



# APG NEWS

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Maj. Gen. Bruce T. Crawford, APG senior commander and commanding general of the U.S. Army Communications-Electronics Command, administers the oath of service to Soldiers during the Team APG "Why We Serve" program at the Myer Auditorium Nov. 25.

Photo by Sean Kief

## APG remembers "Why We Serve"

By **RACHEL PONDER**  
APG News

More than 750 Soldiers and DOD civilians reaffirmed their respective oaths of service to the nation during the "Why We Serve" program at the Myer Auditorium Nov. 25.

"I consider the oath to be the very foundation on which our values as trusted professionals are estab-

lished," said Maj. Gen. Bruce T. Crawford, APG senior commander and commanding general of the Communications-Electronics Command (CECOM), who served as host and guest speaker.

The theme for the event was "Restoring our Commitment to the Profession." Crawford encouraged attendees to reflect on what it means to be a trusted military professional. He said that as professionals, it is critical to address issues that weaken the military com-

munity, like suicide and sexual assault.

"We have many challenges ahead," Crawford said. "The chief among those challenges is ridding ourselves of anything that threatens our very values and brings discredit upon our beloved military family.

"The oath we all took to support and defend our nation is the very essence of responsibility and account-

See **SERVICE**, page 14

## Hagel resigns as defense secretary

By **TECH SGT. JAKE RICHMOND**

Defense Media Activity

Praising Defense Secretary Chuck Hagel's "class and integrity," President Barack Obama announced Nov. 24 that Hagel will leave his post.

The president said Hagel has agreed to remain in his position until a successor is nominated and confirmed. For that, Obama said, he is "extraordinarily lucky and grateful."

"When I asked Chuck to serve as secretary of defense, we were entering a significant period of transition," Obama said. That transition included the drawdown in Afghanistan, the need to prepare our forces for future missions, and tough fiscal choices to keep our military strong and ready.

Last month, Obama said Hagel came to him to discuss the final quarter of his presidency. It was then that Hagel initially determined that, having guided the department through this transition, it was an appropriate time for him to complete his service, the president added.

See **HAGEL**, page 14

## No business like snow business

APG Garrison Public Affairs

Yes, it's that time of year again. It's dark when you leave for work—it's dark when you head home from work. Lethargy sets in as days get shorter. Walking to your car is sometimes a painful experience as Jack Frost stings your cheeks and numbs your fingers.

According to the calendar, winter doesn't officially arrive for another three weeks. However, winter weather is already gripping parts of the country and as Old Man Winter has shown us in the past, he is fickle.

As the APG Directorate of Public Works gears up for what some predict will be another winter like last year, the APG workforce should also prepare.

Sound preparation begins with being informed about potential delays or closures affecting the installation. While it is important to know where to go to get the information, it is also important to understand how the decision is made.

See **WINTER**, page 12

Top of the Bay custodian William A. Johnson shovels ice and snow while sprinkling salt on the sidewalks and walkways surrounding the restaurant after a snow storm last March.

File photo



## New MRMC commander visits MRICD

By **CINDY KRONMAN**  
MRICD

The U.S. Army Medical Research Institute of Chemical Defense welcomed Maj. Gen. Brian C. Lein, commanding general of the U.S. Army Medical Research and Materiel Command, MRICD's parent organization headquartered at Fort Detrick, Maryland, Nov. 17.

This was Lein's first visit to the institute since he assumed command of MRMC in September. He was accompanied by Sgt. Maj. Ervin V. Fantroy III of MRMC's G-3.

See **MRMC**, page 12

Sgt. Erik Eaton shows a bone marrow extraction device to Maj. Gen. Brian C. Lein, commander of the U.S. Army Medical Research and Materiel Command.

Photo by Darrell Jesonis



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usagapg/  
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### INDEX

Pg 8.....Crossword  
Pg 9.....All Things Maryland  
Pg 9.....At Your Service  
Pg 10.....Mark Your Calendar  
Pg 11.....APG News History  
Pg 14.....Did You Know?  
ICE system  
http://ice.disa.mil/  
Facebook, http://on.fb.me/HzQlow

### IN THIS ISSUE



Chaplain assistant fulfills desire to serve

Page 3



Future Soldiers to generate their own power

Page 5

### WEATHER

Thursday

Mostly Sunny  
chance of rain 0%



44° | 33°

### More inside

Service dogs help veterans with PTSD **PAGE 4**  
Engineer puts muscle into after-hours hobby **PAGE 6**  
Changes to active-duty Roth TSP contributions **PAGE 7**  
DOD releases MyBiz+ for civilian employees **PAGE 8**

## STREET TALK

### Do you have a favorite holiday song?

I like them all! The day after Thanksgiving I preset the radio in my car to a station that plays nonstop holiday music. Listening to music puts me in a holiday mood.



**Scott Barnes**  
Retired Air Force

"What Child is This," because the tune and the words are so lovely. Holiday songs remind me of my husband that passed away, because we used to listen to them together. This is absolutely my favorite time of year.



**Silvia Meranski**  
Civilian spouse

I like "Jingle Bells" and "Rudolph the Red-Nosed Reindeer." Those songs are fun to sing.



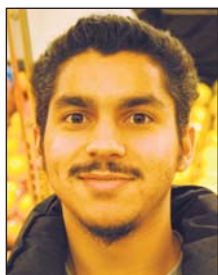
**Lily Idler**  
Family member  
Age 5

I like the religious Christmas songs. "The First Noel" is my favorite. It is a classic.



**Michelle Idler**  
Military Spouse

My favorite holiday song is "Silent Night."



**Kevin Alexis**  
Family member

# Drive safely on winter roads

APG Safety Office

The best advice for driving in bad winter weather is not to drive at all, if you can avoid it. Don't go out until the snow plows and sand trucks have had a chance to do their work, and allow yourself extra time to reach your destination.

If you must drive in snowy conditions, make sure your car is prepared and that you know how to handle road conditions.

### Driving safely on icy roads

- Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.

- Turn on your lights to increase your visibility to other motorists.

- Keep your lights and windshield clean.

- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.

- Use low gears to keep traction, especially on hills.

- Don't use cruise control or overdrive on icy roads.

- Be especially careful on bridges, overpasses and infrequently traveled roads, which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.

- Don't pass snow plows and sanding trucks. The drivers have limited visibility, and you're likely to find the road in front of them worse than the road behind.

- Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

### If your rear wheels skid...

- Take your foot off the accelerator.

- Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.

- If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.

- If you have an anti-lock braking system (ABS), do not pump them. Apply steady pressure to the brakes. You will feel the brakes pulse — this is normal.

- If you have standard brakes, pump them gently.

### If your front wheels skid...

- Take your foot off the gas and shift to neutral, but don't try to steer immediately.

- As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

### If you get stuck...



- Do not spin your wheels. This will only dig you in deeper.
- Turn your wheels from side to side a few times to push snow out of the way.

- Use a light touch on the gas to ease your car out.

- Use a shovel to clear snow away from the wheels and the underside of the car.

- Pour sand, kitty litter, gravel or salt in the path of the wheels, to help gain traction.

- Try rocking the vehicle. (Check your owner's manual first — it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.

### If you become stranded...

- Do not leave your car unless you know exactly where you are, how far it is to possible help, and are certain that leaving will improve your situation.

- To attract attention, light two flares and place one at each end of the car a safe distance away. Hang a brightly colored cloth from your antenna.

- If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.

- To protect yourself from frostbite and hypothermia use woolen items and blankets to keep warm.

- Keep at least one window open slightly. Heavy snow and ice can seal a car shut.

## "Get Your Give Online" this week

By **AMANDA ROMINIECKI**

APG News

Humans like things to be simple. So much so that we have countless phrases to describe things that are easy: a cakewalk, a walk in the park, a cinch, easy-peasy, child's play, a breeze, a piece of cake, as simple as A-B-C, easy as pie ... the list goes on.

We like convenience, and now it is more convenient than ever to donate to the Combined Federal Campaign. All it takes are a few simple clicks and keystrokes, making it easier than ever to help those in need. You don't have to lift a finger, except to type and move your cursor.

The third annual CFC "Get Your Give Online" runs this week, through Dec. 7. The week-long campaign encourages federal employees to participate in the CFC through the convenience of donating online via myPay.

After logging into myPay, click the "Combined Federal Campaign" link under the "Pay Changes" section. From there, you designate the amount you would like to donate each pay period and browse more than 24,000 approved charities to support.

This year, the CFC has made giving back even more impactful through "Universal Giving." Federal employees can now donate to any approved charity across the U.S., regardless of where you currently reside, meaning you can help an organization in the town where you grew up or assist a local nonprofit down the street.

