



APG NEWS

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

www.TeamAPG.com

THURSDAY, JULY 2, 2015

Vol. 59, No. 26



Local Holiday Celebrations

Looking for something festive to do with your family and friends this weekend? Check out these local events featuring participants from major APG commands.

Development and Engineering Command. After the opening ceremonies the parade will turn right on Jerusalem Road and end at St. Paul's Church. For more information: <http://kingsvilleparade.org/>

Kingsville 4th of July Parade

Day: July 4
Time: 9:30 a.m. pre-parade entertainment; parade starts 11 a.m.
Location: The parade starts at 10:45 a.m. and proceeds down Bradshaw Road for opening ceremonies at the judge's stand. APG participants include the Research,

Bel Air 4th of July Parade

Day: July 4
Time: 6 p.m.
Location: Parade will start at the intersection of Gordon and North Main streets, at the "Wel-

See **FOURTH OF JULY**, page 18

APG warns not to feed wildlife

By **YVONNE JOHNSON**
APG News

Sure, they're cute. And maybe they look hungry. But more often than not, feeding APG's furry friends will do more harm than good.

Stanley Futch, APG Garrison entomologist, has a one-word warning for those who engage in feeding local wildlife: Stop!

Futch said incidents of individuals on the installation providing local wildlife with food are on the rise and the continued behavior – however well-intentioned – will have negative results in the long run.

"It's never a good idea to start feeding wildlife," he said. "First of all, these are wild animals that are

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inside

EXCELLENCE

20th CBRNE Soldiers vie for top honors during four-day "Best Warrior" competition.

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Former Marine, Soldier and Sailor recalls his tour in 'Nam.

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Before firing up the grill this holiday weekend, check out these BBQ safety tips.

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The Installation Retirement Ceremony honors three recent APG civilian retirees.

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ICE system
http://ice.disa.mil/
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Photo by Yvonne Johnson

The incoming commander of Kirk U.S. Army Health Clinic, Lt. Col. Wesley J. L. Anderson, left, accepts the unit guidon from Col. Laura R. Trinkle, commander of the U.S. Army Medical Department Activity Fort Meade, while Lt. Col. David R. Zinnante, outgoing KUSAHC commander, back, and Chief Medical NCO Master Sgt. Patrick Drakes, left, looks on during a change of command ceremony at the main post chapel June 26.

Kirk clinic changes command

APG welcomes Anderson, bids farewell to Zinnante

By **RACHEL PONDER**

APG News

During a change of command ceremony at the main post chapel June 26, Lt. Col. David R. Zinnante relinquished command of Kirk U.S. Army Health Clinic to Lt. Col. Wesley J. L. Anderson.

Anderson comes to APG from San Antonio, Texas, where he served as the operations officer for the Army Nurse Corps Specific Branch Proponent Office. Zinnante moves on to serve as the department chair for the Army Reserve

Officers' Training Corps (ROTC) program at the University of Texas at Austin.

Guests included APG Senior Commander Maj. Gen. Bruce T. Crawford; APG Senior Command Sgt. Maj. William G. Bruns; and Garrison Command Sgt. Maj. Jeffrey O. Adams.

The reviewing officer, Col. Laura R. Trinkle, commander of the U.S. Army Medical Department Activity Fort Meade, Maryland, led the passing of the unit colors signifying the change in leadership from Zinnante to Anderson. She was assisted by KUSAHC chief med-

ical NCO Master Sgt. Patrick Drakes.

Trinkle said she was pleased to oversee the event and celebrate Zinnante's service to APG over the past two years.

"Today the history of Kirk Army Medical Clinic continues to grow and flourish as we close one chapter and start another," she said.

Trinkle noted that Zinnante successfully tackled challenges during his tenure. He came to APG in 2013, when sequestration was in

See **ANDERSON**, page 17

ARL family member serves local homeless children



From left, Cheyenne Walter, Aiden Duffy and Camp Happy founder Grace Callwood, the daughter of ARL employee T'Jae Gibson, cover their ears as Steven Dean, an ARL mechanical engineer, demonstrates the principles of air pressure in a homemade bomb and how it relates to research to protect Soldiers from improvised explosive devices, during a demonstration at "Camp Happy" June 24. Callwood and Gibson created Camp Happy to benefit homeless children living at Anna's House in Harford County.

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

Army Research Laboratory employee T'Jae Ellis can't help but watch her daughter, Grace Callwood, in wonderment. The little girl who was diagnosed with Stage 4 Non-Hodgkin lymphoma at age seven is now a spritely 10-year-old in remission whose battle with cancer inspired her and her mother to create initiatives to bring happiness to homeless, sick and foster children.

"I'm pretty proud of that," Ellis said.

Callwood, an avid reader, said that when she and her mother began thinking of ways they could help disenfranchised children, they thought of starting a library at Anna's House, a transitional housing community for homeless women and children in Harford County, Maryland.

"But they already had enough books," Callwood said. "So we came up with the idea that we could start a summer camp."

The month-long "Camp Happy" kicked

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STREET TALK

How will you celebrate the Fourth of July?

"I'm either going to go to Pittsburgh or going up north to the Thousand Islands in New York. We're going to watch fireworks down the river and go boating and hang out with friends."



Nathan Davis
Family member

"It's my 22nd wedding anniversary, and my son's 25th birthday. We'll probably cook out at home and enjoy each other's company."



Deanna Hoppe
Family member

"I'm taking my daughter to a see a fireworks show."



Ricky Rodriguez
Military veteran

"We're going to be in Las Vegas for the Fourth of July. We go there every year in July, because the rates are better. They're having fireworks this year."



Linda Harvey
Family member

"I'm going to enjoy some time off and barbeque some steaks and grill some corn – and just basically enjoy the Fourth of July holiday, and remember what it's all about: who we are as a nation and our independence and our freedoms."



Mike Parodi
CECOM SEC

Safely celebrate nation's independence

July Fourth is a great occasion in our country and a day to celebrate with patriotism.

John Adams, the first vice president and second president of the United States, helped write the Declaration of Independence. He said, "I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations from one end of this continent to the other."

Independence Day remains a national celebration just as President Adams predicted. We encourage you to celebrate in the spirit of independence and patriotism that has endured for 239 years. As Army professionals who protect our freedom, we must remain aware of the risks present at July Fourth festivities.

Outdoor activities are a source of sunburn and heat injuries. Drink plenty of water and take frequent breaks when working or playing in hot weather.

Water activities are also popular during the July Fourth weekend. Wear life jackets while boating, swim only in supervised areas and obey posted signs.

Pay attention to weather conditions and get out of the water at the first sign of bad weather.

Alcohol doesn't mix with boating, swimming or driving. Watch your consumption and don't drink if you will operate

Enjoy Independence Day as you celebrate with family and friends. Please be safe because our nation needs each one of us to support and defend this great country.

any type of vehicle. Give a responsible person details on where you will be and how long you will be gone for added safety.

Enjoy Independence Day as you celebrate with family and friends. Please be safe because our

nation needs each one of us to support and defend this great country.

Once a Soldier, Always a Soldier. Soldier for Life!

LT. GEN. DAVID HALVERSON, IMCOM Commander
COMMAND SGT. MAJ. JEFF HARTLESS, IMCOM
Command Sergeant Major



Halverson



Hartless



Answering your questions and concerns

Comment: What are the Army's and/or APG's tobacco use policies? I see people smoking cigarettes near entrances to buildings and I didn't think that was allowed. I've also seen someone in my office smoking one of those vapor e-cigarettes. Are those allowed? I've seen people using them in other public locations where traditional cigarettes aren't allowed, but I wasn't sure what the policy is for in Army buildings.

Thank you for voicing your concern about the use of tobacco products on APG. The use of tobacco products, to include electronic cigarettes, is "prohibited in all DA (Department of the Army)-occupied workplaces, except for designated smoking areas," per Army Regulation 600-63, Army Health Promotion dated 14 April 2015.

Paragraph 7-3a states a "workplace includes any area inside a building or facility over which DA has custody and control, and where work is performed by military personnel, civilians or persons under contract to the Army." Designated smoking areas will be at least 50 feet from common points of entry/exit.

If you don't feel comfortable letting the individual know it's against Army regulation, please contact your supervisor for assistance.

For any additional regulatory questions or concerns, please contact Sandy Schiller, Administrative Services Division, Directorate of Human Resources, USAGAPG at sandra.l.schiller.civ@mail.mil.

GARRISON COMMAND SGT. MAJ. JEFFREY O. ADAMS

Have a question or concern about life at APG? Submit an ICE comment at www.teamAPG.com.

Missing the paper?

APG News

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

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

Please note that the APG News cannot deliver newspapers to

every unit and facility. Delivery requests should be submitted by units and organizations where a substantial number of people work or visit.

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

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



APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
82° 69°	87° 61°	83° 70°	88° 73°	91° 69°	88° 69°	88° 70°

APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 5,200.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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

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

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Courtesy photo

CHRA director receives prestigious award

Debra S. Wada, left, Assistant Secretary of the Army for Manpower and Reserve Affairs, presents the William H. Kushnick award to Erin J. Freitag, director, CHRA-NE/Europe, during a ceremony in the Hall of Heroes at the Pentagon June 24.

Freitag, who leads the organization from her Aberdeen Proving Ground headquarters, is credited with managing the Northeast and Europe Regions of the Civilian Human Resources Agency (CHRA), managing the Army's Summer Hire Program and overseeing the administration of the Office of Personnel Management's electronic-Official Personnel Folder and Applicant Help systems for the entire Army.

William H. Kushnick served as director of Civilian Personnel from 1941 to 1946 for what was then known as the war department. He established the levels of responsibility for civilian personnel management and administration that are exercised today. The William H. Kushnick Award was established in 1968 to recognize the most outstanding singular achievement of an Army employee in Civilian Human Resources and personnel administration and is used to encourage greater achievement among all employees in the career field.

Freitag credited her achievement to a strong and caring civilian workforce.

"I'm honored to be numbered among the many professionals who've received this award," she said. "I've always been proud of working for the Army where I'm able to look in the mirror every day and say 'What can we do to help Soldiers and their family members?'"

"But I couldn't have done it alone," she said. "This award is all because of the work of CHRA professionals."

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.campbell8.civ@mail.mil

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20th CBRNE Soldiers vie for top honor

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

Soldiers from the 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives) competed for the title of Best Warrior at Aberdeen Proving Ground, June 22-26.

At the end of the grueling four-day competition, Sgt. William T. Moss was named the 20th CBRNE Command Non-commissioned Officer (NCO) of the Year and Spc. Joseph A. Woolfolk was picked for the Soldier of the Year.

Moss and Woolfolk will move on to the U.S. Army Forces Command Competition.

Woolfolk is part of the Fort Bragg, North Carolina-based 737th Explosive Ordnance Disposal (EOD) Company, 192nd EOD Battalion, 52nd EOD Group, 20th CBRNE Command. He said the key to his success was focusing on his Soldier skills.

Moss, the communications NCO for 20th CBRNE Command's CBRNE Coordination Element 2, said determination led to his victory in the competition. "Never give up," he said.

The APG-headquartered 20th CBRNE Command counters Weapons of Mass Destruction (WMD), eliminates CBRNE threats and defeats improvised explosive devices around the globe.

The one-of-a-kind formation is home to 85 percent of the U.S. Army's CBRNE forces with units on 19 posts in 16 states.

The Best Warrior Competition brought together the top Soldiers from 20th CBRNE Command's Headquarters and three major subordinate commands, including the Fort Hood, Texas-based 48th Chemical Brigade; the Fort Campbell, Kentucky-based 52nd EOD Group; and the Fort Carson, Colorado-based 71st EOD Group.

In the NCO competition, Sgt. Adam T. Abderrazzaq represented the 71st EOD Group, Sgt. Christopher F. Draves represented the 52nd EOD Group and Sgt. Alan R. Tobin represented the 48th Chemical Brigade. Cpl. Daniel A. Wetenkamp competed for the 71st EOD Group in the Soldier of the Year competition.

During four long, hot days at APG, the Soldiers completed a physical readiness test, marksmanship test, land navigation, water survival, Combatives, warrior task challenges, a board and a 12-mile road march.



Command Sgt. Maj. Harold E. Dunn IV, the 20th CBRNE Command's top enlisted leader, said his Soldiers demonstrated tactical and technical expertise during the intense training evolutions.

"This year's 20th CBRNE Command Best Warrior Competition, developed by the Senior Noncommissioned Officers, provided an opportunity for the best Soldiers and NCOs across the command to test themselves physically, mentally, and socially, while executing operations in a tactical environment," Dunn said.

A seasoned EOD leader, Dunn said the Best Warrior Competition focused on the warrior skills necessary to gain and maintain the initiative in combat.

"Although there can only be one identified winner, each of these Soldiers developed friendships and honed skill sets that will enable their success any time and anywhere they are called in support of our nation for as long as they serve," he said. "I am very proud to serve alongside such tremendously moti-



(Above) A Soldier places rounds on a target during the 20th CBRNE Command Best Warrior Competition at APG. Photo by Spc. Jesse Fields

(Left) Sgt. William T. Moss, left, earned Noncommissioned Officer (NCO) of the Year and Spc. Joseph A. Woolfolk earned Soldier of the Year during the 20th CBRNE Command Best Warrior Competition. Photo by Walter T. Ham IV

ated troopers."

Brig. Gen. William E. King IV, the 20th CBRNE commanding general, said the competition was designed to challenge his Soldiers and give them the

confidence to succeed on the modern battlefield.

"You have gone from raw ore to hardened steel," he said. "You are the best in our Army."

CECOM launches cyber training range

By **DOUGLAS A. SOLIVAN SR.**
CECOM LRC

To keep pace with training demands of the Army's growing cyber force, the U.S. Army Communications-Electronics Command, or CECOM, is standing up a new training range to help Soldiers validate their cyber security skills.

Expected to be open to all units in late summer 2015, CECOM's Cyber Battlefield Range will provide Soldiers a realistic environment to test and apply skills reinforced by classroom training curriculum. Funded through service requests, its development was prompted by a request from the 7th Cyber Protection Brigade, or CPB, which was looking for opportunities to further hone and demonstrate its cyber defensive skills.

"The genesis of the effort was with the 7th CPB, who requested we develop this for them," said Col. Kim Bivin, director for the Field Support, Logistics and Readiness Center, or LRC, CECOM. "Our training support leadership stepped in, and after six months of hard work, we opened for business in February."

The cyber range delivers a persistent, continuously maintained environment to

reduce the timeline and costs between training planning and event execution. When it is expanded for Army-wide use this summer, the range will have the capability to provide an operationally realistic environment with functionality for remote participation via CECOM's Learning Management Platform.

"The range is designed to reinforce learning and build confidence in what leadership acknowledges is an agile skill set that will need to be continuously honed in concert with the ever-increasingly complex challenges of cyber security," said Michael Martinez, training support division branch chief, field support directorate, LRC, CECOM.

"To date, we've had at least 100 7th CPB Soldiers take advantage of it."

Specifically, the range offers an operationally realistic environment with repeatable processes, access to enterprise tools and services not typically available in smaller scale test labs. All with threat scenario development and threat automation capabilities.

CECOM can also develop configurations to support multiple environments/configurations through the cyber range and has incorporated real world

cyber actor/cyber threat characterization, dynamic threat actor/agent capability into training.

"We really have the ability to tailor training programs per a unit's specific needs," Martinez said. "The goal is to map out a training program so that when Soldiers use the range, they are able to address learning needs most critical to their mission, as opposed to a cookie-cutter training curriculum."

The intent is for the CECOM LRC Training Support Division staff to meet with unit leadership upon receipt of a training request to define objectives, duration, and activities.

To inquire about setting up a training event once the range opens, contact Wayne Anderson at 706-791-6150 or wayne.t.anderson7.civ@mail.mil.

The U.S. Army Communications-Electronics Command's Logistics and Readiness Center Cyber Battlefield Range is a new capability offered through the Field Support Directorate, part of a larger training program designed to re-invest in Soldiers and enhance the cyber security skills of the Army's digital warriors.

U.S. Army graphic



At your service

Heidi Jackson, Pediatric nurse practitioner

By **STACY SMITH**
APG News

Heidi Jackson has been a pediatric nurse practitioner at Kirk U.S. Army Health Clinic (KUSAHC) for 20 years, providing health care to children from birth to 18-years-old.

"I manage a full panel of patients – about 1,200 – and I provide their primary care," she said.

Jackson treats and diagnoses acute medical conditions, provides routine well-baby exams and physicals, and educates patients and parents about health-related topics.

"I follow a lot of complex patients that are part of the Exceptional Family Member Program, such as children with cerebral palsy, autism, major cardiac health problems, [and] premature

infants," she said.

Additionally, Jackson serves as adjunct faculty at the Uniformed Services University of the Health Sciences in Bethesda, Maryland, where she supervises family nurse practitioner students during pediatric rotations. She also serves as a pediatric consultant for KUSAHC nurses and other health care providers.

Jackson entered the Army when she was 17 and attended the Walter Reed Army Institute of Nursing, becoming one of its last graduates before the program ended in 1978. After her post-school training, she was assigned to an intensive care unit.

"Six months later, my chief nurse called me down and said 'I'm putting you in pediatrics. You're going to be the head nurse of the neo-natal unit,'" she said.

Jackson admits that although she's

"always loved and enjoyed children," her original goal was to work with Soldiers as an intensive care nurse. But after working in pediatrics, she said she fell in love with the job.

"I love working with the families. I love watching the children grow and mature," she said. "It's such a rewarding experience when you see a sick child and you see them feeling better, and how appreciative their parents are."

Jackson said she can empathize with many of the children she sees because as a former "Army brat" she knows what they go through on a daily basis.

"My dad was in the Army for 30 years, and so I've always felt like I could identify, being that I was a dependent and moved around a lot of places," she said.

For more information, call Jackson at 410-278-1932, or email heidi.l.jackson.civ@mail.mil.

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

MARK YOUR CALENDAR

events&town halls

WEDNESDAY, AUGUST 5

EMPLOYMENT RESOURCE DAY & EXPO

APG Army Community Service, in partnership with the APG Military Personnel Office/ Directorate of Human Resources, the Susquehanna Workforce Network, and Department of Labor Licensing & Regulation, Local Veterans Employment Representative, will offer an Employment Resource Day & Expo at the APG North (Aberdeen) recreation center open to all job seekers in the community. Attendees should dress in business attire and bring plenty of resumes.

For more information, call the Army Community Service Employment Readiness Program at 410-278-9669/7572.

TUESDAY SEPTEMBER 1

2ND GARRISON PROFESSIONAL DEVELOPMENT TRAINING SYMPOSIUM

The APG Garrison and the Directorate of Human Resources are proud to announce the installation's 2nd Garrison Professional Development Training Symposium Sept. 1 from 8 a.m. to 4 p.m. at Top of the Bay.

More details are to follow. For more information, contact Celestine Beckett at 410-306-2333 or celestine.beckett.civ@mail.mil.

meetings&conferences

THURSDAY JULY 16

WOA "SILVER" CHAPTER QUARTERLY MEETING

The U.S. Army Warrant Officer Association's Aberdeen-Edgewood "Silver" Chapter will hold its quarterly meeting 11:30 a.m. to 12:45 p.m. 16 July 2015 at the APG North (Aberdeen) recreation center, Bldg. 3326.

For additional information please contact CW4(R) Jesse Fields at: 410-278-9673/908-956-3368 or jesse.p.fields.ctr@mail.mil

For more information about the WOA Aberdeen-Edgewood chapter, visit <http://www.apgwoa.org>.

FRIDAY JULY 24

CBRNE GREEN DRAGON BALL

Celebrate the 97th year of the U.S. Army Chemical Corps during the Annual National Capitol Region 2015 Joint CBRNE Green Dragon Ball starting 6 p.m. at The Waterford, 6715 Commerce Street, Springfield, Virginia 22150. This event will be hosted by Lt. Gen. Thomas W. Spoehr, director, Army Office of Business Transformation, Office of the Under Secretary of the Army. The keynote speaker is Brig. Gen. William E King IV, Deputy ACoS, G3/5/7, U.S. Army Forces Command, Fort Bragg, North Carolina. To RSVP, register, or for more information, visit the Green Dragon Ball website at <http://www.ecbc.army.mil/greendragonball/> or email usarmy.APG.ecbc.mbx.green-dragon-ball@mail.mil.

WEDNESDAY AUGUST 19

31ST ANNUAL WOMENS EQUALITY DAY OBSERVANCE

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

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

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

health&resiliency

JULY 3 – JULY 6

KIRK CLOSED FOR HOLIDAY

Kirk U.S. Army Health Clinic will be closed Friday, July 3 and Monday, July 6 in observance of Independence Day.

The clinic will resume normal operations Tuesday, July 7.

For more information, call 410-278-1724.

THURSDAY JULY 16

C4ISR HEALTH EXPO

CECOM will host an "Enhancing Resiliency- Strengthening Our Professionals" health expo 11 a.m. to 1 p.m. at the Mallette Mission Training Facility, Bldg. 6008 on the C4ISR campus.

Activities include weight loss circuits and seated massage; health screenings for vision, blood pressure, fat analysis and more; with topics on self-defense education; stress and weight management; financial wellness, sleep disorders, commuter information; nutrition; life insurance and much more.

Representatives on hand will include the APG Army Wellness Center; Army Substance Abuse Program; Family and Morale, Welfare & Recreation; Army Community Service; and various health care providers.

Door prizes and promotional giveaways will be available.

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

JULY 21, 23 & 28

DENTAL CLINIC CLOSURE

The APG South (Edgewood) dental clinic will be closed Tuesday, July 21; Thursday, July 23; and Tuesday, July 28 due to provider shortage. All patients will be routed to the APG North (Aberdeen) Dental Clinic.

For more information, contact Sgt. 1st Class Tasheva Pouncey, senior dental NCO, at 410-278-1795 or tasheva.l.pouncey.mil@mail.mil.

WEDNESDAY JULY 22

PERRY POINT VETERANS OPEN HOUSE

The VA Maryland Health Care System and the Baltimore VA Regional Office will host a Summer of Service Open House, Navigation Seminar & Town Hall 1 to 4 p.m. in the Gymnasium, Bldg. 314, at the Perry Point VA Medical Center in Perryville, Maryland.

VA staff will be on hand to help veterans apply for VA health care and compensation benefits and to answer questions about VA Maryland Health Care System and the Baltimore VA Regional Office services. During a Navigation Seminar & Town Hall, from 2 to 3:30 p.m. in the medical center theater, veterans will learn about specific programs and services offered by the VA Maryland Health Care System and the Baltimore VA Regional Office. Veterans applying for VA services should bring a photo ID and financial information from the previous year as well as their DD-214 (discharge papers), though it is not required. Veterans seeking claim related issues should contact the Baltimore VA Regional Office at 410-637-6950 to ensure they bring the appropriate documents.

This event is free and open to military veteran and their families.

For more information, call the Community Outreach Office for the VA Maryland Health Care System at 1-800-949-1003, ext. 6071.

FRIDAY JULY 31

SCREAMING ABOUT SCREENINGS INFO SESSION

The C4ISR Wellness Committee will host a Screaming About Screenings Informational Session, 11:30 a.m. to 12:30 p.m. at Bldg. 6001, second floor, room 224, in the ACC Training Room. This event, open to APG civilians, contractors and military, includes screenings and tests that are important parts of disease prevention. Visitors will learn the importance of keeping up with preventive screenings, understanding the numbers, and scheduling regular checkups.

Non-C4ISR employees must register to attend by July 15.

To request sign language interpreters or other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 by July 7.

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

DENTAL CLINIC CLOSURE

The APG Dental Clinic will open for sick call 7 to 8:30 a.m. and then close for the remainder of the day for Commander's Call. For more information, contact Sgt. 1st Class TaSheva Pouncey, senior dental NCO, at 410-278-1795 or tasheva.l.pouncey.mil@mail.mil.

ONGOING

ARMY WELLNESS CENTER AT APG SOUTH CLINIC

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

- July 23, 29
- Aug 13, 25
- Sep 10, 22

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

ONGOING

WEAR BLUE: RUN TO REMEMBER HARFORD COUNTY/APG

A Harford County/APG-based Wear Blue: Run to Remember community has been established, with ongoing meets the second Saturday of every month 8:30 a.m. at the Maryland and Pennsylvania Heritage Trail in Fallston.

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

fallen, fighting and families.

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

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

Upcoming dates include:

- July 11
- August 8
- September 12
- October 10

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

THROUGH 2015

2015 CPR, AED CLASS SCHEDULE

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

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

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

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

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

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

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

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

family&children

JULY 13-17

VACATION BIBLE SCHOOL

The APG Main Post Chapel will host Everest Vacation Bible School July 13-17, free to children pre-school through sixth grade from 5:30 to 8:30 p.m. Monday and 6 to 8:30 p.m. Tuesday through Friday.

Children will participate in Bible-learning activities, singing, team-building activities and interactive games. Each day concludes with a Summit Celebration at 8 p.m., when parents are invited to attend and see what their children learned that day.

Space is limited. To register, visit <https://www.groupvbspro.com/vbs/ez/APGChapel-vbs2015>.

For more information, or to serve as a volunteer, call John Mark Edwards, director of religious education, at 410-278-2516.

miscellaneous

THROUGH JULY 31

HYDRANT FLUSHING

The annual hydrant flushing at APG starts June 22 and run through July 31, Monday through Friday, 7 a.m. to 3 p.m. The schedule is tentative and will be followed as closely as possible.

▪ Through July 3: 4000, 5000 and 6000 building blocks

▪ July 6-10: 4000, 5000 and 6000 building blocks

▪ July 13-17: Plumb Point Loop, restricted areas

▪ July 20-24: ARL, restricted areas

▪ July 27-31: ARL, restricted areas

For more information, contact government representative, Dennis Overbay at 443-206-8910 or City of Aberdeen representative, Roger Hall at 410-272-1449

ONGOING

HOT WORK PERMIT

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

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

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

THROUGH 2015

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: 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: 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.

THROUGH 2015

RETIRING SOON? UNCLE SAM WANTS TO THANK YOU!

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

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

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

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

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

ONGOING

SOUTH DAKOTA VETERANS BONUS

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

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

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

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

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

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

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

ONGOING

ARMY DISASTER PERSONNEL ACCOUNTABILITY & ASSESSMENT SYSTEM

All Department of the Army personnel must validate their emergency data as well as their family members in the Army Disaster Personnel Accountability & Assessment System (ADPAAS).

Visit <https://adpaas.army.mil> and follow the instructions below to validate/update your personnel data:

1. Select "Soldiers, DA civilians, NAF employees, OCONUS contractors and their family button."
2. Choose one of the three login methods
3. Click the "My Info" tab.
4. Select "Contact Information" to review, add or edit emergency contact information.
5. Select "Family Member Info" to review, add or edit your family member information.

Individuals in a geographic area of natural or man-made disasters will be prompted to complete an assessment survey.

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

Childproof homes prevent accidents

By **STACY SMITH**
APG News

Children are naturally curious about the world around them, but curiosity can sometimes lead to dangerous situations when parents aren't paying attention.

The Centers for Disease Control and Prevention reports that each year, nearly nine million children from newborn to 19-years-old are seen in emergency departments due to household injuries, and more than 9,000 children die as a result of being injured.

Parents don't have eyes in the back of their heads, so it can be difficult to prevent all accidents and injuries. However, there are some steps parents and caregivers can take to ensure children stay safe at home.

Surprising safety hazards

"Parent" magazine recently named some common household items that can be easily overlooked when childproofing:

▪ Dishwashers:

They give children easy access to sharp knives and forks. Keep the dishwasher closed and latched when it's not in use.

▪ **Kitchen ranges:** An improperly installed range can fall forward if your child leans on the front of it or climbs on the oven door. Make sure free-standing or slide-in ranges are installed with anti-tip brackets that secure the rear legs to the floor.

▪ **Bath seats and rings:** Bath seats and rings help a baby sit up in the tub, but they can be a drowning hazard if babies are left alone for even a few seconds. Always stay within arm's reach when your baby is in the tub.

▪ **Pocketbooks & purses:** These bags often contains items such as make-

up, medication and other small items that can be poisonous or present a choking hazard. When friends and relatives visit, place purses and luggage in a closet or room where children can't reach them.

▪ **Power windows:** If children put their head or hand out the window, then accidentally lean on the switch, the window can close on them. Use the lock function so children can't operate power windows.

The disappearing act

As children develop, they progress from exploring their own homes to venturing off into uncharted territory: the neighborhood.

Children, especially inquisitive toddlers, can sometimes leave their homes unexpectedly and without permission.

Some children on the autism spectrum are particularly prone to leaving their homes without supervision, a behavior often referred to as "elopement" or "wandering." Autism Speaks recommends that parents of children prone to this type of behavior consider the following options that can also apply to sleep walkers and misbehaving toddlers:

▪ Install secure dead bolt locks that require keys on both sides.

▪ Install a home security alarm system.

▪ Install inexpensive battery-operated alarms on doors.

▪ Place hook and eye locks on all doors above your child's reach.

▪ Fence or gate your yard.

Pocketbooks and purses often contain items such as makeup, **medication** and other small items that can be poisonous or present a choking hazard.



Making your home child-safe

The CDC and the Consumer Product Safety Commission recommend the following safety precautions based on your child's developmental stage.

Age	Developmental stage	Safety measures
Newborn-3 months	<ul style="list-style-type: none"> Reaches for toys and other objects. 	<ul style="list-style-type: none"> Put away small toys and other objects that might be dangerous and/or easy for to swallow. Use outlet covers and outlet plates to help prevent electrocution.
4-8 months	<ul style="list-style-type: none"> Begins to sit unsupported. May begin to crawl / 'rock' on belly 	<ul style="list-style-type: none"> Use corner and edge bumpers to prevent injuries against sharp edges of furniture and fireplaces. Use anchors to avoid furniture and appliance tip-overs.
9 months - 1 year	<ul style="list-style-type: none"> Begins to crawl. Puts things in mouth. Can pull self up; stands while holding onto objects. Exploratory; uses objects in different ways ie., shaking, banging. 	<ul style="list-style-type: none"> Use safety gates to help prevent falls down stairs and to keep children from entering rooms and other areas with possible dangers. Use safety latches and locks for cabinets and drawers in kitchens, bathrooms and other areas to help prevent poisonings and other injuries.
1-2 years	<ul style="list-style-type: none"> Walks without help. May walk up steps and run. Extremely curious about the world; will explore alone if child knows parent is close by. 	<ul style="list-style-type: none"> Consider childproofing all rooms of house. Use door knob covers and door locks to help prevent children from entering rooms and other areas with possible dangers. Install window guards to prevent children from falling out of windows. Create a barrier between pool or spa and child. The Consumer Product Safety Commission recommends pools and spas be surrounded by a 4-foot tall fence with self-closing, self-latching gates.
2 years	<ul style="list-style-type: none"> Walks up and down stairs while holding on. Climbs onto and down from furniture without help. Begins to run. 	<ul style="list-style-type: none"> Lock or put away unsafe objects that children can reach by climbing. Move furniture, including cribs and beds, away from windows to discourage children from climbing near windows.

▪ Adhere printable STOP signs to doors, windows and other exits.

Even with newborns who haven't learned to crawl, or children who have never escaped the house, it's smart to

prepare for the worst. Knowing how best to childproof homes will help keep children safe and protected.

For more information, visit www.cdc.gov/.

Carl, how popular is the APG Facebook page?

So popular, Fort Meade comes to us for updates



like us on facebook

www.facebook.com/APGMd





MEMORIES OF 'NAM



Vet served in Marines, Army and Navy

By **YVONNE JOHNSON**
APG News

In 1961, John Michael Burke graduated high school and then joined the Marines. He wanted excitement; he wanted to see the world. He got his wish.



Burke

Before Burke's 22-year career was over he would also serve in the Navy as a corpsman and in the Army as a military police officer.

Born in 1942, Burke was the oldest of eight children. With two brothers and five sisters, he said that except for low-waged labor work, entering the military was the only option for young men without college plans. He was optimistic and excited, however. Military life opened new doors and he enjoyed traveling, and experiencing new lifestyles and cultures.

Burke was a machine gunner. He enjoyed life on the high seas, traveling on Navy transports for training to exotic places. He said that for the first time in his life, he had a purpose.

"I loved it except for when it stormed," he said. "During one storm the ship took a 40-degree roll. That was no fun."

Between 1961 and 1965 Burke visited or trained in Greece and France and throughout the Mediterranean region, and enjoyed the treasures of Okinawa, Japan and the Philippines.

He said Cuba was one of his favorite tours.

"Cuba was a great tour. There were plenty of clubs and plenty of things to learn about and do culture wise. And we never worried about running out of supplies because we were so close to Miami. Ships were always coming in."

Burke was in Cuba in 1962 when everyone planning to leave the service was extended due to the Cuban Missile Crisis. And, he recalled being on duty in a guard tower just over a year later when he learned about the Kennedy assassination.

Burke left the Marines in 1965 but after six months he was back in the military; this time with the Army as a 95B, military police officer. He said once recruiters learned he'd been a Marine gunner they said he was a "natural" for MP work.

He trained and went to school at Fort Dix and Fort Monmouth, New Jersey. Things were heating up in Southeast Asia by then, and he said it was "pret-

ty much a given" he'd end up in 'Nam.

"Itit was 50-50," he said. "We knew half of us would go to Germany and the rest would go over there. Of course, I wound up in the 'lucky' group."

By 1967 he was on the ground in 'Nam, assigned to the 518th Military Police Battalion in Da Nang. Burke said his tour was uneventful compared to others he's heard about.

"The first week, they put you in towers, mostly at night, to look out for the Viet Cong," he said.

Situated near an air base, he said rockets were "going off all the time." But they stayed busy and time moved fast.

"We policed on and off base, processed prisoners of war, went on patrols, enforced curfews and sometimes arrested our own guys when we had to," he said.

He stayed in 'Nam just one tour. He tried to extend but said the paperwork never cleared.

Burke returned to Fort Monmouth and the years moved quickly. He was a married specialist in 1971 when he was awarded an Army Commendation Medal for rescuing several Soldiers during a barracks fire at Monmouth.

He went on to serve at Fort Bragg, North Carolina and in Korea before being assigned to the 523rd Military Police Company at Aberdeen Proving Ground.

He said APG grew on him.

"We lived in a small apartment but duty wasn't all that difficult," he said. "I mostly worked the gates and did driving patrols. Those were good years."

Burke left the Army in 1979 at the rank of sergeant E-5. He soon returned to the military when he joined the Navy as corpsman. He trained at Great Lakes, Illinois and at Bethesda Naval Hospital, Maryland. From Bethesda he returned to Okinawa, then served his final tour at Camp Le Jeune, North Carolina.

Burke retired Jan. 31, 1987 with a total of 26 years of service.

Out of the three branches he served in, he said he liked the Navy best because, "You didn't have to put up with all the petty inspections."

Because a good friend from his Army years lived in Aberdeen, Burke eventually settled in Havre de Grace. He moved to Perryville in Cecil County three years ago.

Burke chuckles at the thought that people might think he tried every branch until he found one he liked but says the truth is he liked them all and he loved the



Courtesy Photo

John Michael Burke, right, wears his uniform proudly during his first trip home from boot camp after joining the Marines in 1961. His younger brother, Steve Burke, is on the left.

military. He wears his Combat Corpsman hat with his Army ribbons and Vietnam service medals attached and his favorite t-shirt that reads: "Corpsmen, We save lives for a living," every chance he gets.

"The military definitely helped shape me," he said. "It was like going from a nobody to being a celebrity. You had the

honor of serving your country. Everybody doesn't get that chance, and the sad part is, some of us who do still don't get what that means.

"I lived through a lot of history. I get to say I was there. When I look back on all the sights I've seen and all the places I've been, it's just amazing. It makes me grateful. It makes me proud."

CONSTRUCTION ALERT

Slow down in work zones!

Maryland State Highway Administration

Messages about safety in work zones cannot be repeated too often. Nationally, more than 700 people die in work zones each year. Work zone crash fatalities have risen over the last two years with 10 Maryland work zone fatalities in 2013 and nine in 2014. Over the last five years, there have been nearly 8,200 work zone-related crashes in Maryland, which resulted in the injury of more than 3,690 people and 31 deaths.

Major contributing factors in work-zone crashes include: drivers not paying attention, going too fast for conditions, failure to yield the right-of-way and following too closely.

Keep workers safe by following these tips:

- ◆ When you see orange signs, cones and barrels, or a work truck, expect a roadside work zone ahead.
- ◆ Stay alert! Look for reduced speed limits, narrow driving lanes and highway workers.
- ◆ Pay attention. Work zone signs will tell you exactly what to expect ahead.
- ◆ Slow down. You may encounter slowed or stopped traffic in an instant.
- ◆ Don't follow too closely. Maintain a safe distance on all sides of your vehicle.
- ◆ Minimize distractions. Remember Maryland State law bans hand-held cell phones and texting.
- ◆ Plan ahead. Expect delays and allow extra travel time. Select an alternate route if you are running late.

Learn about current and planned lane closures with 511 or SHA's Coordinated Highways Response Team web site at <http://chart.state.md.us/>



Have a great idea for a story?

Know about any interesting upcoming events?

Wish you saw more of your organization in the paper?

The APG News accepts story ideas and content you think the APG community should know about.

- Story ideas or content must be geared toward the greater APG community and cannot appear to endorse any private company.
- The deadline for content to appear in an upcoming issue of the APG News is the **Thursday PRIOR** to publication. The APG News cannot guarantee submissions received after the Thursday prior to publication will appear in the next issue of the paper.
- Send story ideas or pre-written content to amanda.r.rominiecki.civ@mail.mil or call 410-278-7274 for more information.
- Please note, the APG News editor reserves the right to (1) reject any content deemed inappropriate, irrelevant or against regulation, (2) delay the publication of submitted material if it is not timely and (3) edit or shorten content for space and style reasons without altering the meaning of the submission.



ALL THINGS MARYLAND

Ladew Topiary Gardens

Connect with nature in garden 40 years in the making

By **RACHEL PONDER**

APG News

This summer, “stop and smell the roses” at Ladew Topiary Gardens in western Harford County.

Ladew Topiary Gardens spans 22 acres with more than 100 larger-than-life topiary sculptures which serve as the backbone and centerpiece of the gardens. It was deemed “the most outstanding topiary garden in America” by the Garden Club of America and is featured as one of the “10 incredible topiary gardens around the world” by Architectural Digest.

In addition to the cultivated gardens, guests can enjoy nature’s beauty on the 1.5-mile walking trail that features a wetland forest and fresh water marsh.

The most recent addition to the gardens is the Butterfly House, which invites visitors to experience the up-close habitat and life cycle of native butterflies and caterpillars. It is open during summer months to correspond to the natural cycle of the native butterflies.

History buffs will enjoy touring the manor house. Originally built in the 1700s, Harvey S. Ladew, bought the home and the land in 1929 because it was adjacent to the Elkridge-Harford Hunt Club. After a day of hunting, Ladew liked to invite his friends over to socialize.

“It was a party house,” said Beverly Pflingsten, a staff docent.

Greeting visitors at the entrance to the gardens is a life-sized hunt scene of topiary horses, riders and hounds – a nod to Ladew’s passion for hunting.

The manor house is filled with original objects owned by Ladew. Pflingsten said the Oval Library, the favorite room of many visitors, contains more than 2,500 books and a secret door.

Ladew eventually developed a passion for gardening.

He spent 40 years completing his gardens with very little outside help or formal training. In 1971 the gardens were opened to the public.

“He wanted people to enjoy his gardens,” Pflingsten said. “That was his focus”

Pflingsten added that television shows like “Antiques Roadshow” and “House of Cards” were filmed on the premises.

Ladew Topiary Gardens welcomes more than 40,000 visitors annually, and offers a variety of cultural, educational and special events for all ages. The “Groovin’ in the Grass” outdoor concert series features live music every Sunday during the summer.

Ladew Topiary Gardens is located



Photo by Rachel Ponder



Photo by Erik Kvalsvik



Photo by Rachel Ponder

(Clockwise)

Ladew Topiary Gardens in western Harford County spans 22 acres with more than 100 larger-than-life topiary sculptures. A great spangled fritillary butterfly lands on a milkweed flower in the Butterfly House at Ladew Topiary Gardens.

Photo by Rachel Ponder

The dining room of the manor home owned by Harvey S. Ladew includes many of his personal items.

ed at 3535 Jarrettsville Pike, Monkton, Maryland, 21111. It is open daily 10 a.m. to 5 p.m., April 1 through Oct.

31. The café is open from 11 a.m. to 3 p.m. Picnics are welcomed.

For admission prices or special

events information, visit <http://www.ladewgardens.com/> or call 410-557-9466/9570.

Wellness Center teaches stress management

By **BRANDON ALLEN**

APG Army Wellness Center

We all know of and experience stress, yet it can be quite challenging to reduce or manage it in a positive way. In order to effectively manage your stress levels it is important to know what stress is and how it impacts the body.

Stress is the non-specific response that occurs by the body when something challenges the body’s ability to maintain homeostasis, or normal operating levels.

The body has the same physiological response to stress – like increased heart rate, blood pressure, sweat rates and the release of adrenaline – no matter the stressor. These same responses can occur whether you are giving a presentation or engaging in physical activity.

Although we activate our stress response in similar ways, the magnitude of this response can vary quite a bit.

One way to illustrate this is by looking at how stress was important to the survival of our ancestors. Our ancestors often faced stressors like predators. They experienced an intense acute physiological response that allowed for fight or flight. Once the stressor was over, they had ample time to recover from the

stress and return to homeostasis.

Society has developed a lot since the days when we had to run from a predator. Nowadays individuals experience stress due in large part to sustained psychological stressors that sometimes don’t go away. In fact, these stressors tend to accumulate over time.

Think about someone who slept through their alarm, rushed to get ready for the meeting, and skipped breakfast – only to get stuck in traffic and walk in late to the meeting, which led to an unhappy boss. After the rushed morning they make it back to their office to find a voicemail saying their child is sick and needs a ride home from school.

An individual may experience stressors that accumulate all in one day or over time for the period of a month. In both instances, these lower-intensity stressors accumulate over time and usually

deny the body the much needed recovery time resulting in elevated levels of cortisol – the body’s main stress hormone. Prolonged elevated levels of cortisol can compromise the immune system, increase appetite and abdominal fat, and decrease muscle synthesis.

There are many different stress-busters one could use to manage stress levels, like exercise, but we might not always have access to those stress-busters when needed.

Practicing evidence-based stress management techniques can help one minimize or possibly avoid entirely the undesirable consequences of sustained stressors. The APG Army Wellness Center can teach members of Team APG these techniques.

Learning stress management techniques is as easy as one, two and three.

1. Call the APG Army Wellness

Center and sign up for the stress management class.

2. Enjoy the stress management class and schedule your individual biofeedback session.

3. Work with an APG AWC health educator to help you reduce and/or manage stress.

Follow-up biofeedback sessions are recommended every one or two weeks to help manage stress and track progress. The number of biofeedback sessions may vary between clients due to different goals and stressors.

The Army Wellness Center also offers metabolic and fitness testing. Metabolic testing will provide you daily caloric needs, which can help lose the weight one may gain due to stress. After fitness testing, an exercise “prescription” aimed at reducing stress can also be provided.

While the health educators at the AWC are qualified to provide stress management education and help you practice the stress management techniques, they are not licensed therapists.

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



ICE

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

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

MORALE, WELFARE & RECREATION



Upcoming Activities

CHILD & YOUTH SERVICES

BABYSITTING COURSE JULY 21 – 23

APG Child, Youth and School Services, in partnership with 4-H, will offer a class to familiarize participants with all the responsibilities of babysitting as well as becoming certified in CPR/First Aid. Students will receive a certificate of completion of the course as well as their CPR/First Aid cards.

The course is two days in length, 9 a.m. to 3 p.m. each day. It will be held at Bldg. 2503, Highpoint Road, in the second floor conference room. This free course is open to youth ages 13 to 18. Registration is required.

For more information, or to register, contact Shirelle Womack at 410-278-4589.

LET'S COOK! INTERNATIONAL COOKING CLASS JULY 6-10 & AUGUST 3-7

CYSS will host an international cooking class that will teach children skills to prepare food from different places around the world.

The first session will run Monday, July 6 to Friday July 10. The second session will run Monday, Aug. 3 to Friday, Aug. 7. Each session will be held at the Corvias Community Center from 10 a.m. to 1 p.m.

Children will learn about sanitation, kitchen safety and different recipes that require little help from parents. Each session includes a \$35 supply fee and is open to children ages 7 to 15.

For more information, email shirelle.j.womack.naf@mail.mil or call 410-278-4589.

LEISURE & TRAVEL PA RENAISSANCE FAIRE AUGUST 1 - OCTOBER 25

Experience the fantasy of a marvelous trip back in time to the days of yore as the castle gates swing wide to usher in the 35th season of the Pennsylvania Renaissance Faire. Featuring 35 acres of jousting knights and royal delights, the faire welcomes you with a cast of hundreds of costumed merrymakers, more than 90 shows daily, manicured gardens, scores of artisans demonstrating ancient crafts and 22 royal kitchens – truly the faire remains a marvelous fantasy of bygone days and knights.

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

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

MARYLAND STATE FAIR AUGUST 28 - SEPTEMBER 7

The Leisure Travel Office is offering tickets to the Maryland State Fair at 2200 York Rd., Lutherville-Timonium, MD 21093. Tickets are \$7 for adults, \$2.50 for children ages 6-11, \$19 for ride-all-rides passes, and \$11 for food vouchers. Registration deadline is

Aug. 17. To purchase tickets, visit Leisure Travel Services at the recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

NEW YORK CITY BUS TRIP SATURDAY SEPTEMBER 12

The Leisure Travel Office is offering seats on a bus to New York City Sept. 12. The bus will leave the APG North (Aberdeen) recreation center at 7 a.m. and return to the recreation center at 9 p.m., depending on traffic. The cost is \$48 per person. To reserve a seat, visit Leisure Travel Services at the recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

AMUSEMENT PARK DISCOUNT TICKETS 2015 SEASON

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

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

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

BALTIMORE ORIOLES DISCOUNT TICKETS 2015 SEASON

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

SPORTS & RECREATION ULTIMATE FRISBEE WEDNESDAYS

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

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

and incomplete passes are turnovers.

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

FREE TICKETS - TIGER WOODS FOUNDATION GOLF TOURNAMENT JULY 29-AUGUST 2

Complementary tickets are available to all MWR patrons for the 2015 Tiger Woods Foundation Golf Tournament on a first-come, first served basis. There is a limit of 4 tickets per ID card holder.

Ticket distribution will start July 1 at 9 a.m. at the APG North (Aberdeen) recreation center and 10 a.m. at the APG South (Edgewood) recreation center.

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

KAYAK CLASSES MAY-JUNE

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

- July 9-10
- July 14-15
- July 22-23
- July 30-31
- Aug. 13-14
- Aug. 17-18

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

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

2015 POOL PASSES

MWR pools are now open 7 days a week through Aug. 28.

The APG North (Aberdeen) Olympic Pool and the APG South (Edgewood) Bayside pool are open for morning lap swim Monday-Friday, 6:30 to 8 a.m., afternoon lap swim 11:30 a.m. to 12:30 p.m. and recreational swim Monday-Friday 12:30 to 7 p.m. and Saturday-Sunday 11:30 a.m. to 7 p.m.

Pool passes are on sale now at either pool, the Outdoor Recreation Center, Bldg. 2184, and the Leisure Travel offices at APG North (Aberdeen) and APG South (Edgewood) recreation centers.

Pool pass prices:

- Active duty service members and their families swim free.
- 30-day Individual Pass - \$35
- 30-day Family Pass - \$70
- Season Individual Pass - \$85
- Season Family Pass - \$175
- (Passes are valid through Sept. 7, 2015.)
- Daily pool fees:
- Lap Swim - \$4
- Military Retirees & Immediate Family - \$3
- Reservists, National Guard, Civilians & Immediate Family - \$5
- Guests Accompanied by Eligible ID Card Holder - \$7

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

EQUIPMENT RENTALS ONGOING

The MWR Outdoor Recreation Office offers countless items for rent to make a summer barbecue or party complete, including barbecue grills, bounce houses, canopies, coolers, kayaks, yard games and camping gear. Visit www.apgmwr.com for price list. Call 410-278-4124/5789 for more information.

ARMY COMMUNITY SERVICE

CONSUMER RIGHTS & OBLIGATIONS WEDNESDAY JULY 8

ACS will host a Consumer Rights & Obligations course at the ACS Building, #2503, from 11:30 a.m. to 12:30 p.m. The class will focus on consumer rights, obligations and scams perpetrated to defraud consumers. It will also provide an overview of what the Federal Trade Commission does and does not protect, while in CONUS, and discuss warranties for products purchased and how to go about filing a complaint.

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

START & REVITALIZE YOUR CAREER WEDNESDAY JULY 22

Whether you are starting a new career or need a boost in your current career, this workshop will offer the following:

- Setting a career path that defines you
- Creating strategies to move your career to the next level
- Setting S.M.A.R.T goals that work
- Being the job applicant that stands out.

The class is free but does require registration. Seating is limited to 20 participants. To register, call the ACS Financial Readiness Program Manager at 410-278-7572.

GETTING INSURANCE WEDNESDAY AUGUST 19

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

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

Getting Insurance

August 19, 11:30 - 12:30 ACS Building 2503

Provides an overview of insurance, insurance terms, and getting the most for your money. Explores questions such as Do I have enough? What will these terms mean to me? What insurance do I need?

To enroll in this FREE class you must register with: ACS Financial Readiness Program Manager, 410-278-7572

ARMY COMMUNITY SERVICE ACS Real-Life Solutions for Successful Army Living

We're Stronger Together

Sponsorship and Advertising Opportunities

InDemand eNewsletter
The InDemand is a weekly eNewsletter highlighting special events, classes, programs, news, trips, ticket specials, discounts, and so much more. It is hosted on our website; the link is emailed to over 12,000 people each week...and the list is growing! Several options exist to accommodate your advertising needs. Choose from a skyscraper, business card, or full page ads.

Website
Our website www.apgmwr.com is one of the top three most used resources for information according to a recent survey. With an average of 21,000 visits per month, it's a sure fire way of getting noticed. Rates vary and depend on size and length of run time. Easily the most adaptable and dynamic way of advertising your services.

Directory
The Family and MWR Directory is a regular publication featuring all of our facilities and programs with contact information, hours of operation and services provided. Distributed throughout the installation, over 15,000 copies are printed. It is one of the most useful resources if you live, work, or regularly visit Aberdeen Proving Ground.

Sponsorship opportunities available year round for MWR EVENTS (Oktoberfest and other MWR programs.) Please ask the MWR Team at 410-278-3904/9816/7952/1364 about the packages.

For Donation Opportunities contact Alan Hickox: 410-306-4515

Grilling up BBQ safety on Fourth of July

By **RON KRAVITZ**
Garrison Safety Office

This summer more people than ever will be lighting barbecue grills, it's important to remember that a successful barbecue is a safe barbecue. Remember, anytime there's a fire, chances of getting burned are high. Especially for children. Take precautions. Common sense and planning will prevent injuries. Always read the owner's manual before using a grill, especially if it's new. Follow specific usages, assembly, and safety instructions.

Barbecue grills are designed for outdoor use only. Never barbecue in a trailer, tent, house, garage or any enclosed area because carbon monoxide could accumulate to dangerous or even deadly levels.

As Independence Day weekend celebrations near, brush up on your grilling safety information with the following tips and guidelines:

General grilling tips

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave the grill unattended.

Propane grills

Before using the grill:

- Check the major connection points between the gas (propane) tank hose and the regulator and cylinder, and where the hose connects to the burners. Tighten if loose. Be sure all parts of the unit are firmly in place and the grill is stable.
- If electrically operated accessories (i.e. rotisseries, etc.) are used, be sure they're properly grounded in accordance with local codes. Electrical cords should be placed away from where people walk.
- Use long-handled barbecue utensils to avoid burns and splatters.
- Wear clothing that does not have hanging shirt tails, frills or apron strings, and use flame retardant mitts when adjusting hot vents.
- Use long-handled barbecue utensils to avoid burns and splatters.



Courtesy photo

- Wear clothing that does not have hanging shirt tails, frills or apron strings, and use flame retardant mitts when adjusting hot vents.
- Use baking soda to control a grease fire and have a fire extinguisher handy. A bucket of sand or a garden hose should be near if you don't have a commercial extinguisher.
- Check the gas tank hose for the potential gas leaks. To do that:
 - Apply a light soap and water solution to the hose using a brush or spray bottle.
 - Turn the propane tank on. If there is a gas leak, the propane will release bubbles around the hose (big enough to see). If there are no bubbles, your grill is safe to use.
 - If there are bubbles, turn off the tank and check connections, then have your grill serviced by a professional before using it again.
 - If the leak doesn't stop, call the fire department immediately.
- **When the grill is on:**
 - As you are cooking, if you smell gas, turn off the gas tank and burners. If the leak stops immediately, get the grill serviced by a professional before using it again.
 - If the smell continues, move away from the grill and call the fire department immediately. Do not move the grill.
- **Gas tank safety:**
 - When the gas tank is connected, the grill must be kept outside in a well-ventilated space. When not in use, the gas tank valve must be turned off.

- If storing a gas grill indoors, the gas tank must be disconnected, removed, and stored outdoors. Never store a gas tank indoors.
 - The gas tank valve outlet must be plugged whenever the tank is not connected to the grill or being transported, unless it is a quick close coupling or quick disconnect type of tank valve. Follow manufacturer's instructions for handling of tanks.
 - Always store gas tanks upright and in areas where temperatures won't exceed 120 degrees Fahrenheit. Never store a spare gas tank on or near a grill or any other appliance. Always check for gas leaks every time you disconnect and reconnect the regulator to the gas tank. Never attach or disconnect a gas tank or move or alter gas fittings when the grill is in operation or is hot.
 - Never use a gas tank if it shows signs of: dents, gouges, bulges, fire damage, corrosion, leakage, excessive rust or other forms of visual external damage; it may be hazardous and should be checked by a liquid propane supplier.
- Charcoal, Wood grills**
- Charcoal Grilling Safety**
- When using charcoal briquettes or wood chunks, form a pyramid and douse the briquettes/chunks with starter fluid. Wait until the fluid has soaked in before lighting.
 - Starter fluid should be capped immediately after use
 - There are several ways to get the charcoal ready to use. Charcoal chim-

ney starters allow you to start the charcoal using newspaper as a fuel.

- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

A good grill is an investment that will last years, if you treat it right. High heat, hot grease, caked-on food and exposure to the elements all can cut the life of even the best made grills in half. A dirty grill also negatively affects how food tastes.

Cleaning a grill

Taking care of a grill is easy, requiring just a few minutes each time it's used. Here are five simple steps to a cleaner grill.

Heat it up

Preheat the grates of the barbecue for at least 10 minutes. You want to get them super-heated. This burns off any leftover food and oil.

Scrub-a-dub-dub

Using a stainless steel coil brush or tin foil, scrub the barbecue grates to remove any remaining food bits. It might take some time, but it's well worth it.

Oil it down

You could use a cooking spray when the burners are off, but the best method for oiling your grill is to dab a paper towel in some oil and rub it on the grill using tongs. As the oil bakes in, it creates a semi-permanent protective coating.

Dump it

Get rid of any ash at the bottom of your barbecue. It can collect moisture, which could lead to rust.

Wipe it

Don't forget about the outside. Wipe down the exterior of the grill with a few drops of dish soap in a bucket of water and clean the entire exterior of the grill. For even better coverage, purchase a weatherproof cover to help keep it protected year round.

APG Eagles softball team closes out season

CYSS Youth Sports

"S-T-R! I-K-E! Strike her out! 1-2-3!" chanted the 9-to-10-year-old girls of the APG Eagles Softball Team. Rousing cheers from parents and friends followed the team's cheers throughout its deep run into the Harford County Softball Tournament.

Led by pitchers Tatyana Sanchez, Elizabeth Zinnante, and Laura Hughes, the APG Eagles pushed through the Harford County Tournament and were the only team to beat the tough Joppatowne Black team over the past three years.

Unfortunately, the Eagles could not repeat the victory. They lost to the Joppatowne Black in the championship game played at Nationals Park adjacent to Ripken Stadium in Aberdeen June 16. The Eagles finished the season with 12 wins and 3 losses.

David Zinnante, a lieutenant colonel and former Kirk U.S. Army Health Clinic commander, and Fred Hughes, a colonel and chief of staff of the U.S. Army Research, Development and Engineering Command, coached the Eagles.

"The best part of coaching is watching the girl's grow through the season," Coach Hughes said. "You start with a nervous child that has never swung a bat or thrown a ball and by season's end, they are confidently hitting fastballs and making difficult catches in a championship game. It is a fun and rewarding experience."

With veteran players from last year and new players this year, Coach Zinnante said the Eagles melded into a solid



(Above, left) Pitcher Elizabeth Zinnante brings the heat for the girls softball team APG Eagles during the first game of the Harford County Softball Tournament in early June. The team finished the season with 12 wins and 3 losses, losing to the Joppatowne Black in the championship game.

(Above, right)

APG Eagles softball player Tatyana Sanchez gets a base hit during a game against Churchville at the Harford County Softball Tournament in early June. The team finished the season with 12 wins and 3 losses, losing to the Joppatowne Black in the championship game.



Courtesy photos

softball team with a firm grasp on the fundamentals and understanding of the game.

"Our girls worked really hard to make it to the championship game," he said. "Coach Hughes and I were blessed to have positive support from all of the parents and we are very proud of how our girls competed. I am disappointed

we were not able to bring home the championship for Team APG but I feel very comfortable that the girls now have a greater understanding, appreciation, and love for the game.

"Sports, like softball, teaches kids what it takes to be successful both on and off the field," he added. "Coaching these girls over the past two years has

been a wonderful experience."

APG Eagle team members included Grace Bacon; Kylie Bannister; Valencia Cason; Gianna Dawson; Ashlyn Delongchamp; Laura Hughes; Ciara Jackson; Briana Long; Kaylee Millinger; Rarisia Ocasio; Leslie Pastrana; Skylar Rousayne; Tatyana Sanchez; and Elizabeth Zinnante.

MWR FOURTH OF JULY HOLIDAY HOURS

The following MWR facilities will be closed Friday, July 3 through Sunday, July 5: **Recreation Center / Library / Leisure Travel Office / Equipment Rental Center**
The **Auto Crafts Centers** will be closed Saturday, July 4. For more information, call 410-278-3929.

Three APG retirees look to next chapter

By **YVONNE JOHNSON**
APG News

Three Aberdeen Proving Ground civilians retired before family members, coworkers and friends during the Installation Retirement Ceremony at the Ball Conference Center, June 25.

Gary Martin, Program Executive Officer for Command, Control and Communications-Tactical (PEO C3T) presided over the program and presented awards. He was assisted by Master Sgt. James Aviles of the APG Garrison.

The honorees included Timothy J. McNamara of the Joint Program Executive Office for Chemical and Biological Defense (JPEO CBD); and Dawn E. Fry-Byrd and Mark S. Wienecke from Kirk U.S. Army Health Clinic.

Narrator Celestine Beckett, garrison workforce development manager, said the retirees' combined service totaled more than 64 years.

"During those years they made positive contributions to the installation and the Army [and] they represent dedication, commitment and selfless service to the United States Army," she said.

Martin recalled that he met McNamara during the base realignment and closure transition when McNamara was the garrison deputy, and that through him, he "grew to appreciate the tremendous missions here at APG."

"He was the one guy you could call and get something to happen," Martin said.

He noted that Fry-Byrd spent her career providing for troops and the public sector and thanked her for her contributions, "which are often underappreciated and behind the scenes."

Though he served just a short time in government service, Martin commended Wienecke for having spent his entire career serving the public sector.

"I thank all three of you and your families for your great careers and contribution," he said. "On behalf of Maj. Gen. Crawford and all APG leaders I offer best wishes for your future."

Timothy J. McNamara

McNamara was awarded the Department of the Army Superior Civilian Service Award for exceptional meritorious service as JPEO-CBD community rela-

tions and infrastructure manager from March 2012 through June 2015. He also received DA certificates of appreciation and retirement signed by Carmen J. Spencer, Joint Program Executive Officer. His wife, Grace, received a DA Certificate of Appreciation, also signed by Spencer.

A native of Joppa, Maryland, McNamara served his entire federal career at APG. From 1983 to 1997 he held positions of engineering technician, environmental protection specialist and chief of the Environmental Compliance Division in the former Directorate of Safety, Health and Environment and in the Directorate of Public Works. He served as the DSHE acting director and director for 10 years from 1999 to 2009. During this time he also served as Department of Defense representative to the Republic of South Africa for environmental impact analysis and served nationally

McNamara assumed the duties of deputy to the garrison commander in 2007 where he planned and executed several aspects of BRAC 2005 including the APG 2012 framework. In 2012, he joined JPEO-CBD where he developed wide-ranging initiatives to enhance military capability and quality of life for the JPEO-CBD and Edgewood Team CBRNE. He culminates his career with 33 years of commendable service.

McNamara thanked family and friends, who included several retired coworkers, in attendance and said he could not have accomplished what he did on his own.

"Everything I accomplished was because of you," he said. "This is definitely a team sport."

He added that when he started out in 1983, he was "just happy to go to work and wear muddy boots."

"My dad told me to never turn down an opportunity for promotion and here I am," he said. "It gave me the opportunity to visit labs and attend meetings and demonstrations and view the critical missions on this installation,"



McNamara

he said. "After all this time, I'm still awestruck. It was just a pleasure for me to work with so many people who contribute to our nation."

"I have nothing but great memories of my time at Aberdeen Proving Ground."

Dawn E. Fry-Byrd

Fry-Byrd was awarded the Commander's Award for Civilian Service for exemplary service as a physician assistant for KUSAHC from 2012 to 2015, signed by Col. Laura R. Trinkle, commander, U.S. Army Medical Activity, Fort Meade, Maryland and Kimbrough Ambulatory Care Center. She received certificates of appreciation and retirement signed by former KUSAHC commander, Lt. Col. David R. Zinnante. Her husband, Richard, received a DA Certificate of Appreciation, also signed by Zinnante.

Born in Warrenton, Virginia, Fry-Byrd grew up in Lancaster, Pennsylvania where she attended Hempfield High School and East Stroudsburg State College. She joined the Pennsylvania National Guard and trained to be an Army medic and x-ray technician. Fry-Byrd served on active duty from 1983 to 1994. Her duty stations included the former Walter Reed Army Medical Center; Camp Casey, Korea and Presidio of San Francisco, California. After attending the Army Physician Assistant School at Fort Sam Houston, Texas, she was assigned to the 24th Infantry Division at Fort Stewart, Georgia, and deployed to Operation Desert Shield/Storm. She also served in Wildflecken, Germany.

Fry-Byrd left the Army after more than 10 years of service and worked in the civilian sector before joining the medical team at Kimbrough Ambulatory Care Clinic at Fort Meade, where she worked for 10 years. The past two-and-one-half years she was employed at Kirk U.S. Army Health Clinic. Fry-Byrd retired June 20 with 25 years of combined service.



Fry-Byrd

She credited her successful career on Army training.

"Without attending physician assistant school, I wouldn't be where I am today," she said.

She thanked her husband of two years – also a recent retiree – and said she plans to work part time and start a small home business.

"I am looking forward to the next phase of my life," she said.

Mark S. Wienecke

Wienecke was awarded the DA Superior Civilian Service Award for outstanding performance while serving as the KUSAHC pharmacy chief from 2009 to 2015. His award read that he "distinguished himself through his expert knowledge and leadership of an exemplary patient-centered pharmacy," and was signed by APG Senior Commander, Maj. Gen. Bruce T. Crawford.

He also received DA certificates of retirement and appreciation signed by Zinnante.

Wienecke was born in Baltimore, Maryland. He graduated from Baltimore Polytechnic Institute in 1971, the Community College of Baltimore in 1974, and the University of Maryland School of Pharmacy in 1977. He worked in various supervisory positions as a pharmacist before coming to APG. He managed the Reads Drug Stores conversion to Rite Aid from 1977 to 1979 and became the youngest pharmacist manager to be hired at Giant Pharmacies. He retired from Giant in 2008 after 30 years of service. He served as a staff pharmacist before coming to APG as chief of pharmacy services at KUSAHC in 2009.

Wienecke retired June 30 after six years of government service.

He thanked the KUSAHC staff for meeting mission requirements, his wife for her support, and his mother, "who taught me how to set goals."

"I was honored to serve the civilians, retirees and Soldiers of Aberdeen Proving Ground," he said.



Wienecke



Word of the Month Selfless Service

(‘sel-fles ‘servis) adjective/noun: having or showing great concern for other people and little or no concern for yourself during conduct of your occupation or work.

Why We Serve connection: Selfless is the key in this month's "word." It is for others for whom you do your job. No regard is given to the individual or the individual's needs. Rather, all focus is on others and in most cases that focus is so intense and subliminal that the very recognition of such a situation may not be realized. Whatever you do, you don't do it because you have to, you do it because you want to and the simple reward is knowing your actions helped someone else, likely unknown, achieve success. As each individual; succeeds, the greater team accomplishes much great work. It's not about me.

"Being 'selfless' means the focus of my action is on someone else. Being the best I can be because in the end, putting my best forward and doing my job means I am helping another individual who is in need. Because that is what it is all about."

--TRACY MARSHALL, APG Installation SHARP Program Manager

BY THE NUMB#RS

Independence Day

On July 4, 1776, the Continental Congress approved the Declaration of Independence, setting the 13 colonies on the road to freedom as a sovereign nation.

\$100 billion

Dollar value of trade in 2013 between the United States and the United Kingdom, making the nation's 1776 adversary its seventh-leading trading partner today.

2.5 million

Estimated population of the newly independent nation in July 1776. An estimated 300+ million people live in the United States today.

14,000

Number of fireworks displays estimated by the American Pyrotechnics Association to light up the skies each Fourth of July.

73

Years that have passed since the Fourth of July was declared a federal holiday in July 1941 by President Franklin D. Roosevelt.

59

Number of cities and towns in the United States containing the word "Liberty." Pennsylvania, with 11, has more than any other state.

56

Total signers of the Declaration of Independence. Benjamin Franklin, John Adams, Thomas Jefferson, Roger Sherman and Robert R. Livingston comprised the Committee of Five that drafted the Declaration.

By **STACY SMITH** APG News

Source(s): www.census.gov; <http://news.nationalgeographic.com>

5 ways to reuse your copy of the APG News

1. Protect fragile items before storing them or sending them in the mail.
2. Line pet cages or litter boxes to keep them tidy.
3. Save the counter from a gluey, glittery mess during your next craft project.
4. Clean glass or windows for a streak-free shine.
5. Make a weed barrier in a flower bed or garden before laying new topsoil.

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THIS WEEK IN APG HISTORY

APG News

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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 2005.

By **YVONNE JOHNSON**, APG News

2015

10 Years Ago: June 30, 2005



(Left) Pallbearers from the 16th Ordnance Battalion stand at attention after placing the coffin of Sgt. 1st Class Neil A. Prince in a hearse after his funeral at the main post chapel. Prince, the husband of a Kirk U.S. Army Health Clinic staff nurse, was killed by a roadside bomb in Iraq, June 11, 2005.

2010



(Right) Pvt. Shawn Brantley of Company B 16th Ordnance Battalion sings an original song on his way to winning first place in the first APG Talent Search contest hosted by MWR.



2000

25 Years Ago: June 27, 1990

1990



(Left) Workers prepare the Raven S-55A hot air balloon for its flight during the Flying Activity Open House at the Edgewood Area's Weide Field.

1980

(Right) Joe Ondek, second from left, shows the Old Baltimore area of Aberdeen Proving Ground – the original site of Baltimore until 1670 - to Evelyn Akin, the wife of APG Commander Maj. Gen. George H. Akin, far left; Ellen Fretterd, the wife of Maryland Adjutant General Maj. Gen. James F. Fretterd, and Carolyn Rutherford, the wife of APG Support Activity Commander Col. Wilson R. Rutherford III.



1970

50 Years Ago: July 1, 1965

(Right) Mrs. R.H. Cowan of the American Red Cross, center, cuts the tape on two garden benches donated to Kirk Army Hospital by the APG Ladies Club as patients, staff and club members look on.



1960



(Left) Brig. Gen. David W. Hiester, commander of the U.S. Army Ordnance Center and School, center, cuts the 25th anniversary cake with the school's oldest graduate, Jerry A Nolen, left, and newest student Cpl. Edrick Smart, right during a ceremony marking the school's silver anniversary.

1950

Army tests fabric for new uniforms

ECBC

The Defense Threat Reduction Agency is leading an effort to design a new warfighter uniform - with added protection against chemical warfare agents encountered in the field.

Army scientists are using both standard and new methods to test fabrics, which will be used in the new suit.

The new uniform is designed to decrease thermal burden to the warfighter while maintaining the same or better protection against chemical agents. Different fabrics may be used in the uniform based on where heat is more common, like the chest and groin area; but a greater protection factor is needed for places where the warfighter is likely to come in contact with agent, such as on the shoulders, elbows or knees.

The effort is part of a joint U.S. Army and Air Force program called the Integrated Protective Fabric System program. It is led by the U.S. Army Natick Soldier Research Development and Engineering Center, or NSRDEC, in Natick, Massachusetts, and the U.S. Air Force Civil Engineering Center. The Edgewood Chemical Biological Center, or ECBC, at Aberdeen Proving Ground, Maryland, is supporting the effort.

Industry and academia are also partners in the program including Calgon/Chemviron, Emory University, Enropics and Phasex.

In collaboration with NSRDEC, the ECBC Permeation and Analytical Solutions Branch recently tested agent absorption on different fabrics, which could be used. All testing needed to meet the chemical and biological defense program test and evaluation standards, as well as program requirements.

“Natick brought us on board based



Photo by Sgt. 1st Class Andy Yoshimura

Edgewood Chemical Biological Center researchers are part of a team looking to design a new warfighter uniform, which will decrease thermal burden to the warfighter while maintaining the same or better protection against chemical agents.

on our previous work with them, as well as our unique ability to test using live agents and our understanding of transport phenomenon,” said Brian MacIver, ECBC Permeation and Analytical Solutions branch chief. “The quality of our labs and test methods, and our reach-back support from subject-matter experts in toxicology and decontamination from across the center make us an ideal partner for this type of program.”

To test the fabrics, branch scientists used innovative and effective test methods to identify reactions. Scientists used three test methods - low-volatility agent permeation, air liquid vapor aerosol group and advanced super-shedding efficacy test - the latter being a brand-

new capability developed specifically for this program.

ECBC researchers recently developed the low-volatility agent permeation method, which will soon become an official test and evaluation method with the Department of Defense for VX permeation through protective equipment. The deputy undersecretary of the Army-test and evaluation evaluated the test, which permits the experimental evaluation of protective materials against contaminants that were traditionally difficult to analyze.

Scientists used the air liquid vapor aerosol group test cell to evaluate multiple layers of experimental carbon and shell fabrics to measure quantitative

permeation of specific agents through the material. From past development efforts, the scientists have been able to “well-characterize” the system and reduce variability in the data through more accurate control over testing variables that are inherent to it or any other test cell or device.

The branch supported the development of “super-shedding” coating capability specifically for this program. A modification of the air liquid vapor aerosol group method, the advanced super-shedding efficacy test method uses a different application of agent to the material. “With this method, we aided NSRDEC in their development of fabric that sheds [repels] liquid contamination,” said Christopher Steinbach, chemist. “The coating reduces agent permeation by allowing agent to run off the fabric.”

To perform the tests, scientists used the same advanced super-shedding efficacy test cells, but placed on a tilt table custom built by the ECBC researchers. The table was tilted at a range of 45 to 75 degrees so the agent could run off the fabric swatches. “The tilting represents a warfighter’s movements, as well as the how the uniform will naturally conform to their body,” Steinbach said.

Then samples of air were pulled from the cells every few minutes to develop a curve for the growth of the concentration of agent on the fabric. Scientists monitored the cells in real time for 24 hours, with 13 to 26 cells being used at a time. “The higher throughput allows for better statistics for evaluation,” Steinbach said.

Testing will continue through fiscal 2015. Any necessary follow-on testing will be conducted at the request of NSRDEC.

Army takes Chairman’s Cup at Warrior Games

By **KEITH OLIVER**
Army News Service

The Army ruled almost every category on its way to grabbing the Chairman’s Cup for the second straight year at the 2015 Department of Defense Warrior Games held at this historic Marine Corps base.

“That very first event, cycling, is what really brought this team together,” said Sgt. 1st Class Keoki Smythe, the noncommissioned officer in charge at the Alexandria-based Warrior Transition Command.

“Then our track athletes and swimmers gave us a huge lead and our archery team had a gold medal sweep,” the Seattle native said.

Other events included wheelchair basketball, sitting volleyball and shooting. Wheelchair rugby had been slated as an exhibition sport but fell victim to hasty schedule changes in deference to two days’ severe downpours and tornado activity in the Mid-Atlantic region.

Begun in 2010 to test - and showcase - the resilience and adaptability of combat-wounded, ill and injured Soldiers, Sailors, Airmen, Marines and Coast Guardsmen, the first games were dominated by the Marine Corps before the Army surged to a victory last year.

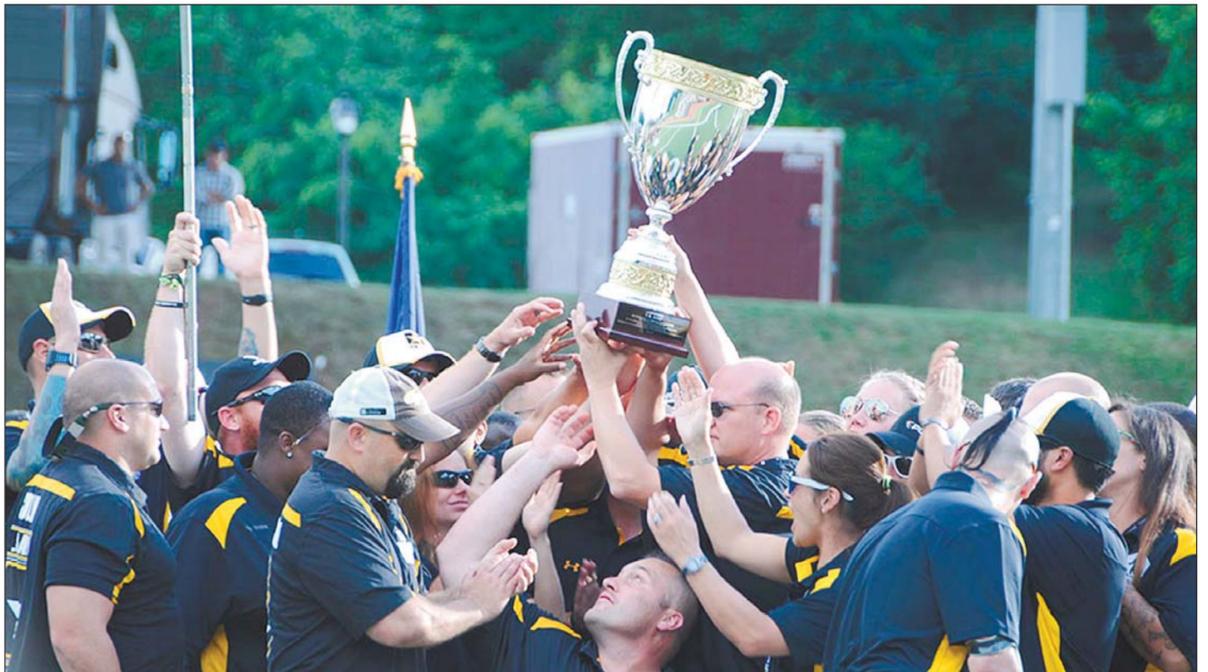
This time, it was a Soldiers’ competition from start to finish as the Army notched 69 gold medals to the Marines’ 47.

The Army out-medaled all competitors in the silver and bronze categories, as well, rolling to 141 points for the Chairman’s Cup over the Marine Corps’ 96. The Air Force, with 65 points total, finished next. The British Armed Forces had 62 points, Special Operations Command had 34 and the Navy/Coast Guard team finished with 30.

Led by team captain Frank Barroqueiro and assistant team captain Samantha Goldenstein, the Army was presented with the monster-sized Chairman’s Cup by Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff and former Army chief of staff.

In a touch of friendly rivalry, the Army beat a Marine Corps contingent in the presence of the hosts’ service chief, Marine Corps Commandant Gen. Joseph Dunford. Like Dempsey before him, Dunford has already been tapped by President Barack Obama to ascend to the chairman’s job.

But Dunford was quick to minimize the competition piece in favor of underscoring the healing power



(Clockwise from Top) Team Army raises the Chairman’s Cup trophy in celebration at the 2015 Department of Defense Warrior Games, June 28, 2015. The Army won the Chairman’s Cup after earning 162 medals during the games, earning 141 points towards the Chairman’s Cup competition.

Photo by Keith Oliver

Army veteran Staff Sgt. Randi Gavell serves for Team Army at the 2015 Department of Defense Warrior Games at Barber Gym on Marine Corps Base Quantico, Va. Gavell helped Team Army win the gold medal in sitting volleyball and won several more events in swimming and track.

Photo by Tim Hipps

In the 100-meter women’s freestyle, Army’s Monica Martinez finishes with a time of 2:02:02 over Air Force second-place Mary McGriff, who touched in at 2:17:49, during the 2015 Department of Defense Warrior Games in Manassas, Va., June 27, 2015.

Photo by David Vergun

and heartfelt nurture brought to bear through the athletes’ families, friends, physical therapists and other caregivers - many of whom were in the

bleachers for the closing ceremonies. Smythe also alluded to an almost spiritual intangible that superseded scores, times and photo finishes.

“Truly, it is an honor, I feel very fortunate, just to be around these Soldiers, the way they support each other,” he said.

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

Exchange, to award \$25,000 to American Hero of the Year

AAFES

America's heroes come in all forms, from the deployed active-duty service member to the retired veteran making a difference on the home front. To honor those who serve, the Army & Air Force Exchange Service will award an American Hero of the Year with \$25,000.

All active-duty and retired U.S. military personnel and their family members are eligible to win a grand prize of \$25,000 or one of four runner-up prizes of \$1,000. Nominations can consist of a video less than five minutes, a photo and essay of up to 500 words or a standalone essay. The entries should detail how the nominee exemplifies hard work and determination, how they have shown courage in the face of adversity and what the nominee means to their family.



Entries will be accepted through July 18.

To enter, visit www.shopmyexchange.com/customer-service/BecauseOfYou and click on the Dickies American Hero of the Year logo to access an application.

DOTTIE DORMAN WORKING WOMAN SCHOLARSHIP

Applications Due July 22

The Maryland Tri-County Chapter of Federally Employed Women (FEW) is proud to announce its Dottie Dorman Working Woman Scholarship for 2015. The \$500 scholarship is awarded annually to a woman who is currently employed in federal service and working in the Harford, Cecil or Baltimore county areas. This is a one-time scholarship award.

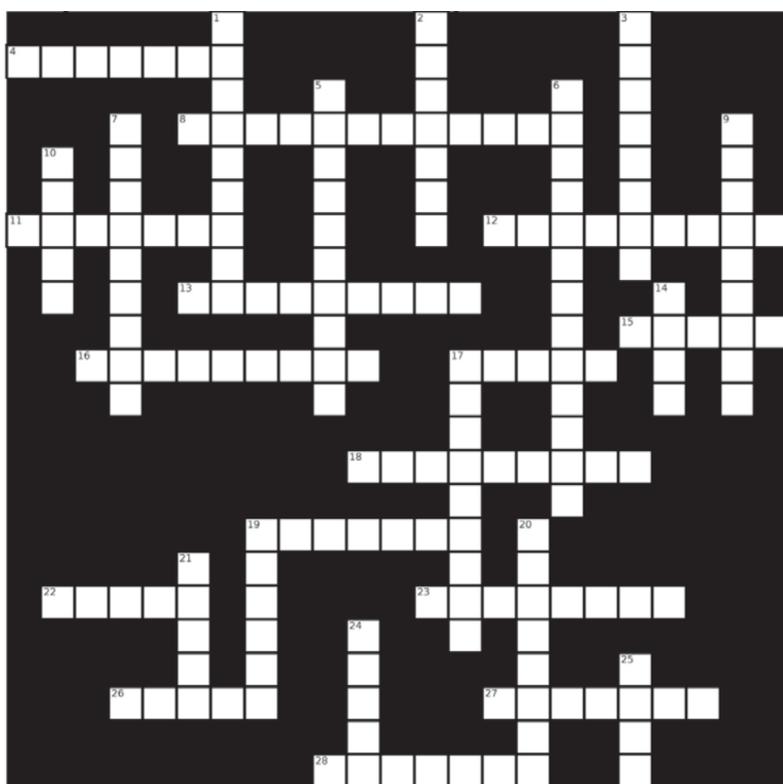


Individuals applying for the scholarship must be currently enrolled at a college or university pursuing their first undergraduate or first graduate degree. Please take the time to review the process for this award and then submit your application. All applications must be sent to MTC/FEW, P.O. Box 1613, Bel Air, MD 21014 and postmarked by July 22, 2015.

The scholarship will be awarded during the Team APG Annual Women's Equality Day Ceremony Aug. 19 at 9:30 a.m. at the APG North (Aberdeen) recreation center, Bldg. 3326.

For an application or additional information, contact Karen Jobs at karen.w.jobs.civ@mail.mil, 410-436-2244 or Michelle Williams-Gibson at michelle.williams-gibson.civ@mail.mil, 443-861-4746.

The APG Crossword



Independence Day

By **RACHEL PONDER**, APG News

Independence Day is this Saturday, July 4. Here's patriotic-themed puzzle created just for the occasion.

Across

- Held around the Fourth of July, The Coke Zero 400, is an annual NASCAR Sprint Cup Series stock car race held at _____ International Speedway.
- This Pennsylvania town holds its July 4 celebrations at Independence Hall, where historic scenes are reenacted and the Declaration of Independence is read.
- "A _____ Fourth" is a patriotic-themed concert broadcast live from Washington D.C. each Fourth of July on PBS, NPR (National Pub-

lic Radio) and the American Forces Network (AFN).

- This Arizona town hosts an American Indian rodeo and a three-day pow-wow to celebrate Independence Day.
- After a long battle, this Confederate general surrendered to Union forces at Vicksburg, Mississippi on July 4, 1863. That surrender marked the turning point in the Civil War.
- This composer wrote several patriotic marches including "The Stars and Stripes Forever."

16. This singer wrote "God Bless the U.S.A." in 1983. It became a big hit in 1991 during Desert Storm.

17. Thomas Paine's pamphlet, "Common _____" published in early 1776 inspired people living in the Thirteen Colonies to declare and fight for independence from Great Britain in the summer of 1776.

18. The tradition of _____ celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain.

19. This Rhode Island city has the oldest continuously celebrated Fourth of July festivities in the United States. Festivities officially start June 14, Flag Day, and conclude Labor Day Sunday.

22. Every year, on July 3 and 4 the Baltimore Symphony Orchestra hosts the Star-Spangled Spectacular at Oregon _____, a park in Cockeysville, Maryland.

23. At 70, he was the oldest signer of the Declaration of Independence.

26. "You're a Grand Old Flag" was written by this composer in 1906 for his stage musical name, "George Washington, Jr."

27. This president of the Second Continental Congress, was the first to sign the Declaration of Independence.

28. This Havre de Grace park hosts a carnival each Fourth of July weekend.

a state holiday.

7. On the Fourth of July, in Baltimore, the American _____ Art Museum will host a pet parade.

9. The Declaration of Independence was drafted by this U.S. President.

10. The nation's third President, Thomas Jefferson, died just a few hours before the second U.S. President John _____ on July 4, 1826.

14. During the Civil War, she wrote "The Battle of the Hymn Republic."

17. These types of fireworks cause the most injuries that require a trip to the emergency room.

19. In 1918 he composed "God Bless America."

20. During the summer of 1776 some colonists celebrated the birth of independence by holding mock _____ for King George III, as a way of symbolizing the end of the monarchy's hold on America and the triumph of liberty.

21. An outspoken supporter of U.S. troops, he wrote the song "American Soldier," about a Soldier who is headed off to war. It was released in 2003.

24. Every Fourth of July, thousands of people flock to _____ Island to witness the Nathan's International Hot Dog Eating Contest.

25. The lyrics of the "Star-Spangled Banner," come from the poem, "Defence of _____ McHenry," written by Francis Scott Key in 1814.

Down

- This Tennessee city is known for its big Fourth of July fireworks show.
- This actor played the president in the 1996 American science fiction disaster film "Independence Day."
- The Second Continental _____ approved the resolution of independence July 2, 1776.
- This fruit is commonly served at picnics and barbeques on the Fourth of July.
- In 1781 this state became the first to make the Fourth of July

Solution to the June 25 puzzle



WORD OF THE WEEK

Ludicrous

Pronounced: loo-di-kruh s

Part of Speech: Adjective

Definition:

- So absurd, ridiculous, or exaggerated as to cause or merit laughter
- Meriting derisive laughter or scorn as absurdly inept, false, or foolish

Other forms:

- Lu-di-crous-ly - Adverb
- Lu-di-crous-ness - Noun

Use:

- Why is it virtuous for a woman to practice chastity, but ludicrous for a man?
- The problem of hospital acquired infections is quite bad enough without inflating it to ludicrous proportions.
- Maintaining some quality of life for persons with dementia no longer strikes us as a ludicrous concept.
- That's a ludicrous and dangerous over-simplification.
- The idea was so romantically ludicrous that she giggled.

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

ACRONYM OF THE WEEK

SSS

Selective Service System



The Selective Service System is an independent agency of the United States government that maintains information on those potentially subject to military conscription. Most male U.S. citizens and male immigrant non-citizens between the ages of 18 and 25 are required by law to register within 30 days of their 18th birthdays and must notify Selective Service within ten days of any changes to the information on their registration cards, such as a change of address. Conscientious objectors must also register; however, if the draft is instituted, they can file for exemptions on religious or moral grounds. A 2010 GAO report estimated the national registration rate at 92 percent with the names and addresses of more than 16.2 million men on file.

Failure to register with the Selective Service System carries several penalties, including not being eligible for certain educational and other federal programs, such as most government jobs, job training, and student loans and grants. The legislatures of several U.S. states and territories have enacted similar penalties at the state and territorial level. Forty states and four territories have linked some of their programs and benefits, such as driver's license services, to automatic Selective Service registration.

SSS is headquartered in Arlington, Virginia. Lawrence G. Romo became the 12th SSS director Dec. 4, 2009.

By **YVONNE JOHNSON**, APG News
Source(s): www.sss.gov; www.britannica.com

Anderson ready to serve personnel at Kirk clinic

Continued from Page 1

effect.

“The sense of unknown during this period was heavy on everyone’s mind, but the mission never wavered and the staff at Kirk continued to execute the mission every day, never missing a beat,” she said.

Trinkle added that while Zinnante was in command he increased positive patient and staff feedback.

“He accepted the challenge to improve the health of this community, by being a visible and outspoken leader for wellness across the installation,” she said. “He led this organization with compassion, transparency, accountability and vision.”

Zinnante said he was honored to lead the professional staff at KUSAHC. He said clinic employees continued to accomplish the mission and provide excellent service even when faced with challenges like hiring freezes, staffing shortages and increased requirements.

“That is a testament to the resilience that all of you have, and I truly appreciate it,” he said.

Trinkle welcomed Anderson and said she was looking forward to serving with him on the MEDDAC team. She also thanked KUSAHC employees for their dedication to the APG community.

“Thank you for your commitment to the



Photo by Yvonne Johnson
Lt. Col. David R. Zinnante, the outgoing commander of Kirk U.S. Army Health Clinic, passes the unit guidon to Col. Laura R. Trinkle, commander of the U.S. Army Medical Activity (MEDDAC) Fort Meade, during his June 26 change of command ceremony at the main post chapel.

community and the patients you have the privilege to serve,” she said. “What you do every day makes a difference.”

Anderson thanked Zinnante, the KUSAHC team, and APG leadership for their warm welcome.

“It is truly a privilege to be granted the

opportunity to serve the personnel at Kirk and APG while they provide for America’s sons and daughters that have been entrusted with our care,” he said.

Anderson and Crawford closed the ceremony with the signing of the Army Medicine Healthcare Covenant.

Lt. Col. Wesley J. L. Anderson

Anderson began his Army service in 1988 as an enlisted medic in the Army Reserves. In 1993 he was commissioned as a distinguished military graduate from the Creighton University ROTC program.

He holds a bachelor’s degree in nursing from Creighton University, a master’s degree in executive business administration from Benedictine College; a master’s degree in nursing from Northeastern University; and a master’s degree in military art and science from the Command and General Staff College.

His past assignments include Yong Son, Korea; Fort Carson, Colorado; Peterson Air Force Base, Colorado; and Falls Church, Virginia as well as deployments to Bosnia, Southwest Asia and Kosovo.

Anderson’s military awards and decorations include the Defense Meritorious Service Medal, the Joint Service Commendation Medal, the Army Commendation Medal, the Joint Service Achievement Medal, the Army Achievement Medal and the Combat Infantry, Expert Infantry, Expert Field Medical, Senior Parachutist, Aviation Crew, and Air Assault Badges, Special Forces and Ranger Tabs.

He is married to Lt. Col. Elizabeth Anderson and has four children.

Camp brings STEM to local homeless children

Continued from Page 1

off June 22 at Anna’s House and combines fun activities with educational material, focusing on a different theme each week. The first week’s theme was “Young Explorers” and included lessons and activities that encouraged the children to explore the natural world, science, and future career options. Subsequent camp weeks include activities about superheroes and photography, with the month culminating in a carnival.

“We’re just going to try to celebrate as much as we can on the last day. We will be creating and designing any games that the kids want to build [and] play those games all day,” Callwood said.

Anna’s House Program Director Cynthia Wood helped Ellis and Callwood with the camp’s initial planning stages. She said she is thrilled to see children attend Camp Happy because it fills the educational gap that summertime creates.

“We kind of shared our vision: that we would really like to do something for our kids, especially during the summer, but [have] some focused activities to keep them engaged in learning,” Wood said. “It just kind of blossomed into Camp Happy. They [Grace and T’Jae] took the whole idea and ran with it.”

Wood added that Anna’s House currently houses children ages 3 to 13, so Ellis and Callwood created a camp curriculum that suits all ages.

“I think they’ve done a very good job of thinking of ways to engage all of the kids in a level of learning that is appropriate for them,” Wood said.

Dr. Rose Pesce-Rodriguez, ARL

research chemist and Dr. Steven Dean, ARL mechanical engineer dropped by on the camp’s third day to teach the children about air pressure and how it relates to the weather. Both said they hoped they could serve as role models and that their lesson sparked the children’s curiosity.

Dean said he hoped the kids learned that “there’s cool stuff in science.”

“It’s all around us, and they can do it right now,” Pesce-Rodriguez added.

ARL neuroscientist Dr. Jean Vettelal-so visited the camp to teach the children about the regions of the human brain and how the motor cortex is organized. She showed how the brain affects various parts of the body with a two-point discrimination test using toothpicks.

The experiment demonstrated that parts of the body, like the face and hands, are more sensitive than other parts, like the torso and legs. The children also learned how the amount and location of neurons in the brain affect each body part that particular region controls.

Additionally, Dr. Cortney Bradford hooked several of the children to an electroencephalogram machine to measure their brain waves.

Cadan Seymour, 8, said he’s looking forward to telling his teacher what he learned at summer camp.

“We’re learning about inside your head. It’s fun,” he said.

Wood said Camp Happy not only serves as a chance for students to continue learning during the summer, but said she also hopes it acts as a morale booster for children who have experienced adverse circumstances.

“They [campers] know that this is a



Photo by Stacy Smith
ARL employee Dr. Cortney Bradford, right, monitors the brain waves of Cheyenne Walter using an electroencephalogram machine. The demonstration was one of several science-related activities during “Camp Happy,” a summer camp for homeless children.

special thing just for them. And a lot of our families just really haven’t experienced that very much. They’re more marginalized, and this kind of makes them central. They’re not invisible; they’re important,” she said.

Ellis said that her daughter has always found ways to help others, but her altruism really blossomed when she became sick with cancer and started taking steroids.

“It made me gain weight so I couldn’t fit in any of my back-to-school clothes, and I couldn’t go to school because I

wasn’t well enough,” Callwood said. “I had heard about this family [who] lost their house and they had two girls, and so I donated my clothes to them since I couldn’t use them. And I kept doing small projects like that.”

Callwood created Camp Happy and other service initiatives through her non-profit organization, The We Cancerve Movement, which creates giving opportunities that can be supported by the community to bring happiness to homeless, ill and foster children. For more information, visit www.wecancerve.org.

Feeding wildlife may do more harm than good

Continued from Page 1

not vaccinated and they can carry any number of diseases.”

Animal bites, even if disease-free, are painful and can spread infections, he said.

Feeding wildlife is discouraged in national parks and estuaries throughout the nation primarily because it reduces an animals’ fear of man as well as its ability to forage on its own,” Futch said.

“When animals come to depend on humans for food this reduces their ability to fend for themselves and lessens their chances of survival. Familiarity with humans can be a dangerous thing.”

He said the pest control office recently responded to incidents in which members of one organization had been feeding a fox since it was a baby and another organization has been feeding groundhogs.

“The fox was no longer a baby. It got so big and so aggressive that they were afraid of it,” Futch said. “When we went out to collect it, he wasn’t afraid of us at all; he walked right up to us.”

Futch said he and two pest controllers support the Aberdeen, Edgewood and Churchville areas and that employees who notice animals habituating close to their buildings should notify his office. He said captured animals are relocated from one area to another – from Aberdeen to Edgewood, for example.

“Call us and we will remove them,” he said.

Military entomologists are directed by Army and Department of Defense regulations and follow guidance from the Department of Natural Resources, National Park

Service, and the Humane Society of the United States. He said all are in agreement that these animals have existed for centuries without the need for human intervention and that that remains unchanged.

Futch said that people believe they are aiding animal’s survival, when in fact, most urban wildlife feed on a variety of vegetation, insects and small vertebrates – such as mice – which are plentiful in most settled residential neighborhoods.

The main concerns on the installation are groundhogs, foxes and feral cats, Futch said.

“If you’ve been feeding them, please stop. If this creates problems or concerns, then give us a call. The fact remains that feeding wildlife is detrimental in the long run, for the animals as well as for humans.”

For more information, contact Futch at 410-278-3303 or stanley.r.futch.civ@mail.mil.

Negative effects of feeding wildlife

According to the National Park Service, in the long run, a moment’s pleasure of snapping an extreme close up or having a deer eat from your hand can be detrimental to its health and well-being, and even lead to its destruction. It is not a humane act.

In addition, feeding wildlife in national parks is a citable offense. For those convicted, it carries a maximum sentence of six months in prison and/or a \$5,000 fine. Here are other reasons which form the basis for the law:

1. “People” food isn’t good for animals. Human foods aren’t nutritious enough for animals and may cause serious health problems. A deformity called “angel wing”

is commonly found in ducks, geese, swans and other waterfowl that are fed white bread, popcorn, crackers, or other people food. To correctly feed waterfowl, find areas where feeding waterfowl is supported, and purchase waterfowl feed or duck pellets at feed stores. Other healthy foods include seedless grapes cut in half, shredded kale, Swiss chard or romaine lettuce, and grains, including wheat, barley and oats. Make sure feed is bite-sized to avoid choking hazards.

2. Feeding makes wild animals lose their natural fear of people. Feeding can make large, potentially dangerous animals become too comfortable in residential or recreational areas. Once animals learn they can panhandle for food, they can become a nuisance—or even worse, a safety risk.

3. Feeding wildlife on or near vehicles is dangerous to animals, people, and property. Animals can be hit by moving vehicles or might try to enter vehicles in search of food. In Yosemite National Park in 1998, more than 1,100 vehicles were broken into by black bears—causing more than \$630,000 in damages.

4. Wild animals that depend on people for food can cause injuries or spread disease. When wild animals gather for food handouts, it can cause crowding and competition. These unnatural conditions increase the chances of fighting and injury among animals. It can also increase the spread of diseases, some of which may be transmitted to pets and humans.

What you can do for wildlife

Stop the unintentional food supply – Rinse all recyclable glass and plastic containers to remove any food remnants and

odors. Some animals, like skunks, can get their heads stuck in containers and wind up starving to death. Cut and/or crush plastic containers, and cut each ring of plastic six-pack carriers.

Feed your pets inside – Make sure plastic food wrap is rinsed and secured in a tied bag or securely covered garbage can.

Clean up after camping – When eating outside, visiting parks, or in similar settings clean the area when finished and follow the rules regarding wildlife. Encourage others to do the same.

Learn when to step in – If you see an animal that you think may be injured or orphaned, make sure the animal truly needs help before feeding the animal or attempting a “rescue.”

Watch from a distance – Feeding backyard birds and squirrels is generally harmless. Just don’t feed them by hand. Set up a feeder where you can watch them from a distance.

Create a humane backyard – Provide natural food sources for animals by planting some native bushes, trees, or flowers and putting up a birdbath or other water feature for local wildlife.

If you see a wild animal on APG that is injured, in distress, acting aggressive or unafraid of humans, call 410-278-3303.

For more information, visit the Humane Society of the United States (HSUS) website at http://www.humanesociety.org/animals/resources/tips/feed_wildlife.html; the National Park Service website at www.nps.gov; or the Department of Natural Resources website at dnr2.maryland.gov.

Fourth of July events span entire holiday weekend

Continued from Page 1

come to Bel Air" sign, and proceed down North Main Street, to South Main Street and to Idlewild Street. APG participants include the 20th CBRNE Command. Fireworks start at approximately 9:30 p.m., and will be launched from Rockfield Park. Spectators can watch from any permitted area in or around the Town of Bel Air. For more information: <http://www.belairjuly4.org/>

Annual Havre de Grace Parade and Fireworks

Day: July 5
Time: 2 p.m.
Location: Parade begins at 2 p.m. on Union Avenue. APG participants include the Army Test and Evaluation Command. Concert featuring local band Head Rush starts at 7 p.m. at the City Yacht Basin, and fireworks at Tydings Park to follow at approximately 9:30 p.m. Tydings Park carnival runs today, July 2 through Sunday, July 5.
For more information: <http://havredegracejuly4.org/>.

Edgewood / Joppatowne Independence Parade

Day: July 5
Time: 6 p.m.
Location: Parade route will be in Edgewood along Hanson, Hornbeam and Perry Avenue. APG participants include the Public Health Command. After the parade, a concert at Flying Point Park features Steel Pandemic, a steel drum band, 8 to 9:30 p.m.
For more information: <http://edgewoodjoppatowneparade.org/index.html>.



Looking for Independence Day festivities outside the local area? Check out these other options:

Salute to Cecil County Veterans Celebrations & Laser Light Show

Day: July 3
Time: 3:30 p.m. to 10 p.m.
Cecil County will pay tribute to local military veterans. The patriotic celebration features live music, food, a boat parade and pony rides. The event concludes with a laser light show at dark.
Location: North East Park
For more information: <https://www.facebook.com/stoccv#!/stoccv/time-line>

Dundalk Heritage Fair
Days: July 3-5

Time: Noon until 10 p.m.
The Dundalk Heritage Fair is a three day celebration commemorating America's birth. The event features live music, amusement rides, and local vendors.
Location: Dundalk Heritage Park located at 2717 Playfield Street, Dundalk, Maryland 21222
For ticket prices and more information: <http://www.dundalkheritage-fair.com/>.

Elkton Fireworks
Day: July 4
Time: 5 to 10 p.m.
This event features music, food and fun for the whole family. Fireworks begin at dark; about 9 to 9:15 p.m.
Location: Meadow Park located on Delaware Avenue.
For more information: <http://www.elkton.org/> or call 410-620-7964.

Baltimore Ports America Chesapeake Fourth of July Celebration

Day: July 4
Time: 7 to 10 p.m.
Location: Baltimore Inner Harbor
Visit Baltimore's Inner Harbor on Independence Day for live music and a spectacular fireworks show. Live music from the contemporary ensemble The United States Navy Band Cruisers, begins 7 p.m. at the Inner Harbor Amphitheater, located at Pratt and Light streets. The fireworks show, choreographed to festive music, begins 9:30 p.m. Fireworks can be viewed from several locations in downtown and the surrounding areas, including Federal Hill, Fell's Point and Harbor East.
For more information visit <http://www.promotionandarts.org/>.

BSO Star-Spangled Spectacular at Oregon Ridge Park

Days: July 3-4
Time: 8 to 10 p.m.
Join the Baltimore Symphony Orchestra for an all-American holiday celebration featuring Tchaikovsky's 1812 Overture, Sousa's Stars and Stripes Forever and more, choreographed to a fireworks display.
Attendees are encouraged to bring a blanket or lawn chairs. Picnics are permitted; food will be available for sale.
Location: Oregon Ridge Park, 13401 Beaver Dam Road, Cockeysville, Maryland.
For ticket prices and more information visit <http://www.bsomusic.org>.

Did You Know?

Two World War I Soldiers were posthumously awarded the Medal of Honor during a White House Ceremony June 2.

Sgt. Henry Johnson

Born William Henry Johnson in Winston Salem, North Carolina, Johnson moved to New York as a teenager. He worked various jobs - as a chauffeur, soda mixer, laborer in a coal yard, and as a redcap porter at Albany's Union Station. He enlisted in the U.S. Army, June 5, 1917, and was assigned to Company C, 15th New York (Colored) Infantry Regiment - an all-black National Guard unit that would later become the 369th Infantry Regiment also known as "Harlem Hellfighters."



Johnson

The regiment was ordered into battle in 1918, and Johnson and his unit were brigaded with a French army colonial unit in front-line combat. Johnson served one tour of duty to the western edge of the Argonne Forest in France's Champagne region, from 1918-1919. While a private, serving with Company C, 369th Infantry Regiment, 93rd Division, American Expeditionary Forces, Johnson and another private were on sentry duty at a forward outpost May 15, 1918. They received a surprise attack by a German raiding party of at least 12 men.

His MOH citation reads: "While under intense enemy fire and despite receiving significant wounds, Private Johnson mounted a brave retaliation, resulting in several enemy casualties. When his fellow soldier was badly wounded, Private Johnson prevented him from being taken prisoner by German forces. Private Johnson exposed himself to grave danger by advancing from his position to engage an enemy soldier in hand-to-hand combat. Wielding only a knife and gravely wounded himself, Private Johnson continued fighting and took his Bolo knife and stabbed it through an enemy soldier's head. Displaying great courage, Private Johnson held back the enemy force until they retreated. Private Johnson's extraordinary heroism and selflessness above and beyond the call of duty are in keeping with the highest traditions of military service and reflect great credit upon himself, his unit and the United States Army."

The enemy raid's failure to secure prisoners was due to the bravery and resistance of Johnson and his fellow comrade. The effect of their fierce fighting resulted in the increased vigilance and confidence of the 369th Infantry Regiment.

Johnson returned home from his tour and was unable to return to his pre-war porter position due to the severity of his 21 combat injuries. Johnson died in July 1929. He is buried in Arlington National Cemetery in Arlington, Virginia.

Harlem Hellfighters



The "Harlem Hellfighters" was the first all-black regiment that helped change the American public's opinion about and helped pave the way for African-American Soldiers. During its World War I service, the regiment is credited with participation in the Champagne-Marne, Meuse Argonne, Champagne 1918, and Alsace 1918 campaigns.

Sgt. William Shemin

Shemin was born in Bayonne, New Jersey, Oct. 14, 1896. He graduated from the New York State Ranger School in 1914, and went on to work as a forester in Bayonne. After the United States entered World War I, Shemin enlisted in the Army, Oct. 2, 1917. Upon completion of basic training at Camp Greene, North Carolina, he was assigned as a rifleman to Company G, 47th Infantry Regiment, 4th Infantry Division, American Expeditionary Forces, in France.



Shemin

His MOH citation reads: "Sergeant Shemin distinguished himself by acts of gallantry and intrepidity above and beyond the call of duty while serving as a Rifleman with G Company, 2d Battalion, 47th Infantry Regiment, 4th Division, American Expeditionary Forces, in connection with combat operations against an armed enemy on the Vesle River, near Bazoches, France from August 7 to August 9, 1918. Sergeant Shemin left cover and crossed open space, repeatedly exposing himself to heavy machine-gun and rifle fire, to rescue wounded. After Officers and Senior Noncommissioned Officers had become casualties, Sergeant Shemin took command of the platoon and displayed great initiative under fire until wounded on August 9. Sergeant Shemin's extraordinary heroism and selflessness, above and beyond the call of duty, are in keeping with the highest traditions of the military service and reflect great credit upon himself, his unit, and the United States Army."

Shemin was honorably discharged in August 1919, and went on to earn a degree from the New York State College of Forestry at Syracuse University. After graduation, he started a greenhouse and landscaping business in Bronx, New York, where he raised three children. Shemin died in 1973.

47th Infantry Regiment

The 47th Infantry Regiment was activated in the Regular Army as the 47th Infantry in Syracuse, New York, June 1, 1917, and assigned to the 4th Division, Nov. 19, 1917.

During its service throughout World War I, the 47th Infantry Regiment earned campaign credit for its participation in Aisne-Marne, St. Mihiel, Meuse-Argonne, Champagne 1918, and Lorraine 1918 campaigns.

Medals of Honor

Johnson became one of the first Americans to be awarded the French Croix de Guerre avec Palme, France's highest award for valor. He was posthumously awarded the Purple Heart in 1996 and the Distinguished Service Cross in 2002. Shemin received the Purple Heart and was also awarded the Distinguished Service Cross in 1919. After further review, their awards were upgraded to the Medal of Honor in 2015.

Yvonne Johnson, APG News

Source(s) www.history.army.mil/; www.army.mil/medalofhonor/johnson/; www.army.mil/medalofhonor/shemin/



Courtesy photos

(Above Left) President Barack Obama bestows the Medal of Honor to Sgt. Henry Johnson in the East Room of the White House, June 2, 2015. Accepting on his behalf is Command Sgt. Maj. Louis Wilson, of the New York National Guard; (Above Right) The daughters of Sgt. William Shemin, Ina Bass, left, and Elsie Shemin-Roth, center, accept the Medal of Honor on behalf of their father from President Barack Obama during a June 2 ceremony and in the East Room of the White House.

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/>.

Throwing out the first pitch

Maj. Gen. Daniel L. Karbler, commander of the U.S. Army Test and Evaluation Command, throws out the first pitch for an Aberdeen IronBirds baseball game, June 19, at Ripken Stadium in Aberdeen during Opening Night ceremonies.

Photo by Sharon King



Photos by Molly Blossie

BEATING THE HEAT AT THE POOL

(Clockwise from top)

Keshawn Gardner, 10, does his best cannonball off the diving board at APG North (Aberdeen) Olympic Pool June 29; From left, sisters Shannon, 6, and Ellie Sandirfer, 8, test the waters on the steps of the Olympic Pool before plunging in; APG residents Dom, far left, and Shannon, far right, Matthews teach their children London, 4, left, and Noelle, 6, how to swim.

The APG North Olympic Pool and APG South (Edgewood) Bayside Pool are open every day through the end of August. Learn more about APG pool hours and swim passes on page 10; visit www.apgmwr.com; or call 410-278-4124/5789.

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- Unusual contacts on or off post.
- Unusual aerial activity near or around installation.
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