



APG NEWS

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

www.TeamAPG.com

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Vol. 60, No. 13

DES police officers net poacher

By **YVONNE JOHNSON**
APG News

Police officers in the Directorate of Emergency Services Marine & Wildlife Branch of the Law Enforcement Division and federal installation prosecutors recently wrapped up a case that netted a poacher who was stealing crabs from the pots of a commercial fisher in APG waters.

A Joppa, Maryland man pled guilty to one count of removing fish or fishing gear belonging to another person, and one count of catching crabs for commercial purposes without a license. He was placed on probation and ordered to pay a fine and restitution to the victims.

APG game wardens John Fitch and Matthew McDonough said they came upon suspicious activity during routine patrols of APG waters in October. They discovered evidence that someone was removing catches from the pots, or traps, of authorized commercial fishermen. Apparently, it had been going on for some time, the officers said, adding that the victims were not amused. The officers decided to bait a trap for the elusive suspect.

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SECURITY

Army Community Service hosted a seminar discussing ways to avoid identity theft.

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PERSONNEL

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TRAINING

Soldiers participated in mock-nuclear incident, Exercise Prominent Hunt, with federal agencies.

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TECHNOLOGY

One-of-a-kind chemical agent test facility on APG South works its first project.

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Community marks Arbor Day

APG & Harford County plant trees, celebrate land to become park

From right, Harford County Executive Barry Glassman and APG Garrison Command Sgt. Maj. Jeffrey Adams watch a volunteer place a sapling in the ground as Harford County Councilman Chad Shrodes helps his daughter Madelyn, 6, with her shovel during the Arbor Day tree planting in Edgewood March 25.

Photo by Molly Blossie, APG News



By **YVONNE JOHNSON**
APG News

Aberdeen Proving Ground received its 11th Tree City Award and its 9th Tree City USA Growth Award during Harford County's annual Arbor Day celebration at Wiloughby Beach Road in Edgewood March 25.

The event was held on land purchased by the Harford Land Trust with funding assistance from the Army Compatible Use Buffer, or ACUB, program – an Army-wide program that purchases land near installations to create “buffer” zones to enhance and sustain Army missions of Soldier training and testing.

Prior to the event, APG Garrison Commander Col. James E. Davis said the acquisition was a perfect example of an Army installation and its surrounding communities joining forces to find a mutually beneficial solution.

“We see it as a symbol of the Army’s mission to test and develop cutting-edge materiel coexisting alongside a community that will reap the benefits of green space preserved from future development and instead dedicated to public use,” Davis said.

Hundreds of adults and children, including local scouts,

See **ARBOR**, page 17

APG children learn about bald eagles

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

Two Directorate of Public Works Conservation Branch employees delivered a lesson on bald eagle preservation to children at the APG South (Edgewood) Child Development Center March 28.

Environmental protection specialists Deidre DeRoia and Jessica Baylor gave a short presentation about bald eagles to children enrolled in the Army Strong Beginnings Pre-K program. They told the children that the bald eagle, the national bird and the national animal of the U.S., was once on the federal government’s list of endangered species. Due to conservation efforts like The Bald and Gold-

See **EAGLES**, page 18

Sean Kamani, 5, spreads his arms against an illustration of a bald eagle’s wingspan, March 28, as Jessica Baylor, an environmental protection specialist with the Directorate of Public Works Conservation Branch, looks on. Two DPW environmental protection specialists visited the APG South (Edgewood) Child Development Center to teach pre-kindergarten children about eagle preservation.



APG youth bring ‘Peter & Wendy’ to life

From left, Shyanne Surette practices her wicked laugh as Bria Cranshaw scolds Celena Rehedul and Surette’s reflection giggles in the mirror during auditions for “Peter and Wendy” hosted by APG SKIES Unlimited at the APG North (Aberdeen) Youth Center March 28.

Kicking off Month of the Military Child in April, APG youth have been participating in a week-long workshop and rehearsal with the Missoula Children’s Theatre. Their efforts will culminate April 2, with two performances of “Peter and Wendy” open to the public at 1:30 and 3 p.m. at the APG North (Aberdeen) Youth Center.



Photo by Stacy Smith, APG News

STREET TALK

April is the Month of the Military Child.

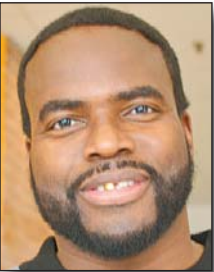
Why should we designate a month to honor military children?

I didn't know April is Month of the Military Child, but I think it is a good idea. Military children make sacrifices, especially when their parents deploy.



Sgt. 1st Class David Grafton
Army National Guard, AGR

Military children have to make a lot of sacrifices. If they have a parent that is deployed, they have to cope with day-to-day stressors without them. That can be tough on a child.



Gregory Alexander
ATEC

Having a child is a precious gift. During this time of increased OPTEMPO [operating tempo] it can be just as difficult on children as adults. We need to look out for them.



Lt. Col. Dirk Barber
20th CBRNE Command

Military children are often separated from their parents and extended family for periods of time, and it can be difficult for them. But on the other hand, military children get the opportunity to experience other cultures. They usually get to travel more than the average American child, so being a military child can be a very positive experience.



Rebecca Isaac
Retired military

Military children go through a lot, for example they move frequently, so they have to make new friends often. I think military children are very resilient, so they deserve the recognition.



Heather Graham
Military spouse

See Something

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

Provided by the INTEL DIV/DPTMS

Say Something



Army Cyber Innovation

ARCYBER

What is it?

The U.S. Army, in support of the DOD Cyber Strategy, is developing new cyber innovations. These initiatives will help realize the Defense Secretary Ash Carter's vision of developing innovative solutions to problems in the cyber domain via greater collaboration between DOD and its partners in industry and academia.

What has the Army done?

Taking a cue from DOD's call to action, the Army conducted its first Cyber Innovation Challenge program in 2015, employing a flexible acquisition model to allow industry partners to deliver prototype solutions for rapid evaluation. The Army Cyber Innovation Challenge concluded with agreements with vendors to provide Deployable Defensive Cyberspace Operations Infrastructure kits to support Army cyber protection teams. The current second iteration of Army Cyber Innovation Challenge is aimed at technology designed to help commanders assess cyber threats to their missions.

What continued efforts have been planned for the future?

The Army is developing a strong partnership with the private sector, the academic and research institutions. The purpose is to discover and validate new ideas for cybersecurity for the Army and for the country as a whole. U.S. Army Cyber Command and Second Army is building on the success of the

Cyber Innovation Challenge program with two new initiatives:

- (1) Silicon Valley Innovation Pilot- Ten Army cyber professionals are being teamed with 10 Silicon Valley partners to develop innovative approaches to complex cyber problems such as how to counter adversarial social media.
- (2) Hacking4Defense Program at Stanford University- This program will present 20 problem statements from DOD and the U.S. intelligence community to Stanford students. The students will apply "lean startup principles" to create solutions and prototype products. One of those problem statements is Army Cyber Command's countering adversaries' use of social media.

Why is this important to the Army?

The Army recognizes that while attacks in cyberspace are becoming increasingly sophisticated, they do not always originate from military sources. The dangers they pose often threaten institutions outside the defense community as well. To address these threats requires employing fast-moving, innovative approaches to developing and acquiring shared solutions. The Army must work with partners to harness academic, industry and allies' capabilities to assist in achieving its vision.

For more information about the Army Cyber Challenge, visit www.diux.mil/events/army-cyber-challenge.html. For more information about the Army Cyber Command, visit www.arcyber.army.mil.

For more information about the Army Stand-To!, visit www.army.mil/standto.

Young Lives, Big Stories

Army youth encouraged to share their journeys and adventures

Army Family and MWR

April marks the national observance of the Month of the Military Child, or MOMC, during which the Department of Defense and communities across the country honor military children and youth.

In 1986, the 15th U.S. Secretary of Defense Caspar Weinberger established MOMC. This year marks the observance's 30th anniversary, and to celebrate, IMCOM will conduct a Young Lives Big Stories art and essay contest April 1 - 30.

Open to children of active-duty Army Soldiers, retirees, and members of the National Guard Reserve, the contest poses the question, "What does it mean to you to be a military child?"

One entry per participant may be submitted, based on his or her age:

- **Drawings**
 - Ages 3-4 years old
 - 5 years old - 1st Grade
 - 2nd - 3rd Grade
- **Written Submissions**
 - 4th-5th Grade
 - 6th-8th Grade
 - 9th-12th Grade

Submissions must be made by 11:59 p.m. central time on April 30. Submissions can be entered online at www.armymwr.com/momc or mailed to:

ATTN: IMCOM Family and MWR Programs, Marketing
YOUNG LIVES, BIG STORIES CONTEST
2450 Connell Rd
Joint Base San Antonio, TX 78234
Winners will be announced May 30. The winning con-



test entries from 2015 can be found at www.armymwr.com/2015-ylbs-winners.aspx.

Operation Megaphone, an event led by the Joint Service Teen Council will connect teens from all military branches worldwide for one 24-hour period, from April 29-30.



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DO OBSERVE & REPORT

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



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- Discuss military capabilities or limitations.
- Discuss FP measures, capabilities, or posture.
- Disclose information about R&D and testing.

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Off Post in Maryland call 1-800-492-TIPS or 911

Card created by APG Intel



APG NEWS

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

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Seminar promotes identity theft prevention

By **STACY SMITH**
APG News

According to the U.S. Department of Justice, an estimated 17.6 million persons, or about seven percent of U.S. residents age 16 or older, were victims of at least one incident of identity theft in 2014. Existing bank or credit card accounts were the most common types of misused information.

To confront this problem, Army Community Service, or ACS, hosted a free identity theft seminar at APG North (Aberdeen) March 24 to inform community members how to recognize signs of identity theft, reduce the risk of being victimized and protect themselves if their identity is stolen.

Financial Educator Dee Barretto, with the APG Federal Credit Union, or APG-FCU, said that identity theft happens when personal information is stolen and used without permission, most often for financial gain. She said personal information that can be used to steal identities includes social security numbers, personal identification numbers, or PINs, to credit or debit cards, bank account numbers, passports and birth certificates. Even seemingly trivial information can be coalesced by identity thieves to gain additional personal and financial information from victims.

According to the Federal Trade Commission, or FTC, identity theft can be perpetrated using low-tech methods like purse snatching or dumpster diving, or high tech techniques like deceptive phishing emails or malicious software known as spyware. Identity thieves may pretend to work for legitimate companies, medical offices, clinics, pharmacies or government agencies and take advantage of that role to convince people to reveal their personal information.

“It’s really so broad, Barretto said. “They can steal everything about you and your life with the aim of stealing money from you, or using it fraudulently, or filing criminal cases against you.”

Thieves may run up charges on credit cards, open new utility accounts or receive medical treatments with the victim’s personally identifiable information, or PII. They can even file tax returns in victim’s names to receive their refunds, or use a victim’s name if arrested.

Protecting personal information

Barretto said it’s important to know how to protect and secure personal information from potential threats, including information shared online. She recommended choosing computer passwords that are personal so others won’t be able



Courtesy photo

During an identity theft seminar hosted by Army Community Service March 24, Financial Educator Dee Barretto said identity thieves can sometimes access Personal Identification Numbers, or PINs, to make unauthorized credit card purchases that can ruin victims financially.

to guess them.

“The passwords I use are my favorite verses of the Bible,” she said, adding that verses make for strong passwords because they include a colon, numbers, capital letters and small letters.

The following are more ways to protect personal information:

- **Keep important papers secure.** Lock financial documents and records in a safe place at home, and lock wallets and purses in a safe place at work. Do not carry unnecessary identification, such as social security and voter registration cards.
- **Shred sensitive documents.** Shred receipts, credit offers, credit applications, insurance forms, physician statements, checks, bank statements, expired charge cards and similar documents before placing them in the trash.
- **Exercise caution.** Before sharing information with a workplace, business, school or medical office, ask who will have access to the information, how it will be handled and how it will be disposed of.

Detecting identity theft

Detecting possible identity theft requires diligence. Barretto said people should scan their bank statements and other financial information once a day to

check for signs of fraud or theft. Individuals should be on the look-out for any of the following:

- Unexplained withdrawals on financial accounts
- Delayed or missing bills and other mail
- Check/credit card rejections or declines
- Unwarranted phone calls from debt collectors
- Bills for medical services not performed

After becoming a victim

Barretto said because identity theft can be an emotionally draining experience, victims should take the following actions to deter, detect and defend against it:

1. Place a fraud alert on the credit file. Placing an initial fraud alert entitles a person to a free credit report from each of the three credit reporting companies: Equifax, Experian and TransUnion.
2. Close all accounts or request a

credit freeze. These actions make it difficult for an identity thief to open new accounts in the victim’s name.

3. File a complaint about the theft with the FTC at www.identitytheft.gov. It’s also important to file a police report. Be sure to have the FTC Identity Theft Affidavit on hand when filing the police report.

Active-duty military personnel have additional protections. Those who are deployed can place an active-duty alert on their credit reports to help minimize the risk of identity theft while abroad. Personnel can request alerts through one of the credit reporting companies. Active-duty alerts last for one year, and can be renewed if needed.

For more information about identity theft, visit www.consumer.ftc.gov/features/feature-0014-identity-theft.

For more information about future ACS financial information seminars call 410-278-7572/4372 or visit www.apgmwr.com/community-services/army-community-services.

BY THE NUMB#RS

April Showers

As the old adage goes, April showers bring May flowers. Spring, sometimes the rainiest part of the year, paves the way to summer thunderstorms. Check out these rain and storm facts.

16 million

Number of thunderstorms across the globe each year. At any given moment there are approximately 2,000 thunderstorms in progress.

1956

Year in which 1.23 inches of rain fell in one minute in Unionville, Maryland. This city holds the world record for the greatest one-minute rainfall.

1,743

Gallons of water that fall on a home’s roof (40x70 feet) during a 1-inch rain storm.

22

Maximum speed of a falling raindrop in miles per hour. Most raindrops fall at a much slower speed, about 5 mph, and aren’t shaped like tear drops – they look more like hamburger buns.

2.25

Weight, in pounds, of the heaviest hailstone on record. It fell during a storm in the Gopalganji district of Bangladesh in 1986. The hailstorm killed 92 people.

0.001

Percent of the earth’s total water volume that is in the atmosphere at any given time. While the atmosphere is not a huge storehouse of water, it is the greatest transporter of water across the globe.

By **AMANDA ROMINIECKI**, APG News
Source(s): <http://water.usgs.gov>; wmo.asu.edu/; www.noaa.gov

DES acquires new hazmat truck

Story and photos by
YVONNE JOHNSON
APG News

The APG Directorate of Emergency Services Fire Department has acquired a new hazardous materials vehicle that enables more timely response to any type of chemical, biological or radiological incident that occurs on APG South (Edgewood) or APG North (Aberdeen).

It looks like a regular fire truck, but it's much more than that according to the firefighters who operate and maintain it.. The vehicle is fully equipped with a wide range of equipment including disposal and reusable protective suits, boots, gloves and other similar apparel; detection, diagnostic and monitoring kits and devices; absorbent materials; breathing air tanks; ice packs with built-in fans that reduce the temperature inside protective suits; and a built-in mobile command compartment with full radio capabilities.

Jimmy Ray Battalion Fire Chief at the Edgewood fire station where the vehicle is housed, said the vehicle capabilities directly address the chemical-biological missions of Edgewood laboratories.

"The capabilities on it are full decontamination with hot water, and full metering and monitoring devices of chemical, biological and radiological threats," he said. "It's probably one of the finest hazardous materials response units in the federal government right now."

Ray said the vehicle not only enhances research capabilities and enables real-time monitoring on the scene, it replaces the four separate units required to trans-



Edgewood Battalion Chief Jimmy Ray (inset) and Aberdeen Proving Ground first responders can now respond to chemical, biological or radiological incidents on APG North South (Edgewood) or APG North (Aberdeen) more timely and efficiently thanks to the new fully-equipped hazardous materials vehicle that includes a built-in mobile command compartment with full radio capabilities.

port equipment and crews to a hazardous materials incident.

"This unifies all response capabilities into one apparatus," he said, adding that APG firefighters are fully trained and

certified in hazardous materials response equipment and procedure.

"This vehicle condenses our needs and really enhances our response time and capabilities."

Corvias achieves top honors in resident satisfaction survey

Corvias

Corvias Military Living, the military housing division of Corvias Group, announced today that it earned the highest resident satisfaction score for 2015 among companies with portfolios larger than 10,000 units from SatisFacts. This award marks the eighth year in a row that Corvias has ranked first nationally in the SatisFacts Annual Resident Survey and the ninth consecutive year it has achieved the Superior Company Score award.

Out of a possible 5.00 score, Corvias Military Living residents gave the company a 4.27 in the 2015 survey. Corvias earned the Superior Service distinction at 39 of the

military communities the company manages throughout the country with a score of 4.0 to 4.7. Three communities earned the highest honors, Exceptional Service achievement, with a score of 4.5 or above, highlighted by Fort Bragg's Randolph Pointe.

"These results are very important to us and our mission to deliver the best on-base living experience to service members and their families because it provides frank, honest evaluation of our work," said Chuck Parker, Division President for Corvias Military Living. "We are extremely honored that our residents think so highly of the work that we do and thank them for

their feedback."

The SatisFacts survey is a resident relationship management service for a variety of multifamily property management companies in different sectors, including military. Over 300 different firms were evaluated by their residents in the 2015 survey interviews, which are voluntary and conducted at random over the phone and online.

"Achieving the highest resident rating nation-wide again this year speaks volumes about how passionate Corvias employees are about their jobs and those they serve," said James Watters, Director of Business Operations, ApartmentRatings.com and SatisFacts Research. "Corvias' award-winning scores are consistent with those they have received every year and validate their superior service and commitment to resident satisfaction."

Corvias' military housing portfolio is comprised of almost 25,000 homes on



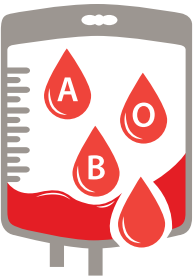
more than 10,000 acres of land across 13 Army and Air Force installations from Alaska to Florida. As part of their efforts to continuously improve quality of life for service members and their families, the company has renovated 11,474 and built 7,442 homes and 30 community centers over the last 13 years.

25,000
Number of Corvias
homes on more
than 10,000 acres
of land **13**
across
Army and Air Force
installations.

Infusing Life: APG turns out to donate

APG hosted an Armed Services Blood Program donation drive at the APG North (Aberdeen) recreation center March 23. The ASBP provides quality blood products for service members, veterans and their families during war and peacetime. (Clockwise from left)

While drawing his blood, ASBP civilian Antoinette Hunter, left, shares a laugh with Aberdeen Test Center civilian Fred Seebeck; Hospitalman Ashlie Hails locates the vein on a donors' arm; ASBP Hospital Corpsman Third Class Jon Gedeon, right, pricks a finger on Sgt. 1st Class Jason Price of Alpha Battery. .



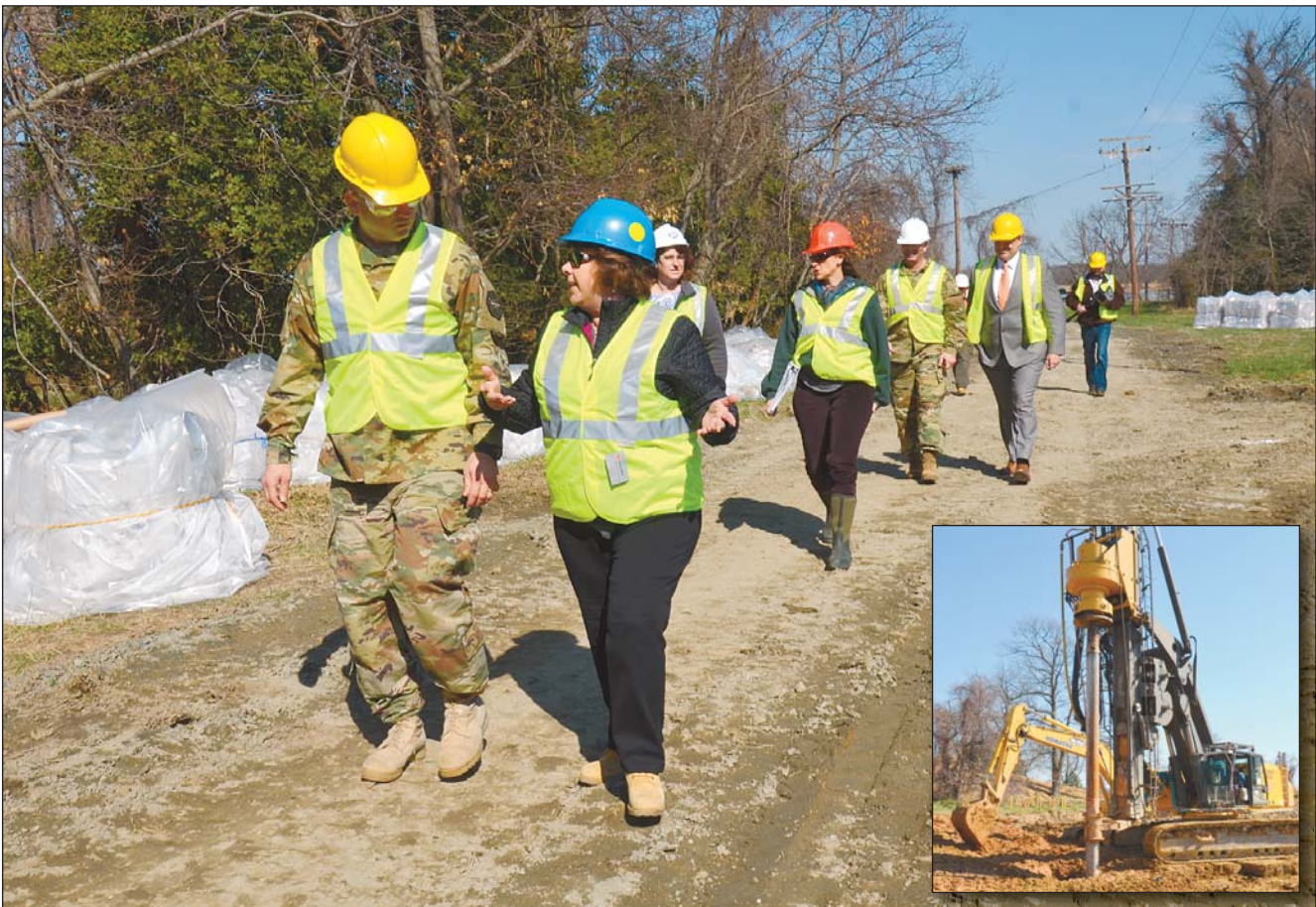
Photos by Molly Blossie, APG News



Garrison leadership tours APG South Environmental restoration area

From left, APG Garrison Commander Col. James E. Davis and Directorate of Public Works, or DPW, Environmental Restoration Branch Chief Cindy Smith discuss the Maxwell Point environmental remediation project while touring the site with Jennifer Schaefer, an assistant project manager with Environmental Chemical Corporation; Allison O'Brien, an APG physical scientist; Garrison Command Sgt. Maj. Jeffrey Adams and Deputy to the Commander Frank W. Lands on APG South (Edgewood) March 22. (Inset) A large auger at the Maxwell Point site is working to mix the soil with a special chemical as part of the environmental remediation.

Photos by Stacy Smith, APG News



Day shines light on Autism

By **AMANDA ROMINIECKI**
APG News

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

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

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

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

According to Nancy Goucher, the APG Exceptional Family Member Program manager, members of Team APG are encouraged to “Light it Up Blue” on World Autism Day April 2.

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

Lighting it up blue doesn’t have to go dark after April 2, Goucher said. Leave blue lights up all month long to show support of the fastest-growing develop-

Autism - Why Do They Do That?

April 7, 5:30 to 7 p.m.
APG North chapel

APG Army Community Service and the Exceptional Family Member Program will host an “Autism - Why Do They Do That?” seminar at the APG North (Aberdeen) main post chapel fellowship hall April 7 starting at 5:30 p.m. Dr. Steven Lindauer, Pediatric Developmental Disabilities Clinic at Kennedy Krieger Institute, will identify problem behaviors common in children with autism and reinforce methods to increase appropriate alternative behaviors. CYS patrons who attend this class will receive 2 Parent Participation Points.

To register, contact Nancy Goucher, EFMP at (410) 278- 2420 or nancy.e.goucher.civ@mail.mil.

mental disorder in the U.S.

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

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

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

social and communication skills.

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

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

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



Upcoming APG events

Army Community Service and EFMP will host an “Autism, Why do they do that?” session at the APG North (Aberdeen) chapel fellowship hall April 7 from 5:30 to 7 p.m. Guest speaker Dr. Steven Lindauer, assistant director of the Pediatric Developmental Disabilities Clinic at Kennedy Krieger Institute and an assistant professor of psychiatry at the Johns Hopkins University School of Medicine, will identify factors that result in problem behaviors being common in children with Autism.

The Exceptional Family Member Program will host an EFMP Bowling Night for APG families with special needs children at the APG North Bowling Center April 18, starting at 5:30 p.m.

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

APG celebrates Easter during sunrise service

By **YVONNE JOHNSON**
APG News

APG parishioners and guests celebrated the resurrection of Christ during the Easter Sunrise service at the APG main post chapel Easter Sunday, March 27.

Garrison Chaplain Lt. Col. Arleigh vonSeggern delivered the welcome for the annual event that marks the holiest day on the Christian calendar – when Christ was resurrected from the grave the third day after his crucifixion, sealing a promise to assume the sins of mankind.

The program included scripture readings by Chapel Resource Manager Chaplain Maj. Chad Davis, a pastoral pray by 22nd Chemical Battalion Chaplain Capt. John Jacobsen, and Deputy Garrison Chaplain Capt. Jonathan Ginder delivered the morning message. The Gospel congregational choir performed “No Greater Love,” and the Protestant

congregational choir sang “Crown Him With Many Crowns” and selections from the Easter Cantata.

A total of five worship services were held on APG March 27. The APG South (Edgewood) chapel held its Protestant service 9:15 a.m. and its Roman Catholic service at 10:45 a.m., and the APG North (Aberdeen), or main post, chapel hosted an 8:45 a.m. Roman Catholic service, followed by the Protestant service at 10:15 a.m. and the Gospel service at noon.

Garrison Chaplain Assistant Sgt. 1st Class Tameka Dixon said about 75 people attended the service and remarked on how well the congregations work together to bring the early-morning service to the community.

At the end of the Easter Sunrise Service, parishioners and guests enjoyed a breakfast prepared by the Protestant Men of the Chapel, or PMOC, in the chapel fellowship hall.

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<https://www.us.army.mil/suite/page/605757>

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

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More events can be seen at www.TeamAPG.com

events&town halls

WEDNESDAY APRIL 20

SPRING TECHNOLOGY EXPO

The Edgewood Chemical Biological Center CIO will host the APG Spring Technology Expo at the APG North (Aberdeen) recreation center from 9:30 a.m. to 1:30 p.m.
For more information, call 410-436-2625.

TUESDAY APRIL 26

SHARP POETRY SLAM

The Army Test and Evaluation Command and Team APG SHARP will host A SHARP Poetry Slam at the Mallette Auditorium, Bldg. 6008 from 10:30 a.m. to noon.
A Poetry Slam is a competition at which poets read or recite original work. These performances are then judged on a numeric scale by previously selected members of the audience. Participants will present Sexual Harassment and/or Sexual Assault themed poems focusing on such topics as prevention, culture change, intervention, awareness, and more. All poets are welcome, even those who have never even considered writing poetry before.
Personnel who attend will receive credit for the online SHARP Part II Annual Training. Certificates will be provided to attendees.
For more information, contact Jody Jackson at 443-861-9258 or Michcell Shoultz at 410-278-0137.

SATURDAY MAY 14

RETIREE APPRECIATION DAY

The Aberdeen Proving Ground Retiree Appreciation Day is set for Saturday, May 14 at the APG North (Aberdeen) recreation center.
The event will begin with registration at 8 a.m.
More details will follow.
For more information, contact Tom Shumate at thomas.s.shumate2.civ@mail.mil or 410-306-2303.

meetings&conferences

WEDNESDAY APRIL 27

DAU TRAINING SYMPOSIUM

The Defense Acquisition University campus at APG will host a VTC for the one-day hot topic training forum 7:45 a.m. to 4:30 p.m., at 6175 Guardian Gateway on APG with no cost to remote viewers. The symposium will be fed live from Fort Belvoir, Virginia.
This year's theme is "Strengthening Cost Consciousness, Professionalism, and Technical Excellence." Frank Kendall, Under Secretary of Defense for Acquisition, Technology and Logistics is the keynote speaker.
The event offers plenary and classroom training sessions tied to the Better Buying Power 3.0 initiatives. In a period of fiscal challenges and technological opportunities, the training will focus on learning hard skills - training in the latest acquisition policy, practices and techniques that attendees can take back to the workplace and apply. The symposium provides six Continuous Learning Points for continued DOD acquisition certification.
Seating is limited. To sign up, contact Ben Metcalfe at 410-272-9471 or email benjamin.metcalfe@dau.mil or. For more information about the symposium, visit <http://dauaa.org/Symposium2016/Index.htm>

THROUGH MAY

AMERICAN SIGN LANGUAGE CLASS

An American Sign Language Class will be held 11:30 a.m. to 12:30 p.m. each Tuesday, through May 3, in the conference room at Bldg. E4301 in APG South (Edgewood). The class is free and consists of basic to advanced level sign language. The textbook, "ABC, A Basic Course in American Sign Language," is required and can be purchased on <http://www.amazon.com>.
To register, for directions, or more information, contact instructors Randy Weber at 410-436-8546, randy.k.weber.civ@mail.mil or Matt Rappaport at 410-436-4096, matthew.rappaport.ctr@mail.mil.

health&resiliency

UNTIL FURTHER NOTICE

SMALLPOX VACCINATIONS UNAVAILABLE AT KUSAHC

Please be advised that Kirk U.S. Army Health Clinic is currently unable to administer smallpox vaccinations due to temporary non-availability. An announcement will be made when vaccinations are to be resumed.
For questions, call 410-278-5475.

THURSDAY APRIL 7

STRESS AWARENESS INFO SESSION & YOGA DEMO

The C4ISR Wellness Committee will host a

Stress Awareness Informational Session and yoga demo at Bldg. 6001, 2nd floor, room 224 from 11:30 a.m. to 12:30 p.m. Open to all Team APG members, the session will help individuals find the balance between mind, body, and spirit.
For more information, contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

THURSDAY APRIL 14

YOGA CLASS

The C4ISR Wellness Committee will host a 50-minute Yoga class at the Myer Auditorium, Bldg. 6000, from 11:30 a.m. to 12:30 p.m. Open to all of Team APG, the class will teach participants proper breathing techniques and poses to help balance out the stressors in life and the environment.
Participants must bring a mat and wear proper clothing.
For more information, contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

TUESDAY APRIL 19

OCCUPATIONAL THERAPY INFO SESSION

The C4ISR Wellness Committee will host an Occupational Therapy Informational Session at Bldg. 6001, 2nd floor, room 224 from 11:30 a.m. to 12:30 p.m.
The session will explore the basics of occupational therapy and how it can help people across their lifespan participate in the things that they want and need to do through the therapeutic use of everyday activities.
The session is open to civilians, contractors, and military. Non-C4ISR employees must bring their CAC to gain access to the building.
For more information, contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

THURSDAY APRIL 28

LET'S MOVE IN THE COURTYARD CIRCUIT TRAINING & PRESCRIPTION TAKE-BACK EVENT

The C4ISR Wellness Committee will host a "Let's Move in the Courtyard Circuit Training" event sponsored by the APG Wellness Center at the C4ISR Complex Courtyard from 11:30 a.m. to 12:30 p.m.
The weather is breaking and it is the perfect time to take advantage of our beautiful courtyard to get active. Activity is one of the major components of the Army Performance Triad-a healthy Base Initiative focusing on the importance of Sleep, Activity, and Nutrition as fundamental building blocks to maintain a Ready and Resilient military and civilian workforce.
Open to all members of Team APG, activities for the event may include, but are not limited to: jump roping, bosu ball burpees with an overhead press, medicine ball side throws, squats (jumps squats or standing squats), tire runs, step ups, walking/jogging/running drills around the courtyard, and walking lunges.
Information tables on sleep, activity, and nutrition will also be present.
Registration to participate in the circuit training is required to estimate equipment needed. Participants should arrive by 11:20 a.m. to walk through the activities and receive instructions on proper form.
Rain location will be the complex pavilion. Participants should bring a mat and wear proper clothing.
Contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil by April 21 to register.
During the same event, the Army Substance Abuse Program will be on hand to collect expired, unused, and unwanted prescription (RX) drugs and over-the-counter (OTC) medicines as part of the APG Prescription/Over-the-Counter Take-Back Campaign. Collections will take place from 11 a.m. to 1 p.m.
For more information about the Prescription/Over-the-Counter Take-Back Campaign, contact Cindy Scott at 410-278-4013/3784 or cynthia.m.scott4.civ@mail.mil.

THROUGH MID-2016

ARMY WELLNESS CENTER RELOCATED

As a result of ongoing renovations to Kirk U.S. Army Health Clinic, the APG Army Wellness Center has relocated to the trailers directly across from the main KUSAHC building, near the Veterinary Treatment Facility.
For more information, contact the wellness center at 410-306-1024.

THROUGH MID-2016

KUSAHC OCCUPATIONAL HEALTH RELOCATED

As a result of ongoing renovations to Kirk U.S. Army Health Clinic, occupational health services have relocated to the trailers directly across from the main KUSAHC building, near the Veterinary Treatment Facility.
For more information, contact occupational services at 410-278-1912/1913.

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:
▪ April 9
For more information, contact Robin Bruns at 910-987-6764 or brunsrd@yahoo.com.

ONGOING

2016 CPR & AED TRAINING CLASS SCHEDULE

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2016. Classes are open to the entire APG community.
All APG North (Aberdeen) classes will be held at Bldg. 3147. All APG South (Edgewood) classes will be held at the Maryland Fire and Rescue Institute's North East Regional Training Center, located near the Edgewood (Wise Road) gate.
▪ **April 21**– APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.
▪ **May 19** – APG North – Bldg. 3147, Rm 205 – 9 a.m. & 1 p.m.
▪ **June 16** – APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.
▪ **July 21** – APG North – Bldg. 3147, Rm 205 – 9 a.m. & 1 p.m.
▪ **Aug. 18** – APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.
▪ **Sept. 22** – APG North – Bldg. 3147, Rm 205 – 9 a.m. & 1 p.m.
▪ **Oct. 20** – APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.
▪ **Nov. 17** – APG North – Bldg. 3147, Rm 205 – 9 a.m. & 1 p.m.
▪ **Dec. 15** – APG South – MFRI North East Regional Training Center – 9 a.m. & 1 p.m.
For more information, contact Mike Slayman at 410-306-0566.

ONGOING

KUSAHC CLOSED FIRST WEDNESDAY OF EVERY MONTH

Kirk U.S. Army Health Clinic believes the key to being the premier health and readiness platform is a professionally-developed workforce, and reinvesting in employees is an investment to their service to APG.
As such, KUSAHC will close the first Wednesday of every month for training purposes until further notice.
For more information, visit <http://kusahc.narmc.amedd.army.mil/SitePages/Home.aspx> or www.facebook.com/KUSAHC.

family&children

FRIDAY APRIL 1

SOCIETY OF AMERICAN MILITARY ENGINEERS SUMMER CAMP APPLICATION DEADLINE

The Society of American Military Engineers will fund two one-week scholarships at an engineering and construction camp for two rising 10th to 12th grade high school students who are interested in STEM careers.
Students will work as part of a real engineering or construction project team and provide students an opportunity to broaden their engineering knowledge.
To apply, visit www.samecamps.org or email Stanley.e.childs.civ@mail.mil for more information.

miscellaneous

ONGOING

FREE INCOME TAX PREP

The Office of the Staff Judge Advocate, Client Services Division offers free income tax preparation for eligible patrons, including active-duty service members, retirees and their family members.
The OSJA, CSD is located in Bldg. 4305, Room 317. Its hours of operation are Monday – Thursday, 9 a.m. to 1 p.m.
For more information, or to schedule an appointment, call 410-278-1583.

THROUGH FRIDAY APRIL 29

GARRISON TRAINING NEEDS ASSESSMENT SURVEY

IMCOM has identified the need to develop our personnel with the right skills and enable them to execute our mission in the most effective ways possible as a top priority.
USAGAPG Workforce Development is currently supporting that initiative by providing our workforce with Career Program specific training, leadership training and seminars, performance management tools and resources along with professional development opportunities and support.
By completing the below Training Needs Assessment Survey, our office will be able to direct resources to areas of greatest demand and to continue to expand the quality training

opportunities that is required to aid in organizational mission success.
The survey can be accessed until April 29 at this link: <https://www.surveymonkey.com/r/BBDYNCL>.
For more information, contact Jill Brodbeck at 410-278-9917 or jill.m.brodbeck.civ@mail.mil.

ONGOING

HARFORD COMMUNITY COLLEGE CYBERSECURITY PROGRAM

Harford Community College has announced a new cybersecurity program to prepare interested individuals – military and civilian – in an entry-level cybersecurity position.
The Cyber Defense Certificate program offers 39 credits, and prepares students for four industry-recognized certifications that include: Comp TIA's Net+, Security+, Linux+, and Cisco's CCENT. The program also awards credit for prior learning.
Classes are held at Harford Community College in the evening. Veterans and spouses are encouraged to apply. Enrollment for classes in the fall is currently underway.
For more information, contact Christine Brown at HCC at chbrown@harford.edu or 443-356-0363.

ONGOING

APG SOUTH 2016 WATER MAIN FLUSHING

The APG Garrison Directorate of Public Works has announced its APG South (Edgewood) 2016 water main flushing schedule.
The Edgewood DPW Waterworks Branch will perform water main flushing during the following times:
▪ **April through June:** E2000 area.
▪ **May 12-14:** APG South housing area, Austin Road.
▪ **July through Sept.:** E3000-E4000 area.
▪ **Aug. 11-13:** APG South housing area, E1220-E1300 area, and child care center.
▪ **Oct. through Dec.:** E5000 area.
▪ **Nov. 10-12:** APG South housing area, Austin Road.
For more information, contact Robert Warlick at 410-436-2196 or robert.w.warlick2.civ@mail.mil.

ONGOING

2016 FIRE MARSHALL PROGRAM SCHEDULE

The APG Directorate of Emergency Services Fire Protection & Prevention Division will host Fire Marshall classes the second Wednesday of the month, unless otherwise noted. All classes will be held from 9 a.m. to noon and attendees will receive a certificate of completion at the end of the class.
Upcoming class dates include:
▪ **April 14** – APG North, Bldg. 4403
▪ **May 19** – APG North, Bldg. 4403
▪ **June 28** – APG South, Bldg. E4810
▪ **July 14** – APG North, Bldg. 4403
▪ **Aug. 11** – APG North, Bldg. 4403
▪ **Sept. 27** – APG South, Bldg. E4810
▪ **Oct. 13** – APG North, Bldg. 4403
▪ **Nov. 17** – APG North, Bldg. 4403
▪ **Dec. 15** – APG North, Bldg. 4403
▪ **Dec. 20** – APG South, Bldg. 4403
Additional classes can be scheduled on a case-by-case basis. For more information, contact Inspector Loren Brown at 410-278-1128.

ONGOING

2016 FIRE EXTINGUISHER TRAINING

The APG Directorate of Emergency Services Fire Protection & Prevention Division will host fire extinguisher training classes on APG North (Aberdeen) and APG South (Edgewood) throughout 2016.
Two classes will be held each day from 10 a.m. to noon, and 1 p.m. to 3 p.m. at the following dates and locations:
▪ **April 14** – APG South, Bldg. E4810
▪ **May 19** – APG North, Bldg. 4403
▪ **June 23** – APG South, Bldg. E4810
▪ **July 14** – APG North, Bldg. 4403
▪ **Aug. 17** – APG South, Bldg. E4810
▪ **Sept. 15** – APG North, Bldg. 4403
▪ **Oct. 13** – APG South, Bldg. E4810
▪ **Nov. 17** – APG North, Bldg. 4403
▪ **Dec. 22** – APG South, Bldg. E4810
For more information, contact Ernie Little at 410-306-0583 or ernest.w.little.civ@mail.mil.

ONGOING

APG ARMY EDUCATION CENTER REDUCED HOURS

The APG Army Education Center will have reduced hours of operation starting Monday, February 22. New hours of operation will be Monday through Wednesday, 8 a.m. to 4 p.m.
During this time, visit Evelyn Childs, alternate test control officer and counselor support at Bldg. 4305, room 233, or contact her at 410-306-2037 or evelyn.a.childs.ctr@mail.mil.
For additional information or support, contact the center's West Point personnel, Counselor Nancy Judd at 845-938-3464 or nancy.judd@usma.edu or Education Services Specialist Neil Sakumoto at 845-938-5389 or neil.sakumoto@usma.edu.
The education center apologizes for any inconvenience caused by the reduced hours of operation.

Pest control tech keeps cool under pressure

By **STACY SMITH**
APG News

For Pest Control Technician Rayner Little, coming face to face with rodents, snakes, and other critters on post is part of his job. While others spend their workdays in front of computers, Little subdues, manages and captures animals that impede the Army mission at APG.

Little has been in the pest control field for more than 20 years and a member of Team APG for eight, but he’s a relative newcomer to wildlife control.

“I’ve been doing mostly structural pests- ants, roaches, mice, rats- stuff like that,” he said.

Little said spring brings new challenges to the pest control team, which includes Technician Richard Burch and Entomologist Stanley Futch, because it’s the time of year when several types of animals shake off winter and rise from hibernation to find food and reproduce.

“We’re surrounded by wooded areas and everything you can think of is out here,” he said.

Little said the team’s current foe is the beaver, an industrious rodent that can dam waterways with mud and branches, consequently flooding roadways, fields and ranges used for testing.

According to the Washington Department of Fish and Wildlife, beavers dam rushing waterways to create the deep, still water they need to hide from predators, access their food supply and easily enter and exit their dens underwater.

Little and the Pest Control Team members reconnoiter the installation like detectives, searching for evidence of beaver activity such as lodge-building, gnawed tree stumps, stripped tree bark and footprints. Once they find these indicators, they have to decide how best to ameliorate the situation.

“A lot of times simply getting Roads and Grounds [personnel] to come over with a back hoe and knock the lodge down is enough to discourage the beavers; sometimes they require help from the [DES Marine and Wildlife Division game wardens],” Little said.

He said beavers can cause year-round problems, whereas other animals are only deemed “pests” during certain

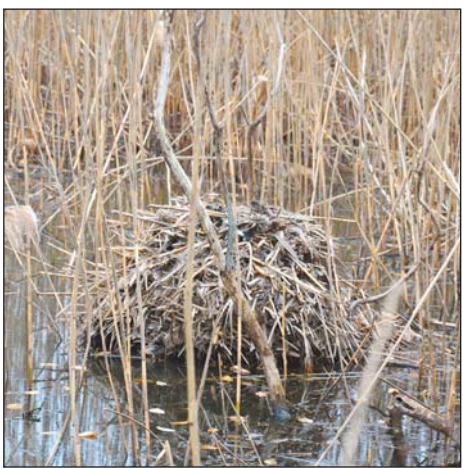


(Above) A gnawed tree stump tells APG Pest Control technician Rayner Little that beavers are afoot. Beavers use their powerful teeth to cut trees and other plants to use for building structures; (Right) A beaver home, known as a lodge, sits in the middle of a creek on APG North (Aberdeen). Pest control technician Rayner Little said the beavers have “returned this year with a vengeance.”

Photos by Stacy Smith, APG News

(Inset) Pest Control Specialist Rayner Little was recently recognized by Garrison Commander Col. James E. Davis for his dedication to the mission and going above and beyond by volunteering to work on the DPW snow removal teams.

Photo & illustration



times of the year, or when their activities threaten the mission.

According to Little, the team is considering building fences around some pipes and other areas where the beavers commonly build dams to encourage them to make their homes elsewhere.

Little said dealing with beaver activity is a cake walk compared to other jobs, such as locating dead animals in crawl spaces, which he said are difficult to maneuver in because they are narrow, dark and sometimes rocky or muddy.

“The stench can be overwhelming,” he said. “Plus you don’t know what else you’re going to find.”

Because he deals with repellant sights and smells on a daily basis, Little doesn’t bat an eye to work orders that would turn most stomachs. He said his approach to his work is ironically as placid as the ponds created by the pesky beavers he chases.

“Or if something bothers me, I keep it to myself,” he said.

Little previously worked pest control in an apartment complex for seniors

and for a Baltimore medical examiner’s office where he said he routinely watched autopsies

“They had a problem with flesh flies,” he said. “Sometimes vermin or insects would come after the dead bodies.”

“If you can stand that, you can pretty much stand anything.”

Talk early, talk often: April is Alcohol Awareness Month

Army Substance Abuse Program

Alcohol Awareness Month was established in 1987 to help reduce misconceptions and increase awareness of alcoholism and to encourage communities learn about alcohol, alcoholism, recovery and related issues.

The 2016 theme, “Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use,” is designed to draw attention to the important role parents and other adults can play in preventing teen and pre-teen alcohol use. Reducing underage drinking is critical to securing a healthy future for America’s youth, but they must be taught the dangers of alcohol and/or drug abuse and their effects.

According to the National Child Traumatic Stress Network, the 2014 National Survey on Drug Use and Health Studies shows that adolescents use alcohol more frequently than they do all other illicit drugs combined.

The study found that in 2014:

- About 8.7 million persons aged 12 to 20 reported drinking alcohol in the past month.
- Approximately 5.3 million were binge drinkers, and 1.3 million were heavy drinkers.
- About 679,000 youths aged 12 to 17 required treatment for alcohol-related problems.

Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use

The 2016 theme of Alcohol Awareness Month in April is designed to draw attention to the important role parents and other adults can play in preventing teen and pre-teen alcohol use. Studies have found that teens who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

ed problems.

According to Cindy Scott, Army Substance Abuse Program prevention coordinator, alcohol is a primary factor in the four leading causes of death for young people ages 10-21.

Scott said studies show that youth who drink are more likely to be victims of violent crime, to be involved in alcohol-related traffic crashes, and to have serious school-related problems. In addition, those who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

Social media and television don’t help the situation, she said, noting that the typical American will view 100,000 beer commercials before he or she turns 18.

“Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated,” Scott said. “Howev-

er people can and do recover. In fact, it is estimated that as many as 20 million people are living their lives in a state of recovery.”

The good news, she said, is that studies also show that a supportive family environment is associated with lowered rates of alcohol use for adolescents and that consistent and sustained parental attitudes can influence decisions about whether or not to use alcohol and drugs.

“Teens and pre-teens who talk with their parents about the dangers of alcohol and drug use are 50 percent less likely to use alcohol and drugs than those who don’t have these conversations,” Scott said. She added that she believes “Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use,” should be more than just this year’s theme.

“It must become our mantra,” she said. “Parents and other adult mentors

must be the “go to place” for our youth to receive honest and factual information regarding alcohol and other drugs.”

APG Alcohol Awareness Campaign

The kickoff event for the APG Alcohol Awareness Campaign will be held 6 to 9 p.m. at the APG North (Aberdeen) youth center Bldg. 2522, Friday, April 1. The event will include interactive awareness materials and displays.

Other Alcohol Awareness Campaign activities are scheduled throughout April. For more, information check the APG News or contact Scott, at 410-278-4013/3784, or cynthia.m.scott4.civ@mail.mil.

For more information about Alcohol Awareness Month, addiction, and recovery, visit the National Council on Alcoholism and Drug Dependence, Inc. website at <https://www.ncadd.org>.



APG MWR hosts family movie and craft night

APG Morale, Welfare and Recreation hosted a Family Movie Night at the APG South (Edgewood) recreation center March 25. During the event, families watched “Horton Hears a Who!” an animated adventure comedy based on a Dr. Seuss book by the same name, completed arts and crafts projects, and enjoyed refreshments and giveaways.

From right, Spc. Anthony Allen, with the Army Public Health Center (Provisional), decorates a picture frame while his daughter, Gabriella Allen, 4, paints a wooden car at the arts and crafts table.

The next Family Movie Night, featuring “Charlotte’s Web” will be held at the APG North (Aberdeen) recreation center, Friday, April 15. For more information call 410-278-4011/4907.

Photo by Rachel Ponder, APG News

PERSONAL COMMENTARY

The year-long road to happiness through nutrition and exercise

By **STEVE WISNIEWSKI**

Editor's Note: APG civilian Steve Wisniewski first shared his story in the Sept. 17, 2015 issue of the APG News. After being diagnosed with severe kidney/renal failure, Wisniewski took advantage of the services at the Army Wellness Center at APG and his private doctors to address the health issues keeping him from kidney transplant eligibility.

The light bulb, which became illuminated for me in April 2015, continues to burn brightly and has increased in intensity. In 2015, my doctor gave me the task of losing 100 pounds in order to be put on the kidney transplant waiting list. My initial weight of 351 pounds was like an albatross around my neck, and at first I thought there was no way I could accomplish that enormous task.

But with the help of Chris Sorrells at the APG Army Wellness Center, and some determination and hard work, I have lost 94 pounds in just under a year, bringing my current weight to 257 pounds and my BMI to 33.9. Adding to that success, less than eight months into my weight-loss journey, my Type II diabetes was declared under control and in remission by my primary care doctor and endocrinologist.

I still have work to do in order to reach my ultimate health goals, and getting this far hasn't been easy, but I want to share my story and what I've learned so far in hopes that others might be inspired to take control of their own health sooner rather than later.

Shaping my destiny

Several years ago I learned about a program called Neuro-Associative Conditioning that claims there are just two controlling forces that direct our lives: pleasure and pain. It argues that how you manipulate those two forces ultimately shapes your destiny.

Losing a vast amount of weight is definitely mind boggling. My former nephrologist gave me three choices in early 2015: (1) lose weight, (2) go on dialysis or (3) accept death at an early age. It became quite obvious to me that choice #3 was not an option, leaving me with two choices.

In an effort to take control of my own destiny, I decided to visit a dialysis center to see what the treatment involved; the picture wasn't very pretty. You sit in a chair for nearly five hours a day, five days a week and have large needles stuck in your arm. As you sit, water is filtered through your body cleaning out your kidneys so waste can be properly filtered out.

Your whole life revolves around this machine. The time spent attached to this machine limits your mobility and the things you can do in life. I watched the process for more than three hours and a picture formed in my mind of being attached to the machine for the rest of my life. That picture was more painful than any possible pleasure that might possibly be conceived from a dialysis treatment. In that moment, I made the conscious decision that dialysis was not in my destiny.

I told my doctor 'no dialysis now, tomorrow, in the future, or ever,' and



Courtesy photos

After a diagnosis of severe kidney failure in late 2014, APG civilian Steve Wisniewski began a weight loss journey with the assistance of the APG Army Wellness Center, or AWC. (Above, left) In 2015, Wisniewski is pictured with AWC staff members Chris Sorrells, left, former staff member Erin Flaherty, second from right, and Brandon Allen, right. (Above, right) Since April 2015, Wisniewski has lost 94 pounds. Now weight-eligible to use the AWC BodPod, he continues his weigh-loss efforts to become eligible for a kidney transplant.

promptly switched to the very best nephrologist in New Jersey. I chose my destiny – to lose as much weight as I could – and went to the Army Wellness Center for help.

Setting, meeting and exceeding goals

As I took control of my destiny, I started visiting the Army Wellness Center, or AWC, weekly. AWC director Chris Sorrells and the center's health educators helped me establish weight-loss and exercise goals. The support I received – and continue to receive – from the AWC staff was awesome; with their help, I was able to meet and exceed the goals set for me. By October 2015, I had lost enough weight to start using the BodPod at the AWC, which can accurately determine your body fat percentage and fat-free weight.

The results from the BodPod allowed me to determine more accurate goals for weight-loss and exercise. Working exclusively with Chris, we developed a daily cardio program for walking and a treadmill-based program for days the weather kept me indoors.

Several months ago, I joined a 24-hour gym, giving me no reason not to exercise. In my mind, I formed a neuro-association between pleasure and exercise by thinking of one of my favorite baseball players. I began to associate exercise with former New York Yankee great and

future Hall of Famer Derek Jeter, and pictured myself being strong and healthy like him. Thus far, the association is working; never in my life have I exercised more than I do now, and my muscle mass is slowly increasing each week.

I continue to set more goals for myself, including ones to help me eventually enter – and finish – the New York City Marathon. Through smaller, short-term goals of 3K, 5K, 10K and half-marathon races, I hope to achieve my ultimate goal of finishing the 26-mile marathon. Not bad for a guy who was hospitalized 14 months ago receiving chemo treatments and placed on steroids for malfunctioning kidneys and given the options of weight loss, dialysis or death.

In addition to exercise, I continue to review my daily meal plans that a dietician previously set out for me. While the AWC cannot dictate specific meal plans for you, they can make suggestions. With Chris' help, I have modified my meal plans to allow for more variety – who wants to eat yogurt six days a week? – and avoid nutrient deficiency, all while still staying in my allotted calorie limit. With each new healthy food item added to my meal plan, a new neuro-association is formed, forcing out old associations. I also worked rewards into my plan so I have something positive to reinforce my newly acquired healthy-

eating behaviors.

Looking to the future and an offering of advice

In less than eight months with help from Chris, I have lost 94 pounds, lowered by blood sugar levels to pre-diabetes range (effectively putting my Type II diabetes into remission) lowered my cholesterol numbers to an acceptable range, reduced my daily medications from 17 to seven and likely added an additional 20 years to my life. Looking to the future, my ultimate goals are to reach a weight of 230 pounds in order to be put on the kidney transplant waiting list in five states (and may not need it according to my nephrologist), and run the New York City Marathon.

But if anyone thinks this journey has been easy for me, I can assure you it has not. There have been many ups and downs. And you're likely to face many of the same ups and downs if you face similar health issues or have set similar weight-loss goals.

Through my journey, I have learned that the most important factor is that you must be willing to make a commitment to change. If the commitment isn't there, you will not succeed. Your commitment must be strong enough that there is no room for doubt. Changing your lifestyle, including exercise and a more nutritious diet is a lifelong commitment, not something that's done for a couple months and then you transgress.

I am living proof that exercising and eating nutritious food can change every aspect of your overall health – from putting Type II diabetes into remission, to reducing daily medications, to just having a more positive outlook on life. And you can do it, too.

I haven't done it, alone, however. Through the support of my primary care physician, nephrologist, endocrinologist and Chris Sorrells at the AWC, I have been able to take control of my destiny and completely change my life. Chris Sorrells and the AWC has empowered me to continue to set goals for myself and has given me the confidence to meet and exceed them.

I am living proof that exercising and eating nutritious food can change every aspect of your overall health – from putting Type II diabetes into remission, to reducing daily medications, to just having a more positive outlook on life. And you can do it, too.

Steve Wisniewski
APG civilian



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

Elk Neck State Park

Peninsula offers woods, cliffs, beaches

By **AMANDA ROMINIECKI**
APG News

Situated at the northern end of the Chesapeake Bay is a peninsula, formed by the bay on the west and the Elk River on the east, home to Elk Neck State Park.

One of the Maryland's more than 50 state parks, Elk Neck offers a variety of landscapes including marshlands, dense woods, white clay cliffs and beaches, according to the state's Department of Natural Resource, or DNR, website.

A 40-minute drive from Aberdeen Proving Ground, the park offers a view hard-pressed to find on the East Coast, especially on the western side of the Chesapeake: a sunset over the water. Because Elk Neck is surrounded by water on three sides, visitors can watch the sunrise on the eastern side of the park and later view the sunset on the western side.

Plentiful walking trails, campgrounds, swimming beaches, hunting grounds, fishing piers, boat access and canoe/kayak launches at Elk Neck are sure to keep outdoor enthusiasts, water lovers and families busy.

On the park's western shore lies the North East Beach Area. The area provides unguarded swimming access to the shallow waters of the Susquehanna Flats of the Chesapeake Bay and a kayak and canoe launch. There is a day-use fee to access the North East Beach Area. Large pavilions at the North East Beach Area are available for rent between April and October for a fee.

While several of the Elk Neck camp areas are currently closed and undergoing renovations, many are still available for use during the 2016 season. Once reopened, the park will offer tent-only, standard, mini-cabin and group campsites. For details about specific campsites and reservations, visit <http://reservations.dnr.state.md.us/>.

Turkey Point Lighthouse

Elk Neck State Park is also home to the Turkey Point Lighthouse, a sister of Aberdeen Proving Ground's very own Pooles Island Lighthouse and the Concord Point Lighthouse in Havre de Grace. All three lights were built by Havre de Grace resident John Donahoo in the first half of the nineteenth century and marked by similar white towers and black lantern rooms.

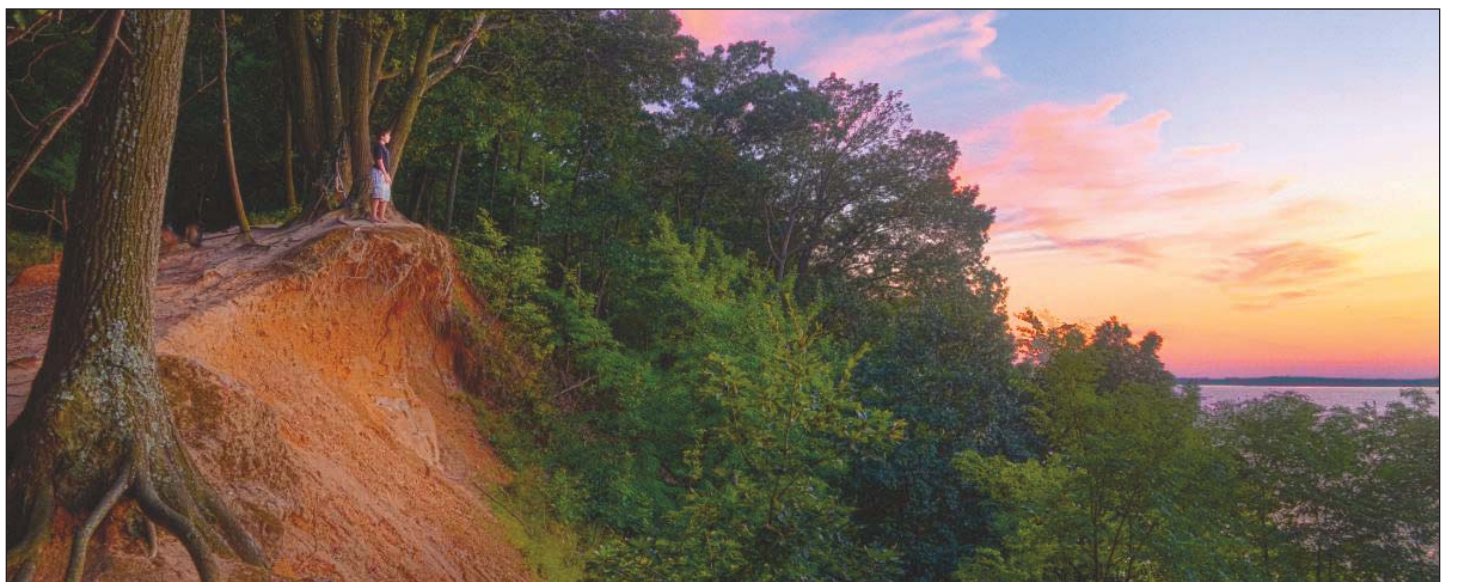


(Left) The Turkey Point Lighthouse at Elk Neck State Park is a sister of Aberdeen Proving Ground's Pooles Island Lighthouse and the Concord Point Lighthouse in Havre de Grace. Turkey Point is open to visitors Saturdays and Sundays, April through November.

Photo by Amburr Reese, USAG APG

(Below) The sun sets along a bluff at Elk Neck State Park in Cecil County. Because the park is surrounded by water on three sides, visitors can watch the sunrise on the eastern side of the park and later view the sunset on the western side.

Photo courtesy of State of Maryland Tourism office



The Turkey Point Lighthouse sits atop a 100-foot bluff at the confluence of the Chesapeake Bay and the Elk River. It assisted mariners navigating the shipping channel from the Chesapeake Bay, up the Elk River and eventually to the Chesapeake & Delaware Canal. Today, that passageway sees upwards of 40 percent of the shipping traffic in and out of the Port of Baltimore.

After its decommissioning in 2000, the Turkey Point Lighthouse was added to the National Register of Historic Places in 2002, and the DNR took ownership of the light in 2006. Just under a one-mile hike one way, it is a popular destination for Elk Neck State Park visitors. Each Saturday and Sunday, from April through November, visitors can climb to the top of the Turkey Point Lighthouse. It's estimated that more

than 40,000 people visit the landmark each year.

Upcoming events & youth programs

On April 23, the park is scheduled to host an Eagle Watch event in observance of Earth Day. Attendees will join a park ranger to learn more about the bird of prey and participate in various activities hosted by a Scales & Tales program representative. Reservations for the Eagle Watch can be made by calling 410-287-5333.

For local youth, the park offers several child-friendly programs in the spring and summer. According to the DNR website, the "Park Pals" program invites children ages 3-5 the opportunity to "connect to the natural world around them through hands-on environmental educa-

tion," crafts, and conservation projects.

The "Junior Rangers" program, geared toward youth ages 7-12, includes age-appropriate hands-on educational opportunities, outdoor recreation, crafts and conservation efforts all meant to introduce youth to the world around them.

For high school students, the "Adventure Club" gives teens the chance to experience a plethora of outdoor activities including canoeing, kayaking, hiking, camping and backpacking, as well as wildlife viewing, conservation and research sessions.

For more information about Elk Neck State Park, hours of operation, a list of upcoming events, or to make campsite reservations, visit <http://dnr2.maryland.gov/publiclands/Pages/central/elkneck.aspx>.

Cooking up a recipe for kitchen fire safety

National Fire Protection Association

Cooking is the number one cause of home fires and home fire injuries. While cooking is often a relaxing and fun task that brings family and friends together – being mindful while you cook can go a long way to helping prevent dangerous home fires.

Cooking fires by the numbers

Based on 2009-2013 annual averages:

- Unattended cooking was the leading factor in home cooking fires.
- Two-thirds (66 percent) of home cooking fires started with the ignition of food or other cooking materials.
- Clothing was the item first ignited in less than 1 percent of these fires, but these incidents accounted for 18 percent of the cooking fire deaths.
- Ranges or cooktops accounted for the majority (61 percent) of home cooking fire incidents. Ovens accounted for 13 percent.
- More than half (54 percent) of reported non-fatal home cooking fire injuries occurred when the victims tried to fight the fire themselves.
- Frying poses the greatest risk of fire.

The good news is that cooking fires can be prevented by following some simple guidelines.

Stay in the kitchen while simmering,



Courtesy photo

Cooking is the number one cause of home fires and home fire injuries. Being mindful while you cook can go a long way to helping prevent dangerous home fires.

baking or roasting food, and check it regularly. Don't use the oven or stovetop after consuming alcohol or if sleepy. It's also a good idea to keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels, and curtains – well away from the stovetop.

Cooking with oil

Oil is a key ingredient found in the majority of today's kitchens. Whether a recipe calls for frying or sautéing, many include oil in almost all of their daily cooking. When using oils such as olive, canola, corn or soybean, to pre-

pare meals, consider the following safety tips:

- Always stay in the kitchen when frying on the stovetop.
- Keep an eye on what you fry. If you see wisps of smoke or the oil smells, immediately turn off the burner and/or carefully remove the pan from the burner. Smoke is a danger sign that the oil is too hot.
- Heat the oil slowly to the temperature you need for frying or sautéing.
- Add food gently to the pot or pan so the oil does not splatter.
- Always cook with a lid beside your pan. If you have a fire, slide the lid over the pan and turn off the burner. Do not remove the cover because the fire could start again. Let the pan cool for a long time. Never throw water or use a fire extinguisher on the fire.
- If the fire does not go out or you don't feel comfortable sliding a lid over the pan, get everyone out of your home. Call the fire department from outside.

Other safety precautions include making sure you have a working smoke alarm installed within 10 feet of the stove, oven, or microwave, and keeping children at least three feet from a cooking appliance in use.

For more fire safety information, visit www.nfpa.org.

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



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

Upcoming Activities

SAVE THE DATE BJ'S MEMBERSHIP SIGN-UPS APRIL 12

11 a.m. to 1 p.m.; APG South (Edgewood) recreation center
APRIL 13

11 a.m. to 1 p.m.; APG bowling center

The Civilian Welfare Fund will sponsor a BJ's membership sign-up at the above location and times. Save \$10 off the \$50 in-store membership fee for Inner Circle and \$20 off the \$100 in-store membership fee for the Rewards Program. Memberships are for 15 months instead of 12. It applies to new and renewal memberships. All forms of payment accepted. Discount memberships are only available on-site, not in the store or online.

NEWCOMER'S ORIENTATION APRIL 26

1 to 3 p.m.; APG North (Aberdeen) recreation center

Newly-assigned Soldiers and civilian employees are encouraged to attend the APG Newcomers Orientation. Sponsors should bring family members. More than 35 APG community activities and organization representatives will welcome new members of Team APG with handouts and answer questions regarding their programs and services.

For more information, contact Jennifer Eichner at 410-278-2500.

COSTCO MEMBERSHIP SIGN-UPS APRIL 19

11 a.m. to 1 p.m.; APG South (Aberdeen) recreation center

APRIL 20

11 a.m. to 1 p.m.; APG North (Aberdeen) recreation center

The Civilian Welfare Fund will sponsor a Costco membership sign-up at the above location and times. New members will receive a Costco Cash Card. Gold Star memberships are \$55 and receive a \$10 cash card. Executive memberships (rewards program) are an additional \$55 per year and receive a \$20 cash card. Membership includes a free household card for a spouse or family member. Renewals are also welcome and will receive a free giveaway.

LEISURE & TRAVEL CLUE - A WHODUNIT MURDER MYSTERY & DINNER THEATER APRIL 28

6 p.m.; APG North (Aberdeen) recreation center ballroom.

Admission: \$10 Active Duty \$15 Civilians (Not for children - contains adult language)

Doors open at 5:30 p.m., with a cash bar. Dinner buffet begins at 6 p.m. Show starts at 7 p.m. and will last approximately two hours. To register or for more information visit MWR Leisure Travel Services at APG North (Aberdeen) recreation center, Bldg. 3326.

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

NEW YORK CITY BUS TRIP JUNE 4

Transportation to New York City, you are free to schedule your own activities- sightseeing, shopping, or taking in a show, and safe return to APG. The reservation deadline is May 20; to reserve a seat, visit MWR Leisure Travel Services at the APG North (Aberdeen) recreation center.

- Departure: Recreation Center 7 a.m.
- Return: Recreation Center 9 p.m.
- Cost: \$48

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

CHILD & YOUTH SERVICES MONTH OF THE MILITARY CHILD 2K COLOR FAMILY FUN RUN APRIL 23

APG MWR will host a free 2K Color Family Fun Run starting 10 a.m. at the APG North (Aberdeen) youth center. Rain date will be Saturday, April 30. Active-duty, Reservist, wounded warrior and Gold Star family registration begins Feb. 22. All other registration begins Feb. 29. Registration is open to the first 750 participants. All ages are welcome.

Register online at <https://apgmomccolorrun2016.eventbrite.com>. All participants, regardless of age, must register. The first 300 youth ages 3 to 15 will receive a t-shirt.

Volunteers are needed for the fun run. Volunteers can register at <https://apgvolunteercolorrun2016.eventbrite.com>.

JUNIOR & TEEN TAEKWONDO STARTS APRIL 4 6:15-7:15 p.m.

Promotes discipline and defense, as well as muscle toning and conditioning. Students will learn blocking, punching, and kicking techniques and forms. Junior/Teen TKD Ages 7+ Classes held on Mon & Wed.

Spring Session: Mon, Apr 4- Mon, Jun 6 (9 weeks) No Class Mon, May 30. COST/ FEE: \$153 (Price does not include cost of GI and pad equipment)

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

BEFORE & AFTER SCHOOL CHILD CARE IMMEDIATE OPENINGS

Participants must be registered with the CYSS Parent Central Office. Fees are based on total family income. Fees waived for all middle school students' afternoon care.

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

ARMY COMMUNITY SERVICE AUTISM - WHY DO THEY DO THAT? APRIL 7

5:30 - 7 p.m.; APG North chapel fellowship hall

Children with Autism Spectrum Disorders frequently display a variety of problem behaviors. Dr. Steven Lindauer, assistant director of the Pediatric Developmental Disabilities Clinic at Kennedy Krieger Institute and an assistant professor of psychiatry at the Johns Hopkins University School of Medicine, will identify factors that result in problem behaviors being common in children with Autism. The model presented will explain problem behaviors, suggest methods to decrease problem behaviors, and reinforce methods to increasing appropriate alternative behaviors.

To register please contact Nancy Goucher, EFMP at 410-278- 2420 or nancy.e.goucher.civ@mail.mil. CYS patrons who attend this class will receive 2 Parent Participation Points.

EFMP BOWLING APRIL 18

5:30 - 7:30 p.m., Bowling Alley.

The APG Exceptional Family Member Program invites families with special needs children to attend a special bowling night at the APG North (Aberdeen) bowling center.

For more information, contact Nancy Goucher, EFMP at 410-278- 2420 or nancy.e.goucher.civ@mail.mil.

START & REVITALIZE YOUR CAREER APRIL 20

11:30 - 1:30 p.m., ACS Bldg. 2503

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

- set a career path that defines you
- create strategies to move your career to the next level
- set S.M.A.R.T. goals that work: (Specific, Measurable, Attainable, Realistic Time bound)
- be the job applicant that stands out.

To enroll in this free class you must register with ACS employment readiness program manager, 410-278-9669.

SAVING AND INVESTING APRIL 28

11:30 - 12:30 p.m., ACS Bldg. 2503

This class will identify reasons to save and how to set goals for a savings plan. Participants will explore the difference between short term savings and long term investments. For more information contact Leary Henry leary.g.henry.civ@mail.mil 410-278-2453.

SPORTS & RECREATION GET GOLF READY! APRIL 19, 5:30 TO 7 P.M. APRIL 21, 5:30 TO 7 P.M. APRIL 23, 11 A.M. TO 12:30 P.M.

Ruggles Golf Course

PGA Professionals will show you that there are lots of ways to play by combining fun, friends and fitness.

Each session will focus on the various golf skills you will use while playing. In addition to learning the basics, you will be guided onto the golf course to put your skills into action in a casual, friendly setting. No equipment needed!

Five 1.5 hour sessions meeting once per week.

Cost is \$99 per participant.

For more information, contact Dave Correll at 410-278-4794.

SPRING SCRAMBLE APRIL 16

9 a.m.; Ruggles Golf Course

18 hole, captain's choice scramble. Fees: \$35 for members, \$55 as a guest. Price includes: cart, greens fees, range balls, morning coffee, tournament prizes and awards lunch after play. For more information, call 410-278-4794.

SPRING SCRAMBLE APRIL 23

9 a.m.; Exton Golf Course

18 hole shotgun. Food and refreshments included. Fees: \$30 annual patron, \$35 authorized patron, \$40 as a guest Pre-registration at Exton Clubhouse. Fees due on day of event. For more information call 410-436-2213 or 410-436-2233.

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

GET GOLF READY

Call the golf shop for dates and times at 410-278-4794.
Spaces are limited so call today.

Get Golf Ready is designed to teach everything you'll need to play golf in just a few lessons. PGA Professionals will show you that there are lots of ways to play by combining fun, friends and fitness. Each session will focus on the various golf skills you will use while playing. In addition to learning the basics, you will be guided onto the golf course to put your skills into action in a casual, friendly setting. No equipment needed!

Five 1.5 hour sessions meeting once per week.
Beginning Tuesday April 19, 5:30 - 7 p.m.
Thursday April 21, 5:30 - 7 p.m.
Saturday April 23 11 am until 12:30.

**Cost
\$99**

Coming Soon!

APG Bowling to host BINGO

Session BINGO

Monday and Wednesday nights

Please contact
Richard or Kimberly
for more information.
410-278-4041

ARL wins grants for summer interns

By **DAVID MCNALLY**
U.S. Army Research Laboratory

The Department of Defense announced winners for its High Performance Computing Internship Program, or HIP, in February, and six of the Army’s 10 winners will work at the U.S. Army Research Laboratory.

The HIP program provides interns with “the computational skills and experience necessary to support the DOD’s future warfighter needs,” according to the announcement.

The Air Force won grants for 11 interns and the Navy and Army won 10 each. Of the Army interns, six will work at the U.S. Army Research Laboratory at APG.

Drs. Luis Bravo and Anindya Ghoshal, from the ARL Vehicle Technology Directorate, will receive funding to mentor two interns based on their research proposal, “High Fidelity Simulation of Engine Jet Combustion and Application to Turbomachinery.”

“The interns will conduct novel research in turbulent reacting jet flow modeling at diesel conditions to evaluate and enhance existing capabilities; as well engine rotor blade optimization flow modeling with actuation within a rotorcraft engine operating under a degraded environment,” Bravo said.

Drs. Matthew Floros and Hao Kang, also from ARL-VTD, will receive funding for one intern based on their research proposal, “Tiltrotor Whirl Flutter Analysis with Computational Fluid Dynamics and Computational Structural Dynamics Coupling.”

“This will enable us to fund a summer intern for research in rotorcraft modeling



Photo by Conrad Johnson, RDECOM

Dr. Anindya Ghoshal, left, and Dr. Luis Bravo will receive funding from the DOD High Performance Computing Internship Program to mentor two summer interns at the U.S. Army Research Laboratory Vehicle Technology Directorate based on their research proposal.

and simulation,” Floros said. “The student will work on high-fidelity computational fluid dynamics research of tiltrotor aircraft stability. A tiltrotor vehicle concept is one of the configurations selected for the Army’s Joint Multirole Technology Demonstrator program.”

Dr. James Larentzos, from the ARL Weapons and Materials Research Directorate will mentor an intern based on his research proposal, “Molecular simulation of thermal transport in mechanically-stressed energetic materials under

pressure: Polycrystalline nitromethane with complex interfaces.”

Larentzos said the grant develops the skills of future computational scientists and provides an opportunity for a prospective DOD employee to experience defense-related research and development.

“Our computational research program in energetic materials benefits tremendously through all the computational resources, support staff and funding provided by the DOD High Performance

Computing Modernization Program,” Larentzos said. “We are extremely grateful to the HPCMP for the opportunity to mentor a student. We are excited to take part in a challenging and rewarding HPC project that will further support the DOD’s future warfighter needs.”

Drs. Mark Tschopp and Shawn Coleman, ARL-WMRD, also submitted a winning proposal, “Atomistic Understanding of the Role of Grain Boundary Structure in Lightweight Armor Systems,” and garnered funding for two interns.

“ARL-WMRD has a clear need for lightweight materials that are used for both vehicle and Soldier protection while making sure that these materials retain the appropriate ballistic and blast response under the extreme dynamic environment,” Tschopp said. “It is expected that the internship will introduce graduate students to both developing and utilizing DOD HPCMP resources in support of ARL’s mission while exposing them to what a career as a computational materials scientist at ARL is like.”

Deborah Schwartz, associate director for Workforce Development, congratulated the teams on winning the funding.

“It is my expectation that all of the FY16 HIP interns will find their experience challenging and rewarding, and it is my sincere hope that they will become a part of our DOD workforce and HPCMP community upon graduation,” she wrote.

HIP is one of several programs that the High Performance Computing Modernization Office provides to promote state-of-the-art computational research within the DOD, she said.

Health of Force report wakeup call for improving readiness

By **DAVID VERGUN**
Army News Service

Obesity and overweight metrics, along with health indicators like tobacco use, injuries, substance abuse and the Performance Triad were among topics during a recent conference discussing the inaugural “Health of the Force” report.

The HOF report, released at the end of 2015, provides Army leaders, including installation commanders, a starting point regarding where best to invest resources to help Soldiers lead healthier lives, and consequently, improve combat readiness, said Col. Deydre Teyhen, assistant deputy chief of staff, Army Public Health Center.

That report, she said during a media roundtable conducted from the Office of the Army Surgeon General in Falls Church, Virginia, March 16, is similar to, but much more comprehensive than “The State of Obesity: Better Policies for a Healthier America” report, issued by the non-profit Robert Wood Johnson Foundation in 2014.

Besides obesity and overweight metrics, the HOF report measures Soldiers’ three Performance Triad elements: sleep, activity and nutrition per the Army Global Assessment Tool, or GAT 2.0. It also takes into account other health indicators like hospital admissions, chronic diseases and medical readiness.

Taking all measurements into account, the report then provides a detailed breakdown, installation by installation of those factors, with an overall health rating broken down by categories.

With that valuable data in hand, Teyhen said it’s now up to the installations and commands to see what they’re doing well and what needs improving. For example, she said if one installation is doing really well on a health factor, like say, fewer smokers, but is doing poorly on sleep, then she said she encourages those installations or commands to share what they think the factors are that are making the metrics go up or down.

The vehicle for this exchange of information, she said, could be the Community Health Promotion Council, chaired by the senior mission commander on each installation. The councils normally meet quarterly to discuss readiness issues.

The medical treatment facilities would not be in the best position to utilize the HOF report, since they on average see one Soldier just 100 minutes a year. That’s not really enough time to address health factors that could impact them since most of that time would be spent simply diagnosing and treating a problem. That’s why utilizing the HOF should start with leadership, she said.

Barbara Agen Ryan, a retired Army officer, health strategist and lead for Communications, Education, & Training System for the Health & Performance Triad, OTSG, said the goal of the HOF report is to “provide commanders with data-driven information that can help prioritize efforts and influence resource-



Photo illustration by Peggy Frierson

The Health of the Force report provides Army leaders, including installation commanders, a starting point regarding where best to invest resources to help Soldiers lead healthier lives, and consequently, improve combat readiness, said Col. Deydre Teyhen, assistant deputy chief of staff, Army Public Health Center.

es to produce culture change; the HOF report is intended to facilitate personal health readiness and create environments where healthy is the easy choice.”

People don’t get up in the morning wanting to be unhealthy, she said. However, their environment often influences the choices they make.

Nutrition

For example, if vending machines with junk food in them are readily available, that’s what they’ll choose, Teyhen said. Or, if food in the dining facility is fatty or sugary, that’s what they’ll eat.

Teyhen provided examples of what some installations have done to alter this environment.

Some installations have invited local farmers to bring their fresh produce on-post and set up farmers markets, she said.

Fort Campbell, Kentucky, moved its dining facility salad bar closer to the entrance and that alone increased consumption of salads by 24 percent, she said. They also moved the dessert bar farther away and consumption for that went down 17 percent.

The dining facility personnel basically copied what stores do with product placement for greater sales of higher-priced goods, Teyhen added.

Another thing that Fort Campbell did was move the smoking shack farther away, she said. That alone dramatically decreased smoking -- just because it made it less convenient for smokers to get there.

Besides altering the environment, another approach to help people make healthier choices, Teyhen said, is to provide them helpful information. For instance, keep healthy food in a clear bowl or wrapped in cellophane. Peo-

ple, kids especially, are more apt to use what they can see right away. Keep the unhealthy food wrapped in something opaque like aluminum foil.

The goal for fruits and vegetables, she added, should be eight servings per day, or about at least half of all food consumed. Teyhen said she advises people to eat their fruits and vegetables first, so they’re already to some degree satiated before consuming other things like meats or dairy.

A trick to getting children to eat healthy foods, she said, would be to ask them what Popeye would eat, before the waitress comes. Kids tend to pick healthier choices.

For a group of adults, a similar trick would be to mention in passing that “this place has the best salmon salad I’ve ever eaten,” Teyhen offered. That really influences others.

Once people start altering their behaviors, she said, it quickly becomes engrained into their thinking and habits. For example, they start craving fruits and vegetables over cupcakes.

One thing “we never do,” she added, “is to tell people they can’t eat cupcakes. It’s about positive reinforcement, not telling people what they can’t do.”

The Army is currently working to put healthier foods in vending machines and dining facilities on post, Teyhen said.

Activity

Teyhen found an interesting data comparison in the report regarding physical activity.

At Fort Riley, Kansas, Soldiers do better at strength exercises than they do at aerobic ones. The opposite is true for Fort Campbell, however. Commanders, she said, might want to tweak the mixture of physical training to pro-

vide better balance.

The Army would ideally like physical education reinstalled in public schools nationwide, as that impacts the quality of health recruits have coming in, she said, adding that she hopes the HOF report helps influence decision makers at the national level.

Lt. Col. Robert C. Oh, physician lead for Performance Triad, OTSG, said musculoskeletal injuries are a huge problem for the Army, accounting for 76 percent of all Soldiers deemed non-deployable.

In any given year, about 55 percent of Soldiers receive such an injury, accounting for some 10 million limited duty days per year, he said.

By comparison, the rates for those types of injuries for college athletes is just 25 percent, he said, noting that lower overall fitness of Soldiers and overweight issues are likely to be the biggest contributing factors for that discrepancy.

Tobacco

Tobacco products are also hurting Soldier readiness, Oh said.

Use of tobacco and the smokeless variety for Soldiers is high and impacts readiness, he said.

For example, he said it affects Soldiers night vision and even makes them more detectable due to the residual smell it leaves on the body. That’s in addition to a decrease in aerobic capacity and other harmful effects like higher stress rates.

The Army Medical Command is now in the process of trying to create smoke-free campuses across the medical facilities Army-wide, he said.

A good news story, he said, is that Soldiers at Fort Bliss, Texas, have lower tobacco usage than in the surrounding community. Perhaps they have solutions that installations could implement.

Sleep

Dr. Amy M. Millikan Bell, medical advisor, Army Public Health Center, said sleep is another big health issue for Soldiers. Soldiers are getting much less sleep than average Americans Bell said. Only about 15 percent are getting the recommended seven or eight hours.

Lack of sleep contributes to accidents, poor decision-making and other types of errors that degrade readiness, she said. While there are times during an operation when Soldiers cannot get adequate sleep, they should be afforded the extra sleep time during non-critical periods.

Fort Riley set up sleep day rooms where Soldiers can go to nap in the middle of the day. Even a short nap improved their overall situational awareness, she said.

Meanwhile at Fort Carson, Colorado, the unit changed its physical training sessions to the afternoon instead of early morning so Soldiers could get their sleep. This had a secondary benefit of giving parents the opportunity to have breakfast with their children. It was a huge success, she added.

20th CBRNE prepares for critical mission

Nuclear Disablement Teams train with interagency partners

Story and photos by
MAJ. RYAN DONALD
20th CBRNE Command

Units from 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives) trained with federal, state and local agencies in Bensalem, Pennsylvania, during Exercise Prominent Hunt, March 21 - 25.

“The National Technical Nuclear Forensics [NTNF] Task Force, Ground collection mission is a joint interagency task force that uses Air Force and Army from the Department of Defense, Federal Bureau of Investigations, Department of Energy and other agencies to respond to a post blast attack,” said Brig. Gen. William E. King IV, commander, 20th CBRNE Command.

The 20th CBRNE Command’s Nuclear Disablement Teams, known as NDTs, from Aberdeen Proving Ground and 2nd platoon, 51st Chemical Company from Fort Stewart, Georgia comprised the Army component of the task force, and led the Ground Collection Task Force, or GCTF, following a simulated nuclear attack.

In the immediate aftermath of a nuclear detonation the NTNF GCTF collects vital information and forensic evidence at the incident site for analysis at designated facilities. The results of the nuclear forensic analysis would be fused with law enforcement investigation and intelligence information to assist in the identification of those responsible.

“The planning process for this operation is extensive, and we stay on alert all the time. The 20th CBRNE Command has two teams on an alert notice to support this critical mission,” said King. In this exercise for example, our units received notification of an incident here and they had less than a day to move



Nuclear disablement teams from the 20th CBRNE Command participated in Exercise Prominent Hunt alongside federal, state and local agencies in Bensalem, Pennsylvania, March 21-25. The exercise simulated a nuclear attack and 20th CBRNE teams comprised the National Technical Nuclear Forensics Task Force Ground Collection Team.

from Fort Stewart, Georgia and Aberdeen Proving Ground to here and go right into a ground collection mission.”

Another capability the NDTs bring to the task force is the Airborne Radiation Detection, Identification and Measurement System. These radiological detection pods attach to an UH-60 Blackhawk. The 244th Expeditionary Combat Aviation Brigade from Joint Base McGuire-Dix-Lakehurst, New Jersey provided the

Blackhawk support for this mission.

NDTs use these pods to track airborne radiation and analyze particulates to identify the origin of a determined threatening nuclear source. They also analyze an area after a nuclear blast to determine how much radiation is in the zone and when and where it is considered safe.

Another capability the NDTs bring to the task force is the Advanced

Ground Sampling Collection Platform, or AGSCP. The platform allows the task force to perform radiation reconnaissance and ground sampling after a nuclear detonation. The robot is outfitted with multiple camera which allow the operator to observe the AGSCP’s surroundings for physical security purposes, and to effectively operate the mechanical army.

“Technical competence of these Soldiers is impressive. Equally important to technical competence is basic field craft and mastering of the fundamentals,” said Command Sgt. Maj. Kenneth Graham, command sergeant major, 20th CBRNE Command.

While the NTNF GCTF is scientific and technically focused, Soldiers and civilians who comprise the task force must remember the fundamentals.

“It boils down to the fundamentals, you have to know and understand the fundamentals first, then we can move on to the more advanced stuff,” Graham said. “We can be technically competent but if we cannot navigate from point A to point B we are going to have a problem because we will not be able to accomplish this critical mission for the homeland.”

“The 20th CBRNE is excited to be part of this joint interagency team; we’re glad to be a valuable member of this team and provide the technical enablers for the success of this mission, and this is a critical part of our national defense,” King added.

The NDTs are specialized teams of nuclear-related specialists, chemical technicians, health physicists, and explosive ordnance disposal personnel who have the ability to disable nuclear weapons of mass destruction infrastructure, package, transport, and safeguard nuclear and radiological materials, collect and transport samples of radiological material for forensic analysis, and conduct sensitive site exploitation operations on nuclear sites.

The 2nd Platoon, 51st Chemical Company is located at Fort Stewart, Georgia. Their mission is to deter assess, neutralize and mitigate CBRN hazards and effects.

Both units are assigned to the 20th CBRNE Command, Aberdeen Proving Ground, Maryland.

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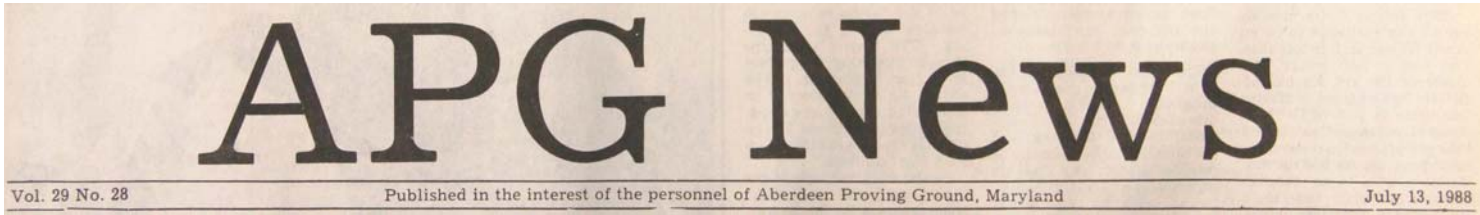
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THIS WEEK IN APG HISTORY



Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1988.

By **YVONNE JOHNSON**, APG News

2015
2010
2000
1990
1980
1970
1960
1950

10 Years Ago: March 30, 2006



(Left) A mock house, designed and created by the Garrison's Visual Information Services Division exhibit specialists, is a featured display at the National Science Center's Fort Discovery in Augusta, Georgia.



(Right) Brig. Gen. Michael Combest, right, commander of the U.S. Army Developmental Test Command, passes the organization colors to Command Sgt. Maj. Allen Fritzsching during an acceptance of responsibility ceremony at the Aviation Tropical Test Center, Fort Rucker, Alabama.

25 Years Ago: April 3, 1991

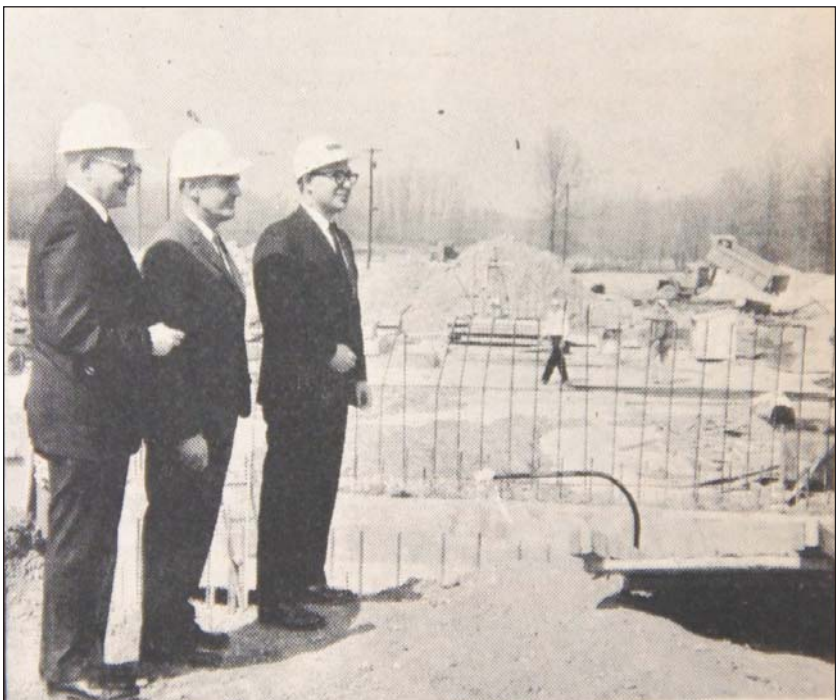


(Left) Gen. William G. T. Tuttle Jr., left, commander of the U.S. Army Materiel Command tours Aberdeen Proving Ground with Maj. Gen. George H. Akin, commander of APG and the U.S. Army Test and Evaluation Command.

(Below) Maryalice Miller, a research biologist with the U.S. Army Chemical Research, Development and Engineering Center, judges a project at the Edgewood High School science fair.



50 Years Ago: March 31, 1966



(Left) From left, M.I. Lundin of Oak Ridge National Laboratory; Dr. T.F. Wimett from Los Alamos Scientific Laboratories; and Dr. Hubert P. Yockey, chief, reactor branch, Ballistic Research Laboratories, APG review safety facilities on the construction site of the APG reactor.



(Right) Early applicants for memberships for the 1966 golf season at Ruggles Golf Course include, from left, Vernon C. Terry from Development and Proof Services; Col. Elmer W. Grubbs, post commander; Len Toff, sports director; and Sgt. Maj. John L. Neff, military operations.

APG North cut-off dates for acquisition packages set

ACC-APG, Tenant Contracting Division

The Army Contracting Command-Aberdeen Proving Ground, or ACC-APG, Tenant Contracting Division, has established its Fiscal Year 2016 cutoff date for submission of complete Acquisition Packages to include purchase requests, known as PRs, and required acquisition documentation.

With proper and early planning, the Tenant Contracting Division can successfully process customer requests that are identified and submitted by or before May 16. This greatly enhances the ability of the ACC-APG to meet customer needs. Packages accepted after the cutoff date will be handled on a best effort basis with no guarantee of award.

The following schedule has been established for the submission of acquisition packages for FY 16. This cutoff date is for the PR and all supporting documentation and signed approvals. Incomplete acquisition packages will not be accepted by the Tenant Division. Failure to include the necessary documentation could result in delay, untimely, or non-award of requests.

APG North cut-off date

The cut-off date of May 16 includes, but is not limited to, the actions listed below:

- Noncommercial items over \$150,000*
- Noncommercial items between \$2,500 for services; \$3,000 for supplies; \$2,000 for construction and \$150,000
- Commercial items under \$150,000
- Commercial items over \$150,000*
- Services under \$150,000
- Services over \$150,000*
- Delivery orders and task orders under existing contracts
- GSA schedule procurements
- Short-of-award over \$2,500**
- Maintenance for FY 2016 – (FY16 Contract Modifications and Options for Existing Maintenance Contracts)

*There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the Branch Chiefs prior to this date. ACC-APG encourages our customer activities to coordi-

nate their projected FY-end requirements with their respective branch chiefs during the third quarter in order to discuss acquisition methods and identify those documents, reviews, and approvals required to accompany the procurement package.

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

Subject-to-Availability-of-Funds, or SAF, will only be accepted by the Tenant Contracting Division Branch Chiefs. APG activities should consider maximizing use of their Government Purchase Cards to execute small dollar transactions for authorized items rather than submitting a purchase request to the contracting office.

ALL acquisition packages must be submitted electronically and at a minimum shall include the following: funded purchase request, statement of work/description of requirement/purchase description, signed Independent Government Cost Estimate (IGCE), Service Acquisition strategy (>\$150,000 inclusive of options), Service Contract Approval, COR nomination completed in VCE-COR tool, Quality Assurance Surveillance Plan (QASP), NEC approval and/or AK1 Goal Waiver (IT hardware, software and services), evaluation factors, complete Sole Source Justification (<\$150K and J&A for >\$150K, if appropriate), Antiterrorism/Operations Security (AT/OPSEC) cover sheet, and Market Research.

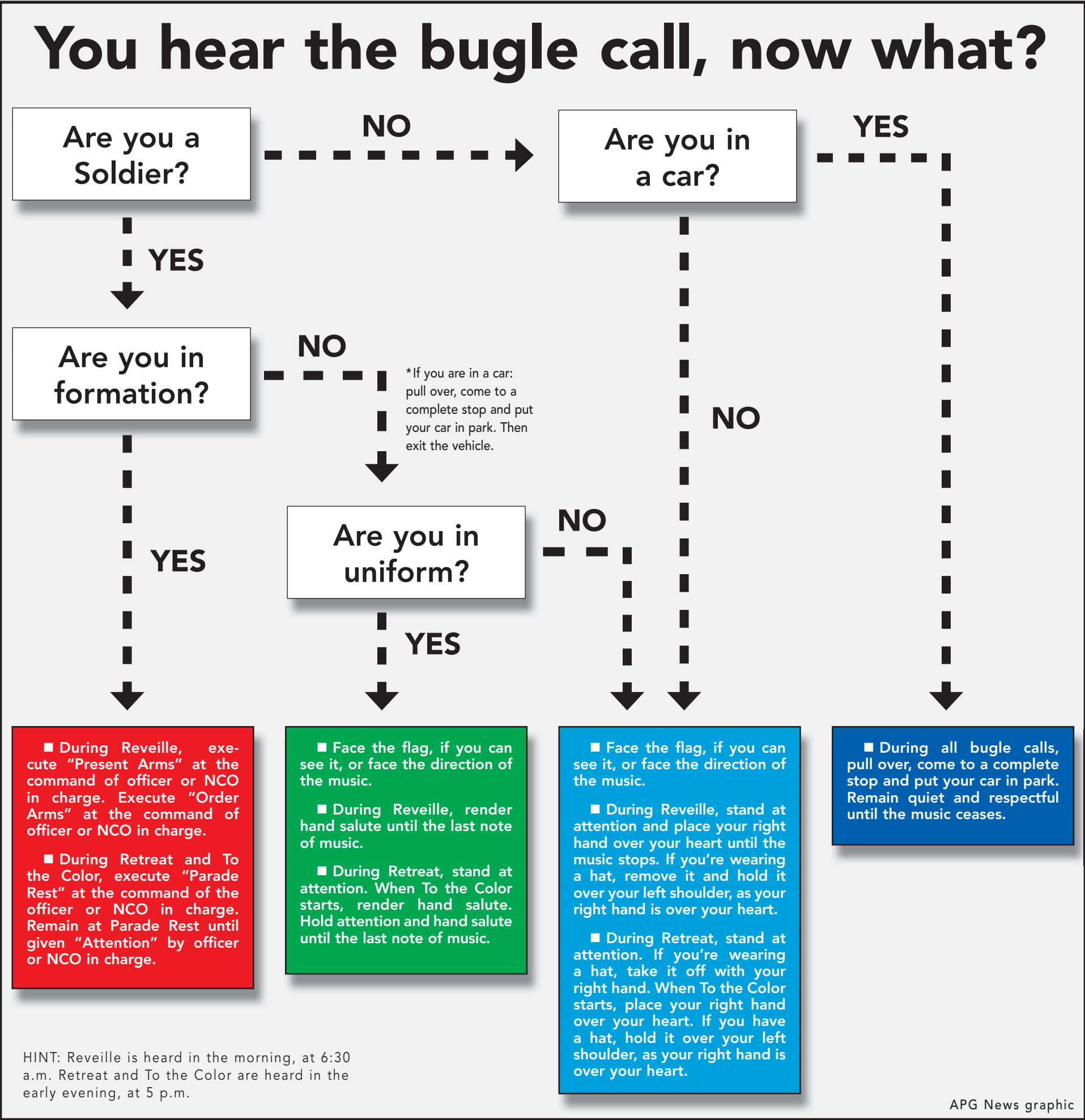
ACC-APG Points of Contact

For more information, contact Cynthia H. Phillips, Chief, Tenant Contracting Division, at 443-861-4812; cynthia.h.phillips.civ@mail.mil, or Supply & Services Branch Chiefs:

Chanel De Silva, Mission Branch Chief; 443-861-4832; chanel.d.desilva.civ@mail.mil,

Donna J. Bader, Technology Branch Chief; 443- 861-5355; donna.j.bader.civ@mail.mil,

Lane Gary, Facilities Branch Chief; 443-861-5339; lane.m.gary.civ@mail.mil, Thomas J. Boyle, Contract Support Branch Chief; 443-861-5351; thomas.j.boyle.civ@mail.mil,



Leave Donations

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

Acevedo, Rachel
Acosta, Jeannie M.
Barela, Linda M.
Beale, Jamila A.
Branscome, Teresa A.
Brogan, Tia L.
Chacon, Leanne A.
Ciborowski, Steven
Clark, Lyra
Clybourn, Angela M.
Dennis, Robin N.
Dimond, Crystal
Dissek, Michael J.
Diveley, Roberta R.
Donlon, Jacqueline A.
Frankel, Ronald A.
Gaddis, Lonnie
Gant, Hennither B.
Gibson, Tanya J.

Employees eligible for donations in the Voluntary Leave Transfer Program

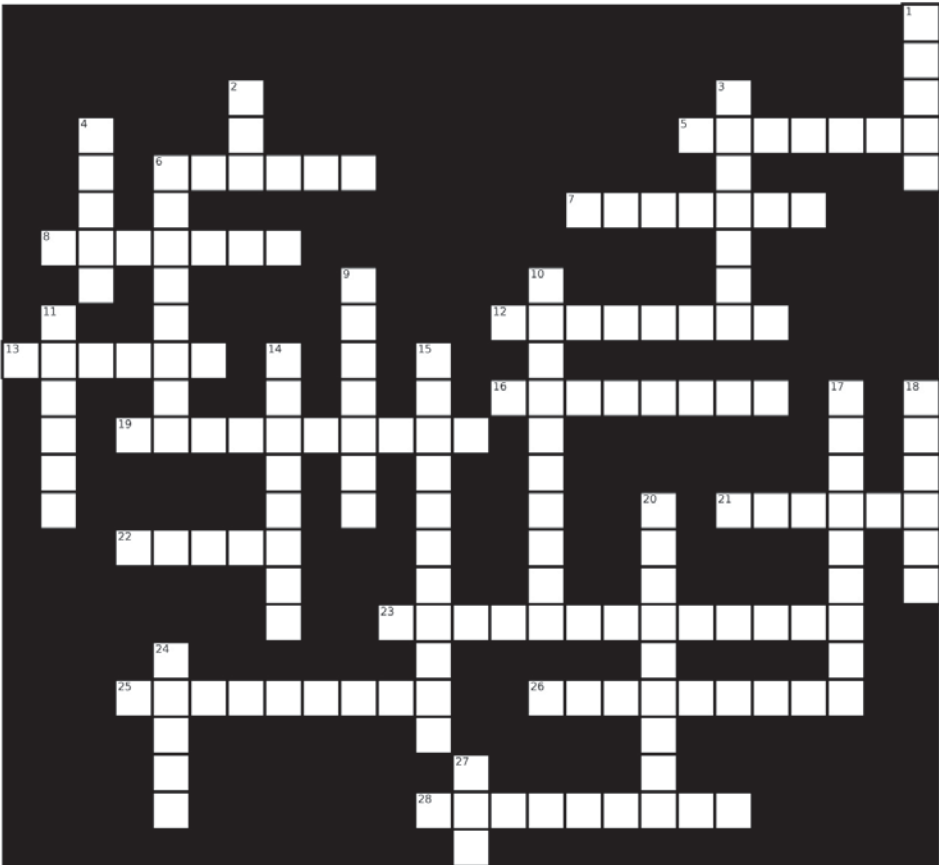
Gilley, Christopher M.
Glassman, Connie L.
Hampton, Devita D.
Hardesty, Stacie L.
Hazel, Wanda L.
Humphries, Theresa
Jackson, Vivian A.
Johnson, Douglas W.
King, Sharon M.
Kubat, Tracey L.
Kuciej, Andrea D.
Kyro, Kelly J.
LiCalzi, William E.
Malczewski, Stephen V.
Mancini, Jennifer
Manos, Gust H.
McCauley, Adrienne
Meadowcroft, Catherine
Meskill, Joseph F.

Mielke, Sylvia A.
Morgan, Judy A.
Morrow, Anthony
Morrow, Patricia D.
Nunley, Dana Y.
Peduzzi, Jill L.
Pulaski, Michele L.
Pusey, Nancy K.
Redman, Corinne L.
Rosario, Selinda M.
Ruske, Hilary P.
Solomon, Je'Neane
Soto, Robert Alan
Thompson, Curtis
Tisdale, Dorris A.
Villanueva, Jenny
Winkles, Jeffrey

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The APG Crossword

Baltimore City

By **AMANDA ROMINIECKI**, *APG News*

Think you know Baltimore? Guess again. Test your knowledge of the city with these facts based on each of Baltimore’s neighborhoods.

Across

5. Often considered part of Roland Park, this small neighborhood includes land once home to the St. Mary’s Female Orphan Asylum.
6. This famed Olympic swimmer lived in Baltimore’s waterfront neighborhood Canton for many years.
7. The _____ Art Museum calls the Mount Vernon neighborhood home.
8. This neighborhood hosts an annual “Squeekness” swine race to commemorate its history. It’s also home to the B&O Railroad Museum.
12. Druid Heights is the birth

- place of this man, who was the first African American Supreme Court Justice.
13. This Point is home to the Under Armour headquarters and Fort McHenry
16. This neighborhood, which has struggled with home abandonment and crime, is slated to get a major revitalization after Under Armour purchased large swaths of land with the intent to build its new waterfront, headquarters campus here.
19. Mayfield is a small neighborhood on the city’s northeast side, bound on one side by this lake which provides drinking water to the city via Loch Raven Reservoir.

21. Patterson Park is home to this multi-tiered structure of South Asian inspiration.
22. The Penn North neighborhood shares its name with a stop along Baltimore’s _____ subway line.
23. Charles Village is home to the Baltimore Museum of Art and this world-famous university.
25. This neighborhood, with the same name as a popular Baltimore cookie maker, is a short walk to the city’s professional sports stadiums.
26. Johns Hopkins Bayview Hospital calls this Mediterranean-rooted neighborhood home.
28. This neighborhood was named after Mondamin, the Indian corn god, by its estate owner Dr. Patrick Macaulay in the 1800s.

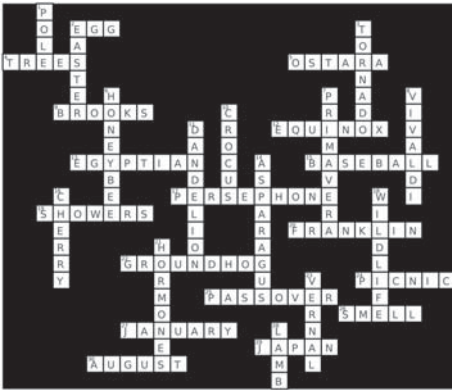
Down

1. Before this neighborhood became known as Highlandtown in the late 1800s, it had the reptilian name _____ Hill.
2. Baltimore’s “Downtown” region is home to countless landmarks including Lexington Market and this famed dark poet’s grave.
3. This neighborhood is home to a park of the same name with unrivaled views of Baltimore’s Inner Harbor, atop a ‘Hill.”
4. The Reservoir Hill neighborhood is south of this large park and lake on the city’s north central side, which ranks among Central Park in New York and Fairmount Park in Philadelphia as the oldest landscaped public parks in the country.
6. Baltimore’s Inner Harbor, the landmark of the city, is located at the mouth of Jones Falls, creating the northwest tidal branch of this river.
9. The Baltimore icon “Natty Boh” lights up the side of a tower in this eastern Baltimore neighborhood, _____ Hill.
10. Gwynns Falls gets its name for a stream of the same name that doesn’t actually feature any of these _____.

11. The neighborhood _____ Park shares its name with Maryland’s largest historically black college.
14. Guilford is home to this famous garden which blooms tulips meticulously cared for by its affluent residents.
15. This waterfront neighborhood boasts more than 160 buildings on the National Register and features cobblestone roadways.
17. This village was unfortunately one of the worst-hit areas during the Baltimore riots in 1968 and has struggled to recover in the years since.
18. This neighborhood, _____ Park, claims to be the first planned suburban community in North America, developed between 1890 and 1920 as an upper-class streetcar suburb.
20. Coldspring is home to the Cylburn _____, which is open to the public without charge.
24. The Star Spangled Banner House resides in this “Little” neighborhood.
27. In Hampden, don’t be alarmed to see a woman donning a beehive, Technicolor hairdo, cat-eye glasses and leopard print – she’s known as a _____, which nods to 1950s Baltimore.

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

Solution to the March 24 puzzle



WORD OF THE WEEK

Impute

Pronounced: im-PYOOT

Part of speech: Verb (used with object), imputed, imputing.

Definition:

1. To attribute or ascribe: The children imputed magical powers to the old woman.

2. To attribute or ascribe (something discreditable), as to a person.

3. Law. to ascribe to or charge (a person) with an act or quality because of the conduct of another over whom one has control or for whose acts or conduct one is responsible.

4. Theology. To attribute (righteousness, guilt, etc.) to a person or persons vicariously; ascribe as derived from another.

5. Obsolete. To charge (a person) with fault.

Use:

Absent any witnesses, they were left to impute the worst possible motives of the perpetrator toward the victim.

The loss of the inheritance can be imputed to his arrogant defiance of his father’s stern constraints.

Until they learn better, the public will impute responsibility on the parents for the actions of their wayward son.

By **YVONNE JOHNSON**, *APG News*
Source(s): <http://www.oxforddictionaries.com>; <http://dictionary.reference.com>

ACRONYM OF THE WEEK

USAREUR

U.S. Army Europe

United States Army Europe, or USAREUR, is an Army Service Component Command, or ASCC, of the United States Army. It is responsible for directing Army operations throughout the United States European Command Area of Responsibility. During the Cold War, HQ USAREUR supervised ground formations primarily focused upon the Warsaw Pact militaries to the east as part of the North Atlantic Treaty Organization, or NATO Central Army Group. Since 1989, USAREUR has greatly reduced its size, dispatched U.S. forces to Operation Desert Shield and Desert Storm, and increased security cooperation with other NATO land forces.

As the Army’s forward ASCC in Europe, USAREUR serves a critical role in advancing U.S. interests and provides a visible symbol of U.S. commitment to the region and its European allies.

By **YVONNE JOHNSON**, *APG News*
Source(s): <http://www.eur.army.mil/default.asp>; www.wikipedia.org

APG CATCH-A-POACHER PROGRAM

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

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

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

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

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

Chemical agent test facility now open

Edgewood Chemical Biological Center

The Army’s one-of-a-kind laboratory for testing how well new military equipment stands up against deadly chemical weapons is now open for business, and one of its first customers is a program that will expand the chemical detection capabilities of the nation’s warfighters.

The Non-Traditional Agent Defense Test System is a collection of specialized test chambers designed to test chemical agent protection, detection and decontamination equipment, from small to large, under operational conditions most relevant to today’s warfighter.

It is the only facility in the world that allows an entire system rather than individual components to be fully immersed in chemical agent while under test.

The lab became fully operational at the U.S. Army Edgewood Chemical Biological Center, or ECBC, in January 2016, and among the facility’s first customers is the Next Generation Chemical Detector, a program of record executed by the Joint Project Manager for Nuclear, Biological and Chemical Contamination Avoidance. The program will field four new chemical detection capabilities to warfighters across the Army, Air Force, Navy and Marine Corps. It is the first-ever system designed to detect all phases of matter: solid, liquid, vapor and aerosol.

The Next Generation Chemical Detec-



The Non-Traditional Agent Defense Test System. The system is a collection of specialized test chambers designed to test chemical agent protection, detection and decontamination equipment under operational conditions most relevant to today’s warfighter.

U.S. Army photo

tor is now in the “brassboard” testing phase, with contractors bringing mature prototypes to the Non-Traditional Agent Defense Test System to be tested against a variety of chemicals and conditions. Testing will continue throughout 2016.

In addition to supporting ECBC’s mission to protect the warfighter, the Non-Traditional Agent Defense Test System also allows the Center to con-

tinue to serve its partners that also have a vested interest in the defense against weapons of mass destruction, including the Department of Homeland Security, the intelligence community, and international allies.

“As awareness and understanding of non-traditional agents has grown, so has the need to perform tests under these conditions, which includes developing

the infrastructure necessary to support that testing,” said Michael Abaie, ECBC Director of Engineering. “This system is a national asset, and we welcome our partners from across the test and evaluation enterprise to come here and put it to work for our warfighters.”

Read more about the Non-Traditional Agent Defense Test System at www.ecbc.army.mil.

Arbor Day event celebrates land buffer along APG border

Continued from Page 1

turned out for the event on the 48 acre parcel of land where 200 saplings would be planted before the day was out.

Brad Killian, Harford County director of the Department of Planning and Zoning hosted the ceremonial portion of the event and Ben Lloyd, president of the board, Harford Land Trust, presented awards.

Killian encouraged participants to plant the trees with care.

“We’ll come back next year and see them thriving,” he said.

Lloyd thanked Harford County Executive Barry Glassman and “all other partners” specifically APG for assisting in the purchase.

“We are honored to work with APG on this preservation project,” he said.

Frank Lands, deputy to the APG Garrison commander, Col. James E. Davis; Garrison Command Sgt. Maj. Jeffrey O. Adams; and John Wroble, chief of the Directorate of Public Works Environmental Division’s Natural Resource Branch, accepted the APG awards.

Noting that APG is the largest land owner in Harford County, Lands said the buffer provided to the installation through the ACUB program was very important to the installation. He said APG benefits because it halts encroachment of housing developments, and Harford County benefits because the land is being turned into public park land.

“This land will help us do our mission,” he said. “We’re proud of the resources we bring to the Chesapeake Bay and to Harford County.”

Wayne Merkel, a Maryland Department of Natural Resources forester, credited Wrobel and his team for doing “much of the work” involved in maintaining Tree City and Growth Award status.

“APG has been an outstanding partner,” he said, noting that one award is state while the other is national. Both awards have standards established by the National Arbor Day Foundation (NADF) and the National Association of State Foresters.

“It’s for people who are loving and nurturing trees,” he said, with a plan for added growth.

“The sun, water and oxygen, that’s all you need for a tree,” Merkel said.

Harford County Councilman Chad Shrodes noted that one ceremonial planting was dedicated to the late Jim Thomas, the former Harford County Forest Conservancy District Board, chairman and vice chairman who passed away in January at age 96.

He said Thomas was an avid outdoorsman who left a sizeable portion of his estate to the Harford Land Trust.

“He was one of the county’s first conservationists and he was still planting trees in his 90s,” Shrodes said, adding that Thomas would heartily approve the project.

“He knew planting trees and preserving land would create habitats,” Shrodes said. “This [ACUB program] allows us to preserve a piece of property that would otherwise be constructed.”

National Arbor Day is Friday, April 29. In Maryland, Arbor Day is celebrated on the first Wednesday of April, which is April 6.



Photo by Molly Blossie

From left, Tod Ericson of the National Forest Service presents Aberdeen Proving Ground’s 11th Tree City Award and 9th Tree City USA Growth Award to Frank W. Lands, deputy to the Garrison Commander; Garrison Command Sgt. Maj. Jeffrey O. Adams; and John Wrobel, chief of the DPW Environmental Division’s Natural Resource Branch, as “Smokey” looks on approvingly.

ACUB

The Army Compatible Use Buffer program is an Army-wide program with Army Environmental Command support and Installation-level management. The ACUB seeks to sustain the Army mission and allow Soldiers to test and train as they fight by purchasing lands near Army installations to create a “buffer” zone.

The ACUB program manager at APG is DPW employee Todd Beser, and he said the primary goal of the program is to protect the installation’s mission, but being able to complete that goal on the Chesapeake Bay makes it extra special.

“Seeing years of work, from both Harford Land Trust and myself, come to fruition was very satisfying,” Beser said. “It was a great pleasure to see the community, Harford County and Garrison leadership and especially the kids all working together to improve the local landscape, and whether they knew it or not, protecting the mission of APG at the same time.”

Land parcels purchased through ACUB provide additional green space in the community, protect vital habitats and support Chesapeake Bay Executive Order EO 13508. According to Harford Land Trust Executive Director Peg Niland, the buffer program has contributed more than \$1.3 million to help the trust buy five properties in the unincorporated community of Edgewood, totaling about 130 acres since 2013.

Beser said APG has additional ACUB properties in the pipeline, on both the western shore and eastern shore of the Chesapeake Bay.

“We are looking forward to completing more types of restoration and enhancement work in those communities.”

DPW Natural Resource Branch

John Wrobel, chief of the Directorate of Public Works, or DPW, natural resource branch, noted that Arbor Day is celebrated annually throughout the United States to celebrate and recognize the importance of the nation’s forested resources.

Wrobel said another good news story for this year comes from the Chesapeake Water Quality Goal Implementation Team. According to the U.S. Forest Service the team has approved the recommended loading rates for the new Tree Canopy Land Uses in the Chesapeake Bay model. Research and experimental procedures seeking to determine the relationship and mechanisms of tree canopy to contamination removals, determined the significant pollution fighting power of tree canopy in the reduction of nitrogen, phosphorus and sediment entering the bay from surface water run off created by rainfall, Wrobel said. Significant improvements to bay health can now be quantified, he said.

“APG’s contribution, as one the largest land owners of forested areas in Maryland – nearly 17,000 acres – to overall health of the bay is considerable and positive,” Wrobel said. “APG executes a robust forest management program with a 50-year plan of forest management for over 500 forest stand management areas. The goal of the APG forestry program is to ensure that the existing natural infrastructure of APG will continue to support the current and future test mission at APG.”

Wrobel said Natural Resource Branch team members are hard at work executing silviculture – the growing and cultivation of trees – prescriptions for improving forest stands that have been quantified to control runoff and reduce pollution in the bay, as well as to improve ecological habitats for wildlife while simultaneously supporting the test mission. One recent team project included controlled burns to remove invasive species and to improve range infrastructure.

APG has long recognized the importance of forestry and its positive impact in fighting pollution, he said.

He added that additional research has determined that trees can be used to treat contaminated groundwater through a process called phytoremediation. The technique, spearheaded by APG in the 1990s through research, development and implementation, is in its 20th year of treating contaminated groundwater at the Superfund Site J-Field, he said.

“This Arbor Day when you are enjoying the beauty of the budding and flowering trees returning from their winter slumber,” Wrobel said, “take a moment to pause and think that in addition to their beauty, trees are actively working to reduce pollution and improve the overall health of our eco-system.”

Eagles topic of lesson at APG South CDC

Continued from Page 1

en Eagle Protection Act, which prohibits the commercial trapping and killing of the birds, the species is no longer endangered. The bald eagle continues to be protected under the act.

“The younger we can teach them about conserving wildlife, the better,” Baylor said. “Hopefully they can have a lifelong love of the environment, like we do.”

To demonstrate how large an eagle nest can be, Baylor and DeRoia had the children sit in a circle about four feet wide, the width of the average eagle nest.

“The length varies, depending how long the bird has been using it,” Baylor said.

She added that on APG, there are approximately 50 active eagle nests, per year.

Each student received a paper egg representing an eagle egg, which is, on average, measures two inches wide by three inches high. Then they were shown how a Grade A large chicken egg is only slightly smaller.

“It is surprising because an eagle is such a big bird,” DeRoia said.

According to DeRoia, it takes about 35 days for an eagle egg to hatch and 10 to 12 weeks from when they hatch to when they fledge, or are ready to fly from the nest.

They also showed the children how to use binoculars to spot a small stuffed bald eagle across the room.

“Most have never used binoculars before,” DeRoia said. “We used this activity to teach them about bird watching.”

According to Baylor, in January during an aerial survey, more than 200 eagles were counted on APG. APG has a thriving eagle population because it has miles of undeveloped shoreline, she said.

“They are attracted to us [APG] for the habitat and the food,” she said. “They are so concentrated here because the rest of the [Harford] county is developed.”

Baylor and DeRoia gave the children environmental stickers and bookmarks at the end of the presentation.

Strong Beginnings lead instructor Eva Jones said she appreciated DeRoia and Baylor’s visit and she invited them to return for a presentation on pollinators in June that will coincide with the class’ unit on insects.

Throughout April, several subject matter experts will visit the center in honor of Month of the Military Child. Army Strong Beginnings is offered through Family and Morale, Welfare and Recreation’s Child, Youth and School Services program. For more information about APG CYSS programs visit <http://www.apgm-wr.com/child-youth-school-services/cyss-home>.

Jessica Baylor, an environmental protection specialist with the Directorate of Public Works Conservation Branch, shows children a photo of an eagle nest during an eagle conservation lesson at the APG South Child Development Center March 28.



Marine police keep Chesapeake Bay ‘in balance’

Continued from Page 1

Fitch said he “yanked” three of the suspicious pots and left a note for the suspect, stating that he accidentally damaged the pots and wanted to pay for them. He included his cell phone number for the perpetrator to contact him. Sure enough, the suspect called.

“It was my day off,” Fitch said, adding that the man demanded \$300 each for the three “damaged” pots.

“I told him I was an Edgewood contractor and asked if he could meet me at the visitor center on Monday,” he said.

Fitch and McDonough were in place at the agreed-upon time when to their amazement, the perpetrator pulled in ... driving a State of Maryland vehicle.

He said when they identified themselves and informed him of the charges, the man “broke down” and confessed everything.

“He’d been at it a long time,” Fitch said. “The guy was very bold, but not very smart.”

The case was adjudicated two weeks ago at the APG Magistrate Court. One of the prosecutors was Special Assistant U.S. Attorney Capt. Robert W. Taylor.

“I’m pleased that a just outcome was reached in this case, and that the victims received restitution for the crab pots that were taken from them,” Taylors said.

poaching
is a **crime**

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

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

“The law enforcement community did an outstanding job cracking this case.”

DES Conservation/Law Enforcement Commander Lt. Anthony Williams said the incident, while unique in certain aspects, is part of what his officers do every day.

“Our waters are an integral part of the bay, rich with a lot of marine life and activities,” he said. “One requirement by law is that we have to make these

resources available. When we find cases of over fishing or poaching we take it very seriously. These activities have decimated areas and makes it tough on honest fisherman who have to make up for their losses.

“Our guys are out on the bay every day. We can’t see everything, but if we can chip away at the [negative activities] every day, hopefully we can keep things in balance.”

Both avid outdoorsmen, Fitch and

McDonough said they patrol 144 miles of APG shoreline on the Bush and Gunpowder rivers and Chesapeake Bay. Both are licensed boat captains and hold certified merchant mariner credentials from the Marine Law Enforcement Training Program at the Federal Law Enforcement Training Center.

“The point is, we’re out there enforcing conservation laws because illegal activities can negatively impact natural resources,” McDonough said, adding that poaching and similar activities are not out of the ordinary.

A former Newark, Delaware police officer, who’s been an APG game warden for two years, McDonough said that as a hunter and fisherman he loves his job.

“When we’re out there, we can’t call for backup, so we have to stay on our Ps and Qs,” he said, but I’m an avid hunter and fisherman so I like enforcing laws that protect our natural resources.”

An Air Force Reservist and retired Baltimore city police officer, Fitch said there are plenty of others out there looking to bend or break environmental laws.

“It’s ongoing; it’s institutional,” he said, “and we can’t be everywhere, but I like the job because [our presence is] making some kind of difference as far as resources.”



Did You Know ?

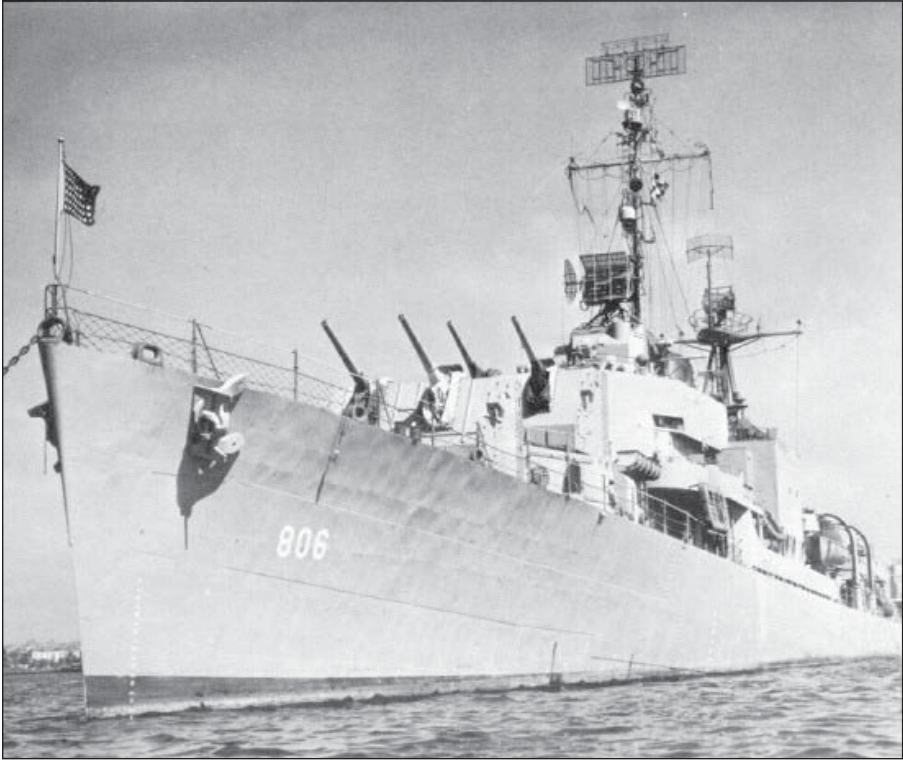
Lenah H. Sutcliffe Higbee was the first superintendent of the U.S. Navy Nurse Corps and the first female recipient of the Navy Cross.



Lenah H. Sutcliffe was born in Chatham, New Brunswick, Canada, May 18, 1874. She completed nurses’ training at New York Postgraduate Hospital, and at Fordham Hospital and entered private practice before becoming one of the first 20 members - often referred to as “The Sacred Twenty” - of the newly-established U.S. Navy Nurse Corps Oct. 1, 1908. Higbee married and survived Marine Corps Lt. Col. John Henley Higbee before she became chief nurse of the Navy in 1909 and then second commandant of the Nurse Corps on Jan. 20, 1911.

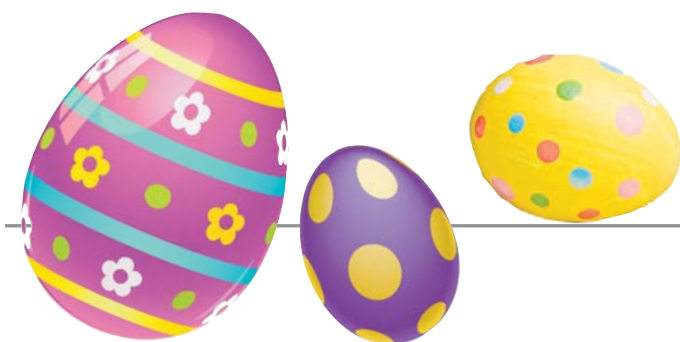
Higbee was awarded the Navy Cross on Nov. 11, 1930 for her achievements in leading the Nurse Corps through World War I. She was the first living woman to receive the medal. She retired from the Nurse Corps Nov. 30, 1922 and died Jan. 10, 1941 in Winter Park, Florida.

She is buried beside her husband in Arlington National Cemetery. The Navy destroyer USS Higbee (DD-806), commissioned in 1945, was named in her honor; it was the first U.S. Navy combat ship to bear the name of a female member of the Naval service.



Courtesy photo
The Navy destroyer USS Higbee (DD-806), commissioned in 1945, was named in her honor; it was the first U.S. Navy combat ship to bear the name of a female member of the Naval service.

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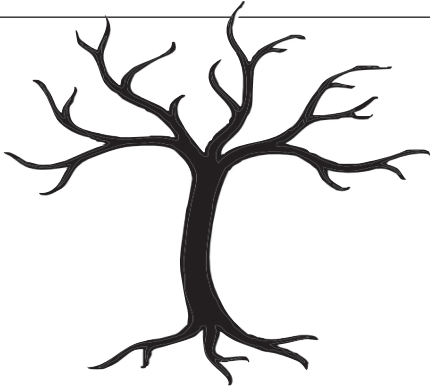
APG Snapshot

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

CORVIAS HOSTS SPRING EGG HUNT

(Clockwise from right)
Children scramble to collect eggs strewn across the Bayside Community Center grounds as family members look on during the Spring Into Fun Egg Hunt March 25.
Olivia Whitbeck, 2, reaches for goodies in her basket during the Spring into Fun Egg Hunt at Bayside Community Center March 25. The free event, hosted by Corvias Military Housing, was open to all on-post family housing residents and included games, prizes and refreshments.
Maria Guerrero opens an Easter egg for her daughter, Emma, 1, after the Spring into Fun Egg Hunt at Bayside Community Center March 25.

Photos by Stacy Smith, APG News



PLANTING TREES FOR ARBOR DAY

Aberdeen Proving Ground, Harford County and the Harford Land Trust united for an Arbor Day celebration and tree planting on a parcel of preserved land that was partially funded by the Army Compatible Use Buffer program, ACUB, on Willoughby Beach Road in Edgewood, March 25. The Army-wide ACUB program creates “buffer” zones to preserve Army missions while creating natural habitats.
(Left) Frank Marsden, the program director and naturalist with the Eden Hill Nature Center, shows a corn snake to Jake Button, 5, and Adrianna Wilson, 10.

Photos by Molly Blossse, APG News

(Right) From right, Danielle Seren watches as her son Khan Seren, 9 and friend MacKenzie Stefanik, 10, place one of 200 saplings in the ground.
(Below) DES conservation and law enforcement game warden Matthew McDonough looks on as Michael Beser, 8, examines a squirrel pelt at the Directorate of Public Works Natural Resource Branch display.