Unlike the traditional paper pledge, donating online to the CFC can be done at home or any place with internet access. Users also have access to digital catalog lists of all 24,000+ charities, as opposed to just 4,000 in the print catalog.

Donating online has so many benefits that the DOD is moving away from paper enrollment, and by 2016, that will be the only way to enroll, said Giselle Whitfield, a DOD-loaned executive from the Army Acquisition Support Center, Fort Belvoir, Virginia.

This year's Combined Federal Campaign contributions for the entire DOD are 85 percent ahead of last year's pace at this time in the drive.

While an 85 percent increase seems high, the goal of \$11.3 million is just 30 percent attained according to the Army News Service.

Team APG has logged \$200,000 in donations, but the installation's goal of \$650,000 is also only 30 percent attained.

This week's "Get Your Give Online" is the perfect opportunity to log on to myPay and pledge your support to help a variety of causes, from veteran assistance to cancer research to animal rescue.

Even a small donation can make a difference. Many families don't have a lot of extra income after monthly expenses, myself included, but imagine if each of the 400,000+ federal employees donated \$5 a pay period. The impact of those charitable donations would be astonishing.

Join me in skipping that morning coffee just once a month and instead putting that money toward helping a family put food on the table, funding research toward a cure for a rare cancer or reaching at-risk youth in a nearby city.

For more information about the Chesapeake Bay Area Combined Federal Campaign, visit [www.cbacfc.org](http://www.cbacfc.org). Log on to myPay to make your bi-weekly donation by visiting <https://mypay.dfas.mil> by Dec. 15.

Remember, it's easy as pie. Or a piece of cake.

## APG SEVEN DAY FORECAST



## APG NEWS

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Editor Amanda Rominecki at [amanda.r.rominecki.civ@mail.mil](mailto:amanda.r.rominecki.civ@mail.mil), contact Assistant Editor Yvonne Johnson, 410-278-1148 or email [yvonne.johnson5.ctr@mail.mil](mailto:yvonne.johnson5.ctr@mail.mil), or contact Reporter Rachel Ponder, 410-278-1149 or email [rachel.e.ponder2.ctr@mail.mil](mailto:rachel.e.ponder2.ctr@mail.mil).

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

### Staff

APG Senior Commander ..Maj. Gen. Bruce T. Crawford  
 APG Garrison Commander .. Col. Gregory R. McClinton  
 Public Affairs Officer ..... Kelly Luster  
 Editor ..... Amanda Rominecki  
 Assistant Editor..... Yvonne Johnson  
 Contract Photojournalists..... Rachel Ponder  
 ..... Stacy Smith  
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 Website ..... [www.TeamAPG.com/APGNews](http://www.TeamAPG.com/APGNews)

# Chaplain assistant fulfills desire to serve

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

Carlos Vazquez has always known that in one capacity or another, he would spend his life serving others.

The 40-year-old staff sergeant is the chaplain assistant to the command chaplain of the U.S. Army Communications-Electronic Command. A native of the tough and rugged South Bronx, Vazquez said he grew up wanting to become a New York City police officer.

He amended that goal after deciding to join the Army when friends who entered the service suggested he join the Military Police. Looking for the right feel, Vazquez still hesitated.

"I wanted to look further and heard about this MOS," he said. "I didn't know much about it, I've just always wanted to serve and help others."

With more than 17 years of service, Vazquez is happy with his choice. He said he's learned over the years how chaplain assistants can make a difference in the lives of fellow Soldiers on and off the battlefield.

Vazquez works for CECOM Chaplain Lt. Col. Young Kim and coordinates regularly with CECOM Command Sgt.

Maj. William Bruns.

"That is a great advantage," he said. "As a chaplain assistant, I have a direct line to the command sergeant major where as other Soldiers have to go through their chains of command. This allows me to be the voice for Soldiers who don't have the courage to speak for themselves."

Noting that he and Kim work as a team, he added that the information they receive, while not classified, is considered "privileged communication."

"It can be detrimental to everything we represent if we don't take that seriously," he said.

Vazquez serves and coordinates religious support (RS) for more than 11,000 Soldiers, family members and government civilians world-wide. He advises the command on all chaplain assistant matters and RS operations, and is responsible for

RS to Tobyhanna Army Depot, Pennsylvania; the Information Systems Engineering Command in Fort Huachuca, Arizona; the Central Technical Support Facility (CSTF) at Fort Hood, Texas and at other sites.

While he is working on a homeland security degree to support his post-military career goals after retirement,

**“My greatest pleasure is knowing I can speak up for the little man; that I can provide help when needed for the lowest ranking up. We have a greater impact than most people realize and I take pride in that.”**

**Staff Sgt. Carlos Vazquez**  
CECOM chaplain assistant



As the chaplain assistant to the command chaplain of the U.S. Army Communications-Electronics Command, Staff Sgt. Carlos Vazquez provides religious support to more than 11,000 Soldiers, family members and civilians worldwide.

Vazquez is looking forward to his next assignment as the Chaplain Assistant Operations Non-Commissioned Officer for the U.S. Army North Command.

Vazquez has served at battalion and brigade levels at Fort Riley, Kansas and through two deployments to Iraq and Afghanistan. He said that while all of his assignments have held their specific challenges he was most challenged when shortly after returning from a 2005-2006 deployment to Iraq he received orders for an unaccompanied assignment to the 2nd Infantry Division in South Korea.

"I was still in the process of processing that first deployment in my mind, but I had a duty to continue to mentor and counsel other Soldiers and that took precedence," he said. "I simply had to learn to apply the things I tell other folks. It

was pretty difficult."

Some of the advantages to his vocation are that "we touch every denomination," he added. "Every chaplain has their own preference as to how to do certain things and you make adjustments just as you would for any superior."

The greatest joy is mentoring younger assistants, he said.

"My preference is sharing my experiences. My responsibility is as a sustainer. Over the years I acquired a lot of mentors who shared their experiences and I learned from them," he said.

"My greatest pleasure is knowing I can speak up for the little man; that I can provide help when needed for the lowest ranking up. We have a greater impact than most people realize and I take pride in that."

## See Something

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

Provided by the INTEL DIV/DPTMS

## Say Something

### Installation Watch Card

**Awareness is key! Everyone is a sensor.**

#### Do: Observe and Report

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

#### Do Not

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

**Report any suspicious activity immediately to the APG Police.**

**APG North 410-306-2222**  
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Off post in Md. call 1-800-492-TIPS or 911  
Your call may save lives!

# Service dogs helping veterans with PTSD

Story and photo by **DAVID VERGUN**  
*ARNews*

Some veterans suffering from post-traumatic stress disorder have special buddies to rely on – specially trained Labrador and golden retrievers.

These dogs were bred to retrieve waterfowl and game birds for hunters, and that instinct suits them well to retrieve things for veterans, said Miami Phillips, a volunteer with a nonprofit that provides these dogs to veterans suffering from post-traumatic stress disorder, known as PTSD.

Phillips was at a recent Combined Federal Campaign drive at the Pentagon promoting one of many organizations relying on CFC.

He said his organization has 86 psychiatric service dogs that are helping veterans with PTSD. They are specially bred and trained in Wilmington, North Carolina and at seven state prisons in West Virginia. At the prisons, inmates train the dogs.

Each dog gets a lot of training, Phillips said. After about two years, the dog is ready. If the veteran is missing arms, for example, the dog is trained to push elevator buttons and turn on and off light switches.

The dog can even fetch a beverage from the refrigerator, Phillips said, explaining that a veteran without arms can hold a laser pointer in his teeth and point it at the fridge, which the dog will open. He then points it at the can or bottle.

But retrieving things, pushing buttons and flipping switches are just part of the training.

Since they're psychiatric service dogs, they get additional training on helping veterans with severe cases of PTSD.

These cases, which can come from traumatic brain injury, combat stress or sexual assault, are so severe, that when veterans get a panic attack, they sometimes curl up on the floor in a fetal position and start crying, he said.



**Miami Phillips, a volunteer with a nonprofit that provides dogs to veterans suffering from post-traumatic stress disorder, gives instructions to Goose, a psychiatric service dog, during a visit to the Pentagon in November. Phillips was promoting his organization as well as the Combined Federal Campaign (CFC).**

“If you’ve ever been late for a flight or a date, you’ve probably had a mild panic attack,” he said. “Now, multiply that by 100 and you’ll begin to see what these vets experience.”

The dogs are trained to recognize the onset of a panic attack. When they alert to this, they begin tapping the vet on the

leg with their paw, he explained. The tapping sends a message to the vet from the dog: “pay attention to me,” not to whatever you’re thinking or feeling.

If that doesn’t work, he said the dogs are trained to go and find someone to help the vet.

The dogs even sleep with the vets, he

said. If the veterans experience a horrible nightmare, the dogs are trained to wake them up.

Phillips brought along his own psychiatric service dog, Goose. The dog, half lab, half Australian shepherd, is a demonstration dog that travels with him to events like this all up and down the East Coast.

Goose is so well disciplined that Phillips placed a yummy dog biscuit on his nose and paw and the salivating pooch didn’t move until he was given the command to eat.

This is actually an important thing to learn, he said. If the dog goes with a vet to a restaurant, you wouldn’t want the dog to jump up on the buffet counter and savage the food. The dog has to show discipline.

The biscuit trick resulted in a small crowd of admirers, but Phillips wasn’t finished.

He then pulled out a set of reading cards. When “wave” was shown, Goose waved. “Sit,” “roll,” and so on, produced the desired behavior.

Phillips, his wife and Goose travel to three to five organization events in their sailboat, plying the Intracoastal Waterway and inland rivers. They plan to sail to a marathon event in the Florida Keys.

He said that CFC is very important to his organization. About 25 percent of the charity’s money comes from CFC donations. The overhead is less than five percent, he said, meaning that nearly all of the money goes directly into helping veterans and training the dogs.

The training for veterans is pretty intense as well, he said. All have to come to the training center to train and pick up their dogs. Since many are afraid to leave the perceived safety of their homes, volunteers have to fly or drive many of them to the site.

Once they get to the site, they don’t get to choose their dog, he said. The dogs choose them. Trainers look to see the body language in the dogs and in the vets and see which veteran the dog goes up to and bonds with.



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# Future Soldiers to generate their own power

By **JEFF SISTO**  
NSRDEC Public Affairs

Wearable technologies may provide U.S. Soldiers with on-the-move, portable energy and reduce the weight of gear they carry into combat.

Researchers at the Natick Soldier Research, Development and Engineering Center, or NSRDEC, based in Natick, Massachusetts, are developing Soldier-borne energy-harvesting technologies.

During the Maneuver Fires Integration Experiment, or MFI, a combined, multi-phase joint training exercise held in September 2014, at Fort Benning, Georgia, researchers tested prototype energy-harvesting technology solutions.

“My initial impression is that they fulfill a need for instant power generation on long-range missions when displaced from traditional resupply methods,” said Sgt. 1st Class Arthur H. Jones, an infantryman with the Maneuver Center of Excellence who participated in the demonstration.

A sharp rise in Soldier-worn power capabilities has resulted in a dramatic increase in the number, variety and weight of batteries carried by warfighters in the field.

This weight prompted NSRDEC researchers to begin developing and evaluating small, lightweight, efficient, on-the-move, portable energy-harvesting and distribution systems that eliminate the need to carry extra batteries.

Energy harvesting works by capturing small amounts of energy that would otherwise be lost as heat, light, sound, vibration or movement. It uses that energy to recharge batteries and provide power for electronic devices such as a Soldier’s communication equipment, sensors, or battlefield situational displays.

Researchers first demonstrated the concept to Army and government representatives at Fort Devens, Massachusetts, in April 2014. The demonstration consisted of experienced Soldiers wearing three energy-harvesting devices while traversing a four-mile course that included hard surfaced roads, lightly wooded areas, open fields and hilly terrain.

The technologies, which included wearable solar panels, and backpack and knee kinetic energy-harvesting devices, are now being tested through MFI as ways to reduce the weight and

number of batteries Soldiers must carry to power electronic devices.

Lightning Pack’s Rucksack Harvester relies on the weight of the backpack to produce kinetic energy when the backpack oscillates vertically in response to the Soldier’s walking or running stride. As the backpack is displaced vertically, a rack attached to the frame spins a pinion that, in turn, is attached to a miniature power generator. It is capable of producing 16 to 22 watts while walking, and 22 to 40 watts while running.

Bionic Power’s Knee Harvester collects kinetic energy by recovering the power generated when walking. The articulating device is attached to both the upper and lower part of each leg and extracts energy when the knee is flexed. Through software control, the knee harvester analyzes the wearer’s gait and harvests energy during the phase of the stride when negative work is being performed. This attests that the Soldier is exhibiting less metabolic activity descending when compared with descending without wearing the device.

The MC-10 photovoltaic, or PV, Solar Panel Harvester operates by converting sunlight into electrical energy. The panels, which cover a Soldier’s backpack and helmet, are constructed from thin gallium arsenide crystals that provide flexibility to the panel’s material and allow it to conform to a Soldier’s gear. Under bright sunlight conditions, with the PV panel facing the sun, the backpack panel is capable of delivering 10 watts while the helmet cover panels provides seven watts of electrical power.

At MFI, NSRDEC researchers collected power-management data and assessed user feedback from the Soldiers wearing the technologies. Once the energy-harvesting technologies are validated, the next step will be to sync with the Integrated Soldier Power Data System as a way to distribute the energy to a Soldier’s electronic devices.

Additionally, “MFI is looking at new concepts with energy-harvesting devices and how they fit in a tactical environment,” said Noel Soto, project engineer, Power and Data Management Team of the NSRDEC Warfighter Directorate.

“MFI is an important opportunity that allows us to quantify the energy-



Photos by David Kamm

**Top:** A Soldier conducts dismantled maneuvers wearing Lightning Pack’s Rucksack Harvester, Bionic Power’s Knee Harvester and MC-10’s photovoltaic Solar Panel Harvester, during an energy-harvesting technology demonstration held at Fort Devens, Massachusetts, by the Natick Soldier Research Development and Engineering Center.

**Inset:** A helmet cover equipped with MC-10’s photovoltaic Solar Panel Harvester material was used at an energy-harvesting technology demonstration held at Fort Devens, Massachusetts, by the Natick Soldier Research Development and Engineering Center.

harvesting technologies that generate Soldier power on the move,” said Henry Girolamo, lead, Emerging Concepts and Technologies, Warfighter Directorate, who has been involved with the effort since 2011.

“The MFI Data collected in the

experiment will inform us of the power harvester efficiency by comparing energy harvester equipped Soldiers and non-energy harvester equipped Soldiers and states of charge from the energy harvesters versus discharge from non-energy harvester equipped Soldiers.”

# Engineer puts muscle into after-hours hobby

By **YVONNE JOHNSON**  
APG News

An APG civilian who put her weight behind achieving all she can in bodybuilding recently won two prestigious awards in local competitions.

Courtney White, a computer engineer with the U.S. Army Test and Evaluation Command's Army Evaluation Center won first place in her class during the U.S. Bodybuilding Federation figure competition in Parkville, Maryland Oct. 18.

A week later, White took second in the Figure Open category during the Organization of Competitive Bodybuilders (OCB) Yorton Cup figure competition in Laurel, Maryland on Oct. 25. Heralded as the most prestigious competition in Natural Bodybuilding, each year, top professional and amateur competitors from around the world compete for champion status at the end of the competition season.

Now in her off-season, White says she is focused on building more muscle mass. Weighing just 125 pounds, she works out Monday through Thursday each week, usually at the APG South (Edgewood) Hoyle Gym.

Training for one competition can take months or weeks, White said. Her preparations for the two competitions began in the late spring. She said that along with focusing on specific body parts, such as legs, back or shoulders, she spent the 16 weeks prior to the competitions focused on her diet. White said she keeps a ledger detailing her exercises and goals.

"You may need to change directions as you put on muscle mass," she said. "You're also putting on body fat and you may need to adjust your goals to get rid of the excess."

Along with restricting herself to five meals a day of mostly proteins such as lean cuts of white meats, fish, vegetables and some fruits, she consulted the Army Wellness Center with metabolism concerns.

Lauren Lynch, the AWC health advisor, said White first underwent a metabolic test which measures the resting metabolic rate (RMR), or the number of calories the body burns while at rest each day.

"To effectively lose excess body fat without losing muscle, it is extremely important to eat the right amount of calories each day for your body," Lynch said. "I administered this 15-minute test on Courtney and we worked on increasing her



Above: Courtney White works on perfecting her fitness routine at the Hoyle Gym in APG South (Edgewood).

Photo by Yvonne Johnson

Left: APG civilian Courtney White poses with the first-place trophy she won during the U.S. Bodybuilding Federation figure competition in Parkville, Maryland Oct. 18.

Courtesy photo

metabolic rate to make her body more efficient at burning fat while at rest."

In addition, each month, Lynch used the BodPod – which measures body fat percentage – to measure White's body composition.

"The accuracy of the BodPod was a true asset to Courtney's progress and reaching her specific body fat goals prior to her competitions," Lynch said. "This led to her success in the competition, to her suc-

cess in increasing her metabolic rate and in improving her overall health."

Another important element of competition involves stage presence, White said.

"Competition is as much a judgment of poise and presence as it is for symmetry, she noted. "Your poses must be correct so you have to constantly practice in front of mirrors. There are no mirrors on stage so you have to know how it feels."

A government civilian with 10 years of

service, White holds a computer engineering degree from the University of Delaware. She acquired her master's degree in Business Administration through ATEC educational programs. The Harford County native interned with the U.S. Army Research Laboratory while in college.

An accomplished vocalist as well, White frequently sings the national anthem during ATEC and other installation events.

White said that bodybuilding goals, like so many other things in life, are enhanced when people seek greater knowledge and mentors.

"There are people who specialize in training," she said. "They do body fat composition and work out a regimen tailored specifically for you," she said.

She thanked the friends she regularly works out with at Hoyle, and the AWC staff for their help and support.

"I learned a lot of things about my metabolism that I never realized," she said. "One of the most important things to remember is that you never know everything; you never stop learning."

# Army cyber branch offers Soldiers new opportunities



Fort Gordon Public Affairs

Soldiers who want to defend the nation in cyberspace, as part of the Army's newest and most technologically advanced career field, now have an Army branch to join that will take its place alongside infantry, artillery and the other Army combat arms branches.

Army Secretary John McHugh and Chief of Staff Gen. Raymond Odierno approved the creation of the Cyber branch in September, as one of the first official steps in establishing a 17-series career field specifically dedicated to managing the careers and professional development of officers. The remainder of the 17-series career field management program is expected to be implemented by October 2015, with both enlisted and warrant officer career paths.

"This is a historic development for our Army, for the Soldiers who are already defending the nation in cyberspace, and for those who will do so in years to come," said Maj. Gen. Stephen G. Fogarty, commanding general of the Cyber Center of Excellence. "Creation of the Cyber branch acknowledges the critical role that our cyber warriors play in the armed forces of today and tomorrow, and it will provide us with the structure to make certain that the highly skilled Soldiers who are selected for these positions are well-trained, professionally developed and appropriately assigned."

To support these goals, both the U.S. Army Cyber Center of Excellence, or CoE, at Fort Gordon, and the Human Resources Command created personnel career management and proponent offices to lead and shape the future development of this new Army career field.

"The establishment of a Cyber Branch shows how important and critical the cyber mission is to our Army, and allows us to focus innovative recruiting,

retention, leader development, and talent management needed to produce world-class cyberspace professionals," said Lt. Gen. Edward Cardon, the commanding general of Army Cyber Command.

## Warfighting domain

Cyber CoE officials say the nation's military networks evolved from providing communication systems and services to a warfighting weapons system. All of cyberspace is now considered a warfighting domain and an operational environment in which the Defense Department will conduct cyberspace operations. This new warfighting domain brings the need for a new type of Soldier capable of understanding cyberspace as an operational environment, just as an infantryman understands the land domain and a pilot the air domain.

"Every day, newspaper headlines underscore the importance of cyber defense to national security," said Col. Gregory Conti, director of the Army Cyber Institute at the U.S. Military Academy at West Point. "The creation of the branch lays the foundation for a professional cyber force to best protect the Nation."

The Cyber branch already reached a milestone accepting the first six officers for duty as cyber operations officers, in the 17A area of concentration. Five of the six will be assigned to the 780th Military Intelligence Brigade (Cyber), at Fort Meade, Maryland, with the sixth assigned to the Cyber Protection Brigade at Fort Gordon.

## Two phases

By October 2015, enlisted Soldiers

joining the career field will be designated as military occupational specialty 17C, cyber operations specialist, while warrant officers will become 170A cyber operations technicians. The process for warrant officers and NCOs to transfer to career field 17 is under development.

According to Col. Jennifer Buckner, commandant of the U.S. Army Cyber School, within the Cyber CoE, the branch will form in two phases, with a target of bringing almost 1,200 officers, warrant officers and enlisted Soldiers into

the branch during the first phase, through 2016. In the second phase, the cyber branch will incorporate electronic warfare Soldiers in the 29-series Military Occupational Specialty.

"Much of the infrastructure of the branch is still under development," Buckner said. "For example, for the time being, officers selected for the branch will attend either signal or military intelligence officer education courses. However, the Army needs outstanding young men

and women with these qualifications now, so we will start to build the branch with the available institutional training and plan to evolve to cyber-specific courses in fiscal year 2016."

## Cyber CoE

As the proponent for the Army's newest career field, the Cyber CoE is developing the accession standards and strategies for filling positions in the branch. Although the Army is currently accepting applications from second lieutenants through colonels, the Cyber CoE is still working on firm standards for entry into the branch, Buckner said. In order to be eligible, Buckner said.

In order to be eligible, applicants must be able to obtain a top secret clearance and be able to pass and maintain a counter-intelligence polygraph and National Security Agency access. She added that a bachelor's degree in a science, technology, engineering or mathematics discipline would be a plus.

"Beyond that, we're still developing standards," Buckner said. "So my advice is, if you can meet the basic requirements, feel you have something to offer to our Cyber branch and are motivated to join what will truly be an elite corps of professionals in our Army, then go ahead and apply."

Once accepted into the career field, officers, warrant officers and enlisted Soldiers will fill a wide variety of positions with cyber mission force units and traditional Army formations, including: cyber operator, analyst and planner positions. The branch will also include traditional leadership, command and staff positions.

## Assignment opportunities

Although a significant number of cyber positions will be located at Forts Gordon and Meade as the majority of cyber elements are assigned there, cyber Soldiers will have assignment opportunities across the force. The Army's total force approach to cyber includes significant growth in the Army National Guard and Army Reserve's cyberspace capabilities and capacities.

"We believe the branch will attract high quality talent to the Army and many of those people, once they experience the opportunities available in the cyber branch will choose to stay," Conti said.

"I think membership in the cyber branch presents an exciting, cutting-edge opportunity for the right Soldiers," Buckner said. "It will be a unique gathering of professionals, using skills that have become associated with the bad guys in our popular culture. But we'll be wearing the white hats -- good Soldiers, doing good work in cyberspace for a great nation. I can't think of a more interesting and rewarding opportunity to serve than that."

For information on joining the Cyber branch as an officer, contact the Human Resources Command Cyber branch at (502) 613-5398/6614. Enlisted and warrant officer branch contact information will be released as it is established.

“Every day, newspaper headlines underscore the importance of cyber defense to national security. The creation of the branch lays the foundation for a professional cyber force to best protect the nation.”

**Col. Gregory Conti**  
Director, Army Cyber Institute  
U.S. Military Academy at West Point.

# Be alert during holiday shopping

By **VERONICA DUDLEY**

U.S. Army Public Health Command

*"You better watch out, you better not cry, you better not pout, I'm telling you why. Holiday thieves are coming to town!"*

The holidays were never meant to be marked by stress and anxiety. But all too often, the most wonderful time of the year becomes less about spending time with loved ones and more about protecting yourself from being a victim of identity theft.

One of the first things consumers should do to protect themselves during the holiday season is to enroll in a credit/debit card credit-monitoring service. Taking this step will provide early warning notification if unusual activity occurs with your account.

**Be alert while shopping:** Make sure your card is returned after every purchase and that sales vouchers are for the correct purchase amount before you sign them. Keep copies of your sales vouchers and ATM, debit or credit card receipts in a secure place. Don't volunteer any personal information when you use your credit card; only display your personal identification as requested by a merchant. Don't put your driver's license number on your checks. Review your statements regularly to ensure there are no suspicious charges. Contact your bank immediately if you see a charge you don't recognize.

**Use caution when shopping online:** Select one credit card with a low credit limit to use for all your online purchases. Immediately after you make a Web transaction, completely close your browser. To maximize Web transaction safety, use a recent version of your Web browser. Web addresses starting with "https" and Web pages with a padlock symbol in the lower right corner are safest.

**Check your account often:** Reviewing your recent account activity is fun-



Courtesy photo

**C**heck your account often: Reviewing your recent account activity is fundamental to credit card safety, and it can easily be done online or by phone.

damental to credit card safety, and it's easy. You can do it online or by phone. If your credit card issuer offers email or mobile alerts about unusual activity, sign up to receive them. If you've been a victim of fraud or identity theft in the past, consider signing up with a credit-monitoring service.

**Report lost cards and suspected fraud right away:** If you lose your credit card or suspect fraudulent activity, contact your bank or credit card issuer right away. Your credit card issuer can block your card and account number so no one else can use it and then give you a new card and account number. Remember: Speed is of the essence. According to U.S. law, once you notify your credit card issuer that

your card was lost or stolen, the most you'll have to pay is \$50 -- and many credit card issuers waive that charge as long as you notify them promptly.

**Use safe payment options:** Credit cards are generally the safest option because they allow buyers to seek a credit from the issuer if the product needs to be returned for any reason or if an item ordered online wasn't received. Credit cards may have a limit on the monetary amount you will be responsible for paying. Additionally, credit cards are easier to replace if stolen or when fraudulent activity has been identified. Debit cards are associated with your personal bank account, but the protections don't relieve consumers of hassle: the prospect of try-

ing to get money put back into a bank account, and the problems that a lower-than-expected balance can cause in terms of fees and refused checks or payments, make some online shoppers reach first for credit cards.

While debit cards and credit cards each have advantages, each is also better suited to certain situations. Since debit cards are a direct line to your bank account, there are places where it may be wise to avoid using them.

Here are ten places and situations where it can pay to leave that debit card in your wallet:

1. Online shopping
2. Purchasing big-ticket items
3. Situations where a deposit is required
4. Paying at restaurants
5. Purchasing from a new, non-chain-related merchant
6. Situations that involve buying now and paying later
7. Making recurring payments
8. Paying for future travel
9. Paying at a gas station or hotel
10. Conducting business at a check-out or ATM that looks suspicious

Finally here are some general tips from law enforcement officers about how consumers can take steps to reduce the risk of being victimized during the holidays:

- Avoid carrying large amounts of cash
- Carry purses close to your body. Put wallets in front pockets or inside your coat. Never leave your purse unattended in shopping carts. Don't overburden yourself with packages.
- Park in areas with good lighting
- Keep car windows closed.
- Hide shopping bags and valuables in your trunk.
- Lock your car and take your keys with you.
- Use ATMs in well-lit, populated areas. Try to visit ATMs during daylight hours. Avoid ATMs where people are loitering for no reason.

## Gap in VA health care eligibility closes

Department of Veteran Affairs

The Department of Veterans Affairs (VA), under authority from the Veterans Access, Choice, and Accountability Act of 2014, announced Dec. 1 expanded eligibility for Veterans in need of mental health care due to sexual assault or sexual harassment that occurred during their military service. This trauma is commonly known as military sexual trauma (MST).

This expansion, which primarily pertains to Reservists and National Guard members participating in weekend drill, gives the authority to offer Veterans the appropriate care and services needed to treat conditions resulting from MST that occurred during a period of inactive duty training.

"VA simply must be an organization that provides comprehensive care for all Veterans dealing with the effects of military sexual trauma," said VA Secretary Robert A. McDonald. "Our range of services for MST-related experiences are constantly being reexamined to best meet the needs of our Veterans."

Secretary McDonald met last week

## Veterans Corner

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

with Ruth Moore, a Navy Veteran and MST survivor for whom the Ruth Moore Act of 2013 is named. Ms. Moore will be working with VA to ensure that survivors are treated fairly and compassionately, and that Veterans with MST can access fair compensation exams and access health care practitioners who are trained in understanding and working with MST issues.

VA works closely with trauma survivors to ensure a full continuum of health care services are provided to assist Veterans recovering from expe-

riences of MST. Recognizing that MST survivors may have special needs and concerns, every VA health care facility has an MST Coordinator who serves as a contact person for MST-related issues. Every VA medical center and Community-based Vet Center offers MST-related outpatient counseling.

Currently, all VA health care for mental and physical health conditions related to MST is provided free of charge. Veterans do not need to have a service-connected disability or seeking disability compensation to be eli-

gible for MST-related counseling and care. Veterans also do not need to have reported such incidents to the Department of Defense or possess documentation or records to support their assertion of having experienced such trauma. The determination of whether a Veteran's condition is MST-related is strictly a clinical determination made by the responsible VA mental health provider. Finally, Veterans need not be enrolled in VA's health care system to qualify for MST-related treatment, as it is independent of VA's general treatment authority.

In addition to treatment programs, VA also provides training to staff on issues related to MST, including a mandatory training on MST for all mental health and primary care providers. VA also engages in a range of outreach activities to Veterans and conducts monitoring of MST-related screening and treatment, in order to ensure that adequate services are available.

Veterans can learn more about VA's MST-related services online at [www.mentalhealth.va.gov/msthome.asp](http://www.mentalhealth.va.gov/msthome.asp).

## Changes to active-duty Roth TSP contributions

By **ABIGAIL C. REID**

Federal Retirement Thrift Investment Board

If you are an active-duty member of the Army, Air Force or Navy making dollar-amount Roth contributions to your TSP account, these deductions will stop Jan. 31, 2015 unless you act.

### How your election requirements will change:

An upcoming change in myPay will require you to designate your Roth contributions as a percentage of your pay, not a dollar amount. If you don't comply with this change, then the Defense Finance and Accounting Service (DFAS) will not be able to process your Roth contributions. This change affects your Roth contributions only; your traditional contributions are already designated as a

percentage of pay.

### When the change will take place:

The new requirement will take effect Jan. 1. You will have 30 days to change your Roth election from a dollar amount to a percentage of your pay. If your new Roth election is not received by Jan. 31 then DFAS will not be able to process your Roth contributions until you update them.

### How to make the change:

Starting Jan. 1, you can make the



THRIFT SAVINGS PLAN

change in myPay. You'll see a special TSP section called "Traditional TSP and Roth TSP"—click there. Then, in the "Contribution from Roth TSP" section, you can enter the percentage of your pay that you'd like to contribute (10 percent, for example).

Finally, click "Save" at the bottom of the screen.

### Why Roth contributions might be good for you:

When you make Roth contributions,

you pay taxes on the money you save before it goes into your TSP account. So you pay no income taxes when you take it out, and your earnings can also be tax-free if you have reached age 59 and a half or have a permanent disability and five years have passed since the year of your first Roth contribution.

As a member of the uniformed services, you can make Roth contributions from tax-exempt pay, basic pay, incentive pay, special pay, and bonus pay. If you make Roth contributions from tax-exempt pay earned in a combat zone, you won't pay taxes on your contributions, and you'll have the opportunity for tax-free growth.

For more information, visit [www.tsp.gov](http://www.tsp.gov)

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."

# Introducing MyBiz+ for DOD civilians

DCPAS

With the Nov. 16 launch of MyBiz+, DOD civilian employees have a new, interactive online destination for their human resource-related information.

The Defense Civilian Personnel Advisory Service has reintroduced the online self-service tool that has served employees and managers for years to access information that is important to them as MyBiz+.

MyBiz+ is the redesigned source for all employees, supervisors and managers to view and update their personal and HR related information. MyBiz+ benefits all employees by providing a variety of interactive tools to manage career information and plan for the future.

The new site is based on the principle of simplicity: easy to access, easy to



navigate and easy to understand.

MyBiz+ is available to all DOD civilian employees and access is the same as before through the DCPDS Portal at

<https://compo.dcpds.cpms.osd.mil>.

The initial redesign of MyBiz+ provides a foundation that is employee-centric, coupled with design features

that are intuitive, interactive and can be personalized.

Moving forward, the redesign will continue with the integration of manager-centric products and functionality. Supervisors and managers can expect enhanced capability and collaboration to support their job responsibilities.

Some of the new features and products include:

- Easy to understand descriptions of data elements
- Civilian Career Report, a custom report created by the employee
- SF-50 retrieval, including employment at other DOD components
- Personalization of MyBiz+ homepage view

For more information and for a MyBiz+ tutorial, visit [www.cpol.army.mil](http://www.cpol.army.mil).

# Army Emergency Relief releases new app

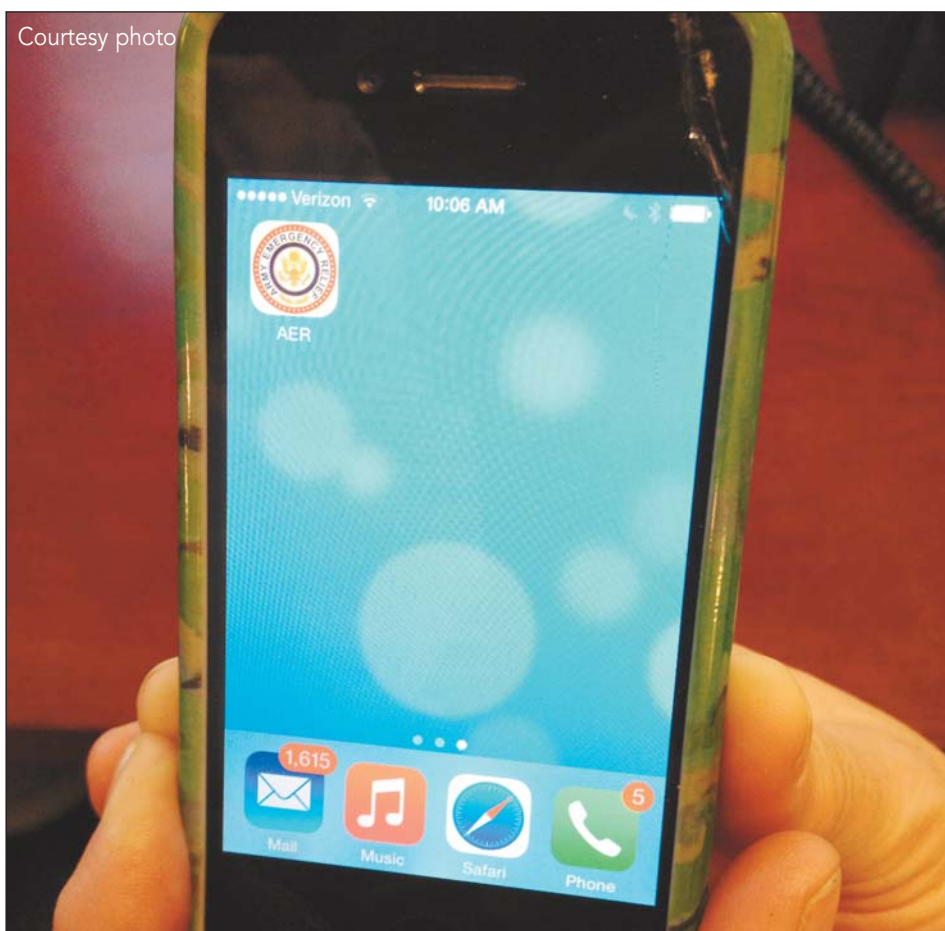
Army News Service

Army Emergency Relief released an app which will provide Soldiers and families instant access to AER information 24/7.

This app will provide basic information about AER, explain the specifics of both the assistance and scholarship application process, as well as explain loan repayment procedures, said Retired Col. Guy Shields, AER's chief of Communications and Public Affairs.

Highlights of the app are the "Frequently Asked Questions" buttons in each category. These FAQs address the vast majority of questions that are received at AER Headquarters every day. Another key feature of the app will be the "AER News" button, which will be the "live" Twitter feed of @aerhq that will provide the latest AER news, updates and financial management tips.

The app is available for both iPhones at the Apple App Store, and for phones that use the Android operating system, at Google Play. Soldiers will be able to go to their respective app store and download the AER app for free. Simply enter "Army Emergency Relief" in the search field.



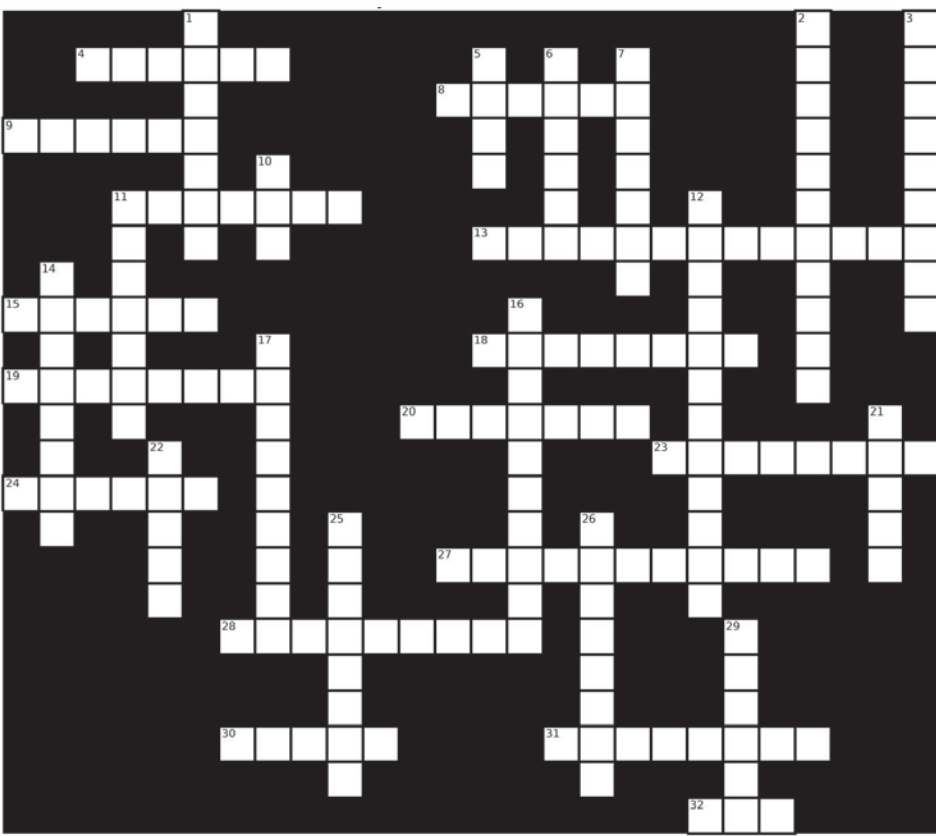
"Our analytics have been telling us that more and more of the visitors to our website are using mobile devices," said Shields "In October 2013, 24 percent of the visits to our website came from mobile devices. That grew to 40 percent in October 2014.

"We know that many of our Soldiers and families use their smart phones as their primary means of communication," he continued. "We believe that making AER information available to them in a format that they are familiar with will help expedite the assistance process."

In addition to providing loans and grants for emergency travel, initial rent deposits and vehicle repairs, AER continues to be the organization of choice for Soldiers' unique financial needs to include household and appliance repair, family dental care and initial home furnishings, he said.

AER is a private, non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than \$1.6 billion to more than 3.6 million Soldiers, families and retirees.

## The APG Crossword



By **YVONNE JOHNSON**, APG News

No two ways about it, winter is the coldest season of the year! From Wisconsin winter wonderlands to Japanese mountain ranges, let's see how cold weather savvy you are!

### Across

4. The deepest snow on earth can be found in the mountains on this Japanese island.
8. Snowmobile inventor Carl Eliason hailed from this Wisconsin city.
9. In February 2010, MSNBC reported the presence of snow on

the ground in every state but this one.

11. Wind chill is a measure of the \_\_\_\_\_ effect that the wind has on the body.
13. Students in university rolled a record-setting 23-foot snowball in circumference in 2011.
15. Snow blindness is a burn of

this caused by UVB rays.

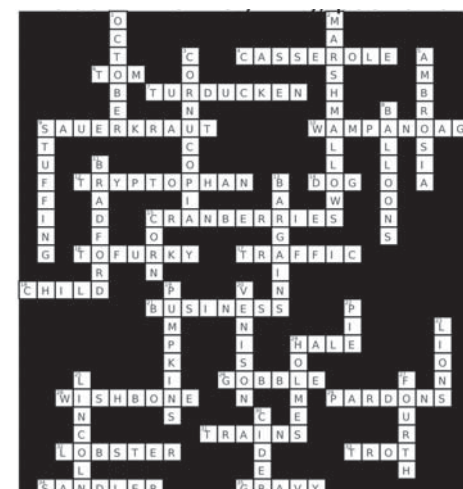
18. In 2011, this world's largest \_\_\_\_\_ was flavored to taste like a birthday cake.
19. In 1913, Georgetown, in this state set the record of 63 inches of snow in a single day.
20. The town of Bethel, Maine constructed one reaching 113 feet high in 1999.
23. This condition exists when a person has no reference points because of too much snow
24. This is the snowiest sea-level city in the world.
27. In December 1904, this city saw the most snowfall of 26 inches in a single day in Wisconsin.
28. Damage to the skin and possibly deeper tissue due to the cold is known as \_\_\_\_\_
30. He recorded "Frosty the Snowman" in 1950.
31. This is the first sign of frostbite.
32. On average, one inch of rain is equal to about this many inches of snow (three letters).

7. Snow appears white because of its \_\_\_\_\_ structure.
10. Snowflakes usually have this many sides.
11. A warm winter wind.
12. Sufferers of this disorder have an abnormal fear of snow.
14. A Canadian sled.
16. Eagle River, Wisconsin is known as the "\_\_\_\_\_ Capital of the World."
17. This city sees the greatest number of snowy days each year, on average.
21. The world's largest indoor ski resort is located here.
22. As long as the atmospheric temperature is \_\_\_\_\_ freezing, snowflakes can form.
25. The greater amount of this in the air, the more it is likely to snow.
26. This weather event exits when winds are 35 miles per hour with blowing snow.
29. Site of the first Winter Olympics in 1924

### Down

1. They have 100 words for snow.
2. If you exhibit mental confusion, lack of coordination and slurred speech it's likely you are suffering from this.
3. In February 1996 the town of Couderay in this state recorded the all-time coldest temperature of -55 degrees.
5. This lowers the freezing point on roads.
6. Bismark, North Dakota holds the record for creating the highest amount of these snow beings at one time.

Solution to the November 26 puzzle



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

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

Alba, Audrey  
Ashby, Patricia  
Barnes, Jennifer  
Benysek, Lee  
Budzinski, David  
Cannon, Marcy  
Clark, Lyra  
Cropps, Elizabeth  
Dill, Dennis James

Donlon, Jacqueline  
Dunston, Samuel  
Eberhardt, Joanne  
Fedorisko, Christine  
Gaddis, Lonnie  
Gilley, Christopher M.  
Henderson, James  
Kennedy, Sandra  
King, Martha

Lloyd-Simpson, Tygar  
McCauley, Adrienne  
McDonald, Scheree  
Morrison, Cassandra D.  
Palm, Natalie  
Parker, Alonzo D  
Robinson, Jennifer  
Rodgers, Christopher  
Rodriguez, Pedro

Silva, Christopher  
Smith, Sonia  
Snodgrass, Deanne  
Vincelli, Louis  
Weimer, Carl R.  
Wyatt, Darlene O.



# ALL THINGS MARYLAND

## Baltimore's Christmas Village *Bringing German traditions to the Inner Harbor*



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

For the second year in a row, West Shore Park in Baltimore's Inner Harbor has been transformed into a German Christmas market.

The event, called "Christmas Village in Baltimore," is modeled after traditional Christmas markets in Germany, like the famous Christkindl Market in Nuremberg, and features more than 40 vendors.

Shoppers can grab a mulled spiced wine at a food stand and shop for unique international gifts, like Russian nesting dolls, African jewelry, Santa Claus decorations from Ukraine and hand-painted ornaments from Germany. Many of the vendors feature wearable handmade items like scarfs, gloves, sweaters, jewelry and ponchos.

When it's time to take a break from shopping, visitors can enjoy live entertainment and traditional European treats like German beer, bratwurst, schnitzel, sauerkraut, pretzels, waffles, crepes, fresh roasted nuts and gingerbread cookies in the Bavarian Food Court. Face painters and balloon artists also are on hand for children's entertainment.

The market also features a large Käthe Wohlfahrt shop, which specializes in hand carved and painted German gifts made by expert craftsmen.

"We try to give the authentic German experience," said Kali Amburn, Käthe Wohlfahrt marketing manager. "It's a nostalgic experience for Soldiers and veteran who have been stationed in Germany."

The village features outdoor wooden huts, a nod to German tradition, and an expansive indoor heated festival tent to help visitors warm up as they enjoy the food and festivities.

### Visitor information

"Christmas Village in Baltimore" is



Colorful wooden Russian Santa Clauses decorate a jewelry case in the "Gifts from Afar" outdoor shop at the "Christmas Village in Baltimore." The village, modeled after the famous Christkindl Market in Nuremberg, Germany, is open every day until Dec. 24 at Baltimore's Inner Harbor.

open every day until Dec. 24. This attraction features several themed weekends, including a German-American weekend, Dec. 6-7, with performances by local German dance groups and choirs.

The market is located in West Shore Park, between the Maryland Science Center and the Baltimore Visitors Center, and is open 11 a.m. to 7 p.m. Sunday through Thursday, and 11 a.m. to 8 p.m. Friday through Saturday.

Admission is free during weekdays and \$5 for adults and \$3 for children on the weekends. DOD ID card holders get 40 percent off admission.

In honor of the Army vs. Navy football game, special deals and discounts will be offered to uniformed visitors on Saturday, Dec. 13.

For more information, including a complete list of vendors, visit <http://www.baltimore-christmas.com/>.

While downtown and in the holiday

spirit, take the time to strap on some skates at the Inner Harbor Ice Rink, see the city sidewalks and windows come alive at the Harbor East Window Wonderland, take a trip on the Holly Jolly Trolley to view holiday lights across the city including the famous 34th Street display or take the kids to see The Polar Express in a 4-D, multi-sensory experience at the National Aquarium.

For more information, visit [www.itsawaterfrontlife.org](http://www.itsawaterfrontlife.org).

## BY THE NUMB#RS

### Commemorating National Pearl Harbor Remembrance Day

**1.5 million**

Tourists visit Hawaii's Pearl Harbor and the USS Arizona Memorial annually.

**2,400+**

American service personnel lost their lives during the attack on Pearl Harbor. 1,000 more were wounded.

**350+**

Japanese aircraft bombed Pearl Harbor on the morning of Dec. 7, 1941.

**73**

Years that have passed since the attack on Pearl Harbor that led to the U.S. entry into WWII.

**15**

Military personnel were awarded the Medal of Honor for their valor during the attack.

**8**

U.S. battleships were destroyed or rendered unseaworthy.

By **STACY SMITH**, APG News

[www.history.navy.mil](http://www.history.navy.mil), [www.nationalww2museum.org](http://www.nationalww2museum.org), [www.ushistory.org](http://www.ushistory.org),  
[www.recreation.gov](http://www.recreation.gov), [www.pearlharborsurvivorsonline.org](http://www.pearlharborsurvivorsonline.org)



## At your service

**Lisa M. Waldon**, Garrison Training Operations Officer

By **STACY SMITH**  
APG News

As the Garrison Training Operations Officer, Lisa M. Waldon is responsible for managing all military and civilian trainings for approximately 900 personnel across all garrison directorates.

"I work with approximately 20 training coordinators and we track all mandatory training that comes down from the Department of the Army Headquarters and Army Installation Management Command," Waldon said.

Trainings are conducted yearly, from October until the end of the fiscal year in September, and topics range from security awareness to the recently completed sexual harassment/assault response and prevention training.

Waldon collects and inputs training data into the digital training management system and provides a bi-weekly report to the the Directorate of Plans, Training, Mobilization and Security.

"Our completion numbers this year (FY14) are very high, and I'm very proud of that," Waldon said.

Additionally, Waldon acts as the garrison's Army Training Requirements and Resources System representative. She provides allocations for personnel that require attendance at off-post trainings.

Waldon also coordinates the installation's monthly retirement ceremony. She makes reservations, communicates with retirees, collects awards and assures each event runs smoothly. The awards presented vary depending upon contribution, but all civilian and military retirees and their spouses receive a certificate of appreciation.

"It's a nice event; retirees can bring their friends, family and coworkers and sometimes we have the Fort Meade Brass Quintet play," Waldon said.

Waldon has worked at APG for 26 years. She said she enjoys the teamwork she shares with training coordinators because they help her accomplish each training.

Waldon's office is located in the Garrison Training Facility, Bldg. 3147, room 106. She can be reached at 410-278-9014 or [lisa.m.waldon.civ@mail.mil](mailto:lisa.m.waldon.civ@mail.mil).



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# THIS WEEK IN APG HISTORY

# APG News

Vol. 29 No. 28

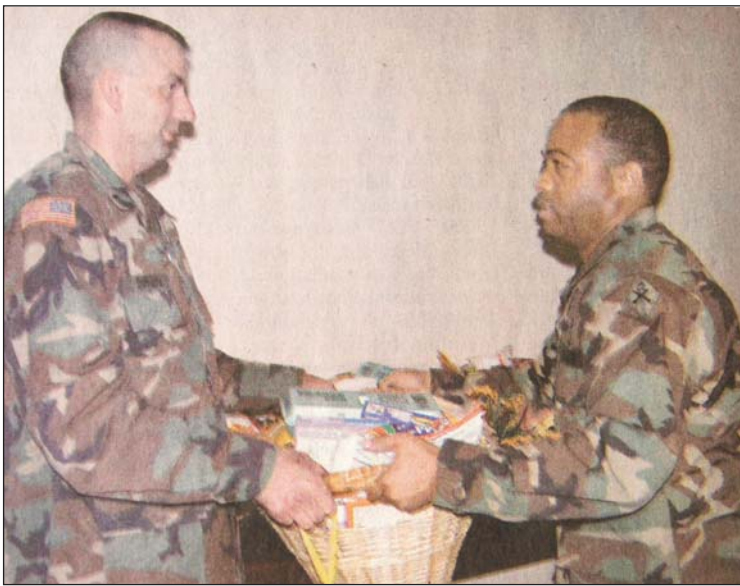
Published in the interest of the personnel of Aberdeen Proving Ground, Maryland

July 13, 1988

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.

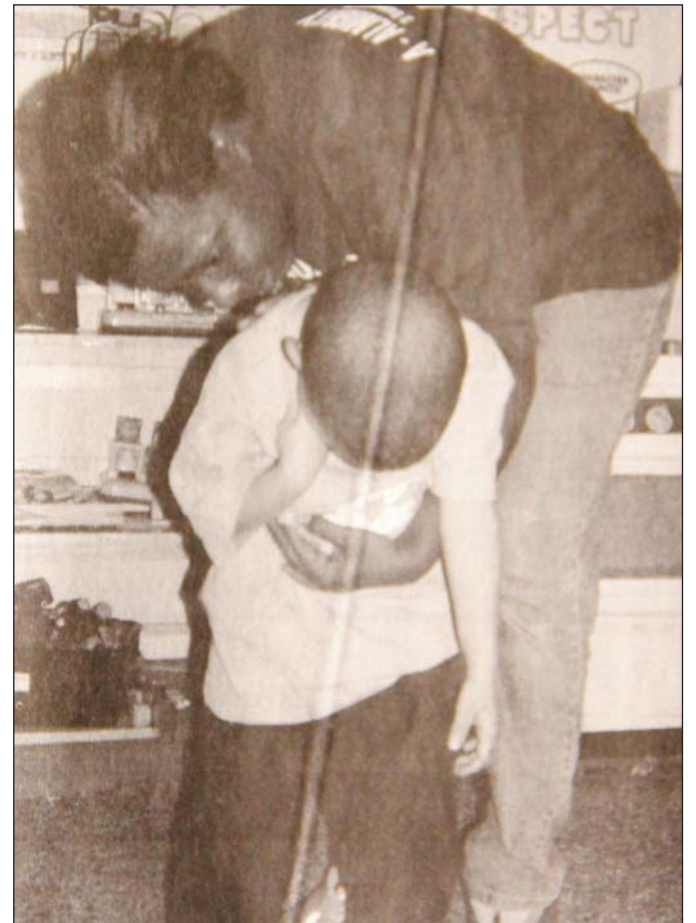
By **YVONNE JOHNSON**, APG News

## 10 Years Ago: Dec. 2, 2004



**Above:** Sgt. Anthony Bingham, left, a non-commissioned officer assigned to Headquarters and Headquarters Company, 61st Ordnance Brigade, accepts a Thanksgiving basket and turkey from Cpt. Kermit Thomas, company commander. The unit raised hundreds of dollars in donations to assist 10 families.

**Right:** Family Child Care provider Ann Marie Bogues reenacts performing the Heimlich maneuver on 4-year-old Javon Walker who choked on a lollipop while in her care. Bogues received a Life Saving Award from the Directorate of Safety, Health and Environment.

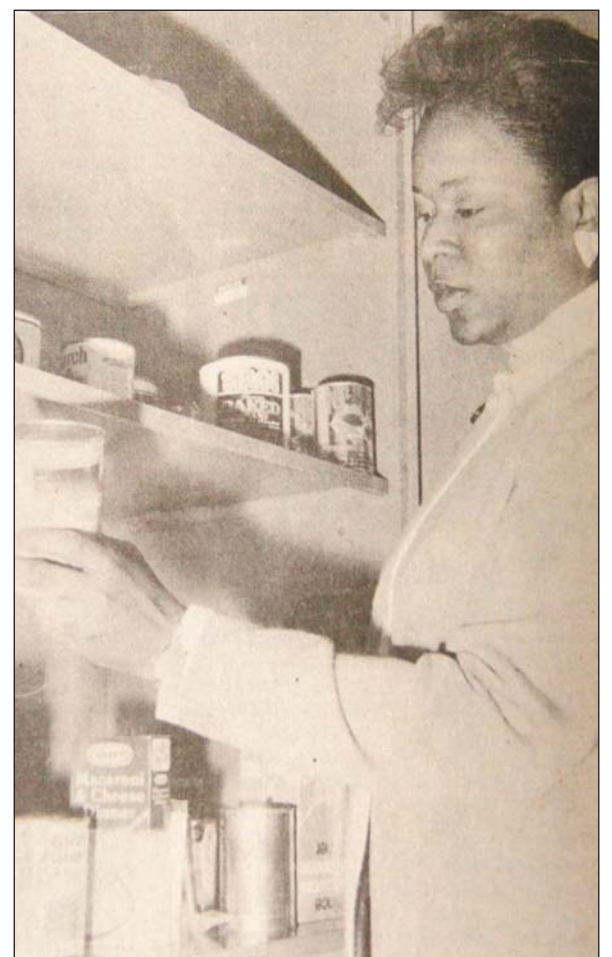


## 25 Years Ago: Dec. 6, 1989

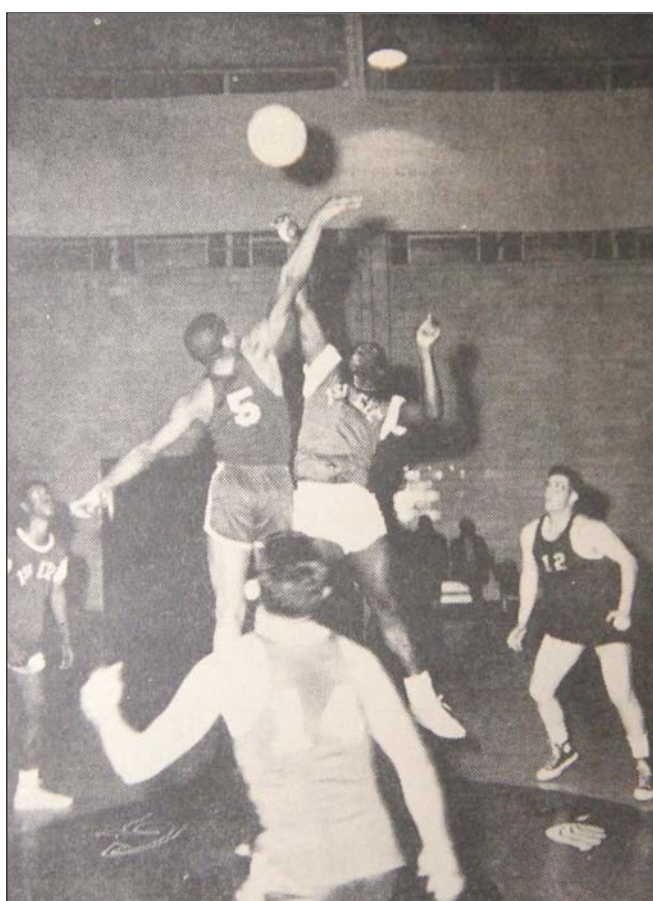


**Above:** Workers from the Directorate of Engineering and Logistics Operations replace shingles on a roof after a wind storm. Pictured from left are Charles Adams, William Blake, Clyde Sinclair and Malcolm Arnold.

**Right:** Marilyn Howard of Army Community Service checks donations for the Emergency Food Locker Program which is available for Soldiers and their families in need of assistance.



## 50 Years Ago: Dec. 3, 1964



**Left:** Center George Strickland of the 5th ETC, 5, and Willie Fitch of the 1st ETC reach for the tip off to kick off the intramural basketball season at Russell Gymnasium.



**Above:** Maj. Gen. James Sutherland, left, promotes Master Sgt. Curtis Shellenberger to sergeant major as Shellenberger's wife Jean helps out and his son Michael looks on.

2015

2010

2000

1990

1980

1970

1960

1950

# MRMC commander tours labs during visit

Continued from Page 1

The visit to APG began with an office call at the U.S. Army Edgewood Chemical Biological Center, before joining MRICD Commander Col. Roman Bilynsky and other members of the institute's command team for an overview briefing on the institute and a tour of the nearly completed replacement facility.

During a tour of the institute's current research facilities Lein spoke with principal investigators Dr. John McDonough and Dr. Shane Kasten about the institute's efforts to develop medical countermeasures to nerve agent chemical warfare agents and the molecular modeling activities of the bioscavenger program. Kasten, using a three-dimensional projection system, showed Lein 3-D images of two potential bioscavengers bound to a particular chemical nerve agent.

Additionally Jonathan Oyler took Lein through MRICD's chemical surety area, to include the specially designed glovebox lab, which is set up for research on the effects of, and efficacy of treatments against, inhalation exposure to chemical warfare agents.

The overview of the institute's research activities also included discussions on the contributions of officer and

enlisted personnel.

During the discussions, Lein met with Spc. Robert Haggins Jr. and Sgt. Erik Eaton Jr. for a look at their research activities under studies overseen by principal investigator Dr. Timothy Varney. Haggins has been developing a cellular therapy for a particular type of delayed injury to the eye, which can occur after exposure to the chemical agent sulfur mustard.

Eaton explained his invention of a device to extract high yields of murine bone marrow for use in the development of potential therapeutics. Representing the officers, Capt. Jeffrey Havens gave an overview of his involvement in the institute's Absorption, Distribution, Metabolism, Excretion and Toxicology (ADMET) Center of Excellence.

Lein took time during the visit to dis-

cuss the challenges posed by the Army's downsizing. He first addressed the topic during lunch with MRICD's officers and enlisted Soldiers,

where the focus was on early retirement possibilities, the Officer Retention Boards, Enