-assignment-opportunities>.

The MilBook page also contains testimonials from APG personnel who have participated in various developmental assignments, frequently asked questions for both supervisors and assignment participants.

Those interested in participating in the AAMP program should contact their human resources specialist or visit the AAMP website for more information.

See Something

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

Provided by the INTEL DIV/DPTMS

Say Something

Installation Watch Card

Awareness is key! Everyone is a sensor.

Do: Observe and Report

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

Do Not

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

Report any suspicious activity immediately to the APG Police.

APG North 410-306-2222

APG South 410-436-2222

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

Your call may save lives!

Observance honors African-American military service

Continued from Page 1

leadership got us to where we are today.” Regarding the unsettled international climate, with terrorist activities and the possibility of return to combat status for U.S. troops, he said, “it is leadership that will get us through these turbulent times.”

AMC’s 18th commander, the second African-American to head the corps and only the second Signal Corps officer to achieve four-star rank, Via talked about what Black History Month means to him.

Recounting history

He noted that February 2015 marks 150 years since the Civil War, 60 years since Rosa Parks’ refusal to give up her seat on a city bus sparked the Montgomery, Alabama bus boycotts, and 50 years since the historical march to Selma “walked its way into history.”

“All of these events occurred against a backdrop of division in our country,” he said. “We struggled through it as a country and we came out on the other side stronger and freer than before.”

He reminded the audience that, “whether in business, science, medicine, law, government, education, arts or sports, African-Americans have made significant contributions,” to the nation.

Noting the service of the Civil War’s 9th, 10, 24th and 25th Negro Cavalry Regiments also known as Buffalo Soldiers; World War II’s 369th Infantry Regiment, also known as “Harlem Hellfighters”; the all-Black 555th Parachute Infantry Battalion (Triple Nickels); and the nation’s first black aviators, the famous Tuskegee Airmen of the U.S. Air Force, Via said that historically, “African-Americans have turned out in extraordinary numbers to fight and defend their country.”

He recognized World War II and Vietnam veterans in attendance and thanked them for their service.

Noting the impact of famous Black Americans such as Frederick Douglass and ordinary citizens such as Rosa Parks, Via said “there are still common Americans who are capable of uncommon valor.”

“I believe it an honor and a privilege to serve our nation in uniform,” he added. “My challenge to you, as our legacy goes forward, is to make a new history – an American history for our great nation.



The Rhema Praise Band blends in the background as Courtney White of ATEC’s Army Evaluation Center, left, Renesha Robinson of CECOM, center, and Renee Sims of ATEC harmonize the song “Golden” by Jill Scott during the Black History Month observance at the Myer Auditorium Feb. 12.

Photo by Sean Kief

During closing remarks, ATEC commander, Maj. Gen. Peter Utley thanked program organizers and commented on the need to “learn, understand, and appreciate black history as a part of American history.

“Throughout our nation’s history, people from all walks of life have offered countless contributions to the betterment of our American society,” he said.

He expressed special thanks to Via, adding, “Our nation is stronger and more hopeful today because of leaders like you.”

Program entertainment

The program included entertainment in poetry and song. Performers included Sgt. 1st Class Milvia Kendrick, Army Evaluation Center; ATEC’s Staff Sgt. Cornelius Tharrington, Judy Treadway and Renee Sims; Renesha Robinson of CECOM; Lynae Green from the Aberdeen Test Center; and guests Robert Jennifer and the Rhema Praise Band. ATEC’s Col. Timothy Williams was the master of ceremonies and Chaplain Col. Mark Penfold presented the invocation and ATEC’s Courtney White sang the national anthem. After the program, guests enjoyed a complimentary food tasting in the auditorium lobby.

The lead organizer, Dr. Victoria Dixon, ATEC Equal Employment Opportunity director, redirected all praise to the program participants.

“They gave up their lunch time every day to come here and practice. This is what happens when you pull together and support each other,” she said.

Co-organizer, Sgt. 1st Class Twana Burrows agreed, adding that participants hoped attendees took away, “a greater sense of knowledge and awareness.”

“It’s about educating ourselves and others about how we have played a major role in the culture of our nation,” she said.

Several attendees agreed.

“I thought it was really good,” said CECOM civilian Valerie Gibson. “They made a good point about how we are not separate in history. It’s all inclusive. African-American history is a part of American history.”

Retired U.S. Army Public Health Command civilian Carroll Guthrie, who attended with his wife Tanya Guthrie, said he thought the point was made “perfectly.”

“I learned that there was a common process for change,” he said.

“I like how they took advantage of

local talent,” said Tanya Guthrie, “and how they connected the past to the future.”

A veteran remembers

Milton Leigh, an Aberdeen resident and World War II veteran who was recognized during the program, was the guest of former APG Garrison Command Sgt. Maj. Ronald Stallings. Leigh said many of Via’s comments brought him to tears.

Leigh entered the Army as a radio operator at Camp Shelby, Mississippi in December 1944. He served in the European Theater and recalled sailing over on the Queen Elizabeth I luxury liner. He said his unit, the 251st Field Artillery Battalion, disembarked at Glasgow, Scotland and traveled to England by train where they served in several different cities as the mission dictated.

“There were bombs still dropping,” he said, recalling his precarious first days in country. “We were moving all the time. At my level, all we did was listen on the radios and report positions to headquarters to fire on targets.”

He said he was among “probably the first people 50 in England to know the war was over.”

“I heard it over the radio. At first, we didn’t know how to react. We were unsure. We were glad to hear it was over, but when they told us to unload our weapons we didn’t. “And when they told us not to fraternize we did,” he added with a chuckle.

After England, Leigh served in Germany about 16 months before leaving the service. He said he was “glad to go to war.”

“Where I came from it wasn’t popular to think like that. We were ridiculed, but I honestly felt like I was protecting my family.”

Leigh moved to Aberdeen and worked at the former Ballistics Research Laboratory as an engineering technician for more than 20 years before retiring from government service.

He said he was thrilled to be in the company of African-American “achievers” like Via and Crawford.

“I thought we as a people would achieve great things but I never thought it would come to this,” he said. “I thought the general’s speech was outstanding. It filled me with pride.”

Did You Know?

Capt. Riley L. Pitts was the first African-American commissioned officer to be awarded the Medal of Honor.

Capt. Riley L. Pitts was born in Fallis, Oklahoma in 1937. He graduated from Wichita State University in 1960 with a degree in journalism. He was sent to Vietnam in 1966 after receiving a commission in the U.S. Army and served as an information officer before being transferred to the 27th Infantry Regiment where he served as company commander of Company C, 2nd Battalion.

On Oct. 31, 1967, his unit was tasked to reinforce another company just one month before his rotation out of country.

His citation reads: “Distinguishing himself by exceptional heroism while serving as company commander during an airmobile assault. Immediately after his company landed in the area, several Viet Cong opened fire with automatic weapons.

“Despite the enemy fire, Capt. Pitts forcefully led an assault which overran the enemy positions. Shortly thereafter, Capt. Pitts was ordered to move his unit to the north to reinforce another company heavily engaged against a strong enemy force. As Capt. Pitts’ company moved forward to engage the enemy, intense fire was received from three directions. The severity of the incoming fire prevented Capt. Pitts from maneuvering his company.

“His rifle fire proving ineffective against the enemy due to the dense jungle foliage, he picked up an M-79 grenade launcher and began pinpointing the targets. Pitts lobbed a grenade at a bunker to his front, but it hit the dense jungle foliage and rebounded. Without hesitation, Pitts threw himself on top of the grenade which, fortunately, failed to explode.

“Pitts then directed the repositioning of the company to permit friendly artillery to be fired. Upon completion of the artillery fire mission, Pitts again led his men toward the enemy positions, personally killing at least one more Viet Cong. The jungle growth still prevented effective fire to be placed on the enemy bunkers.

“Pitts, displaying complete disregard for his life and personal safety, quickly moved to a position which permitted him to place effective fire on the enemy. He maintained a continuous fire, pinpointing the enemy’s fortified positions, while at the same time directing and urging his men forward, until he was mortally wounded. Pitts’ conspicuous gallantry, extraordinary heroism, and intrepidity at the cost of his life, above and beyond the call of duty, are in the highest traditions of the U.S. Army.”

Pitts was survived by his wife, Eula, his daughter Stacie and son Mark. President Lyndon B. Johnson presented the family with the posthumous award Dec. 10, 1968. Mark Pitts became an active member of the organization “Sons and Daughters In Touch” (SDIT) and he traveled to Vietnam to commemorate a memorial for his father. Several parks and organizations are named after Capt. Pitts.



Yvonne Johnson, APG News
Source: <http://www.history.army.mil/>; www.wikipedia.org



Courtesy photo

The two-story permanent residential barracks constructed on the former Edgewood Arsenal in 1918 were considered state-of-the-art at the time.

Barracks ‘state-of-the-art’ when constructed in 1918

Continued from Page 1

Gallihue said the barracks were state-of-the-art when they were built in 1918, in the area then known as Edgewood Arsenal. Permanent residential construction was rare during WWI.

Gallihue said the need for Edgewood Arsenal arose because commercial chemical companies were reluctant to produce toxic chemicals like mustard gas, chloropicrin and phosgene, due to inherent dangers in the manufacturing process and fears that production facilities would have no post-war use.

Edgewood Arsenal was the first chemical warfare production site in the United States.

Gallihue said the progressive residential buildings were built to compensate Soldiers for taking on the hazardous nature of chemical warfare production.

“These barracks were built as a way to try to provide Soldiers with a better lifestyle,” he said. “When they were built, in the teens, they would be the nicest barracks that Soldiers have ever lived in. Before the barracks were built, many Soldiers lived in tents, even in winter.”

Gallihue added that the barracks were a major investment for the Army. The total cost for materials to build the barracks was \$1 million, which would be about \$17 million today.

After WWI, the focus shifted from manufacturing to research and development. At that time, the barracks complex was assigned to the Sixth Field Artillery and the area was known as Fort

Hoyle. During WWII chemical production resumed and the district returned to Edgewood Arsenal.

The two-story stuccoed buildings served as barracks until 1963, when they were adapted for administrative use. One building was used for a craft center. Now, most of the buildings are vacant, though a few remain in use.

“Most of the buildings in the historic district would require substantial renovation to meet current Army health and safety standards and are not energy efficient,” Gallihue said. “There are newer barracks on APG that can be used for office space that would cost less money to renovate.”

Gallihue said there are plans to save and renovate building E4470, to be used for administrative space, as well as an educational or cultural center. There are also plans to keep the heating plant. Detailed records about the historic district will be on file in the State Historic Preservation Office. Historic information about the barracks will also be available on a public website.

Currently, no plans are set for the area after demolition. Gallihue said the area would be ideal for new office space or labs.

“This (demolition) is part of the natural evolution of a post,” he said. “Some historic buildings have to make way for progress, to reconfigure APG for the future.”

For questions or comments regarding this demolition project contact Gallihue at 410-306-2282 or mark.t.gallihue.civ@mail.mil.

APG SNAPSHOT

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



NAMASTE, APG

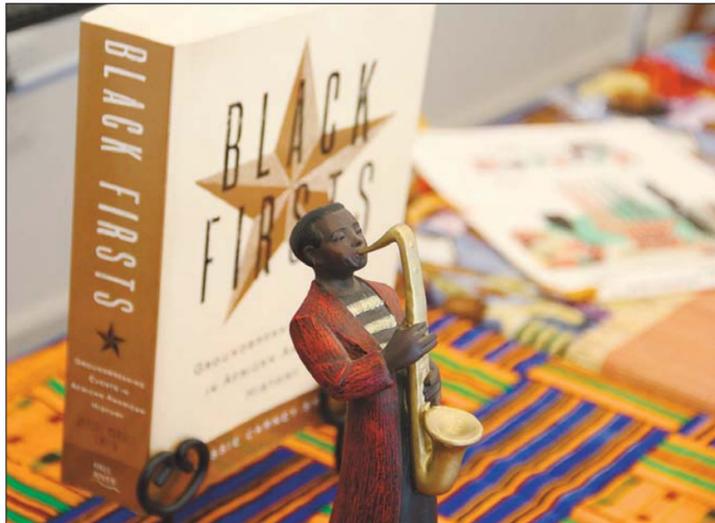
Yoga is known as a peaceful, muscle-strengthening and flexibility-building discipline, making it the perfect escape from a stressful work day. Yoga classes are offered at APG during lunch and after work several times a week.

- (Clockwise from top left)
 - Instructor Becca Motil leads a side angle pose during a Yoga class at the APG North (Aberdeen) recreation center.
 - CERDEC employee Susan Tran practices a deep lunge called Virabhadrasana 1.
 - From left, Susan Tran, ARL employee Denise Jordan and classmates assume a warrior pose
- For information about exercise classes visit the APG MWR website at www.apgmwr.com and navigate to the recreation and sports page.

Photos by Molly Blossie



BLACK HISTORY EVENT CONNECTS PAST TO FUTURE



APG honored African-American history during the installation's annual observance Feb. 12 at the Myer Auditorium.

(Clockwise from top left)

- Sgt. 1st Class Milvia Kendrick, a military evaluator with ATEC's Army Evaluation Center, kneels while participating in an educational performance of the poem "What is Black History," a poem by military spouse Latorial Faison.
- A reference book titled "Black Firsts" and a jazz statuette arranged on Kente cloth make up part of a Black History Month display.
- Gen. Dennis L. Via, commander of the U.S. Army Materiel Command and cadets from the Freestate ChalleNGe Academy pause for a photo shoot.
- ATEC civilian Renee Sims performs the spiritual "Wade in the Water."

Photos by Molly Blossie



CAN'T STOP THAT LOVING FEELING

Little Man sends Team APG some love leading up to Valentine's Day and International Flirting Week, which runs Feb. 16-22.

APG's most mysterious resident can't help but get into the lovin' spirit, donning a red "I Love You" shirt, a playful "Kiss Me" headband and offering up a red heart and long-stemmed rose.

Photo by Molly Blossie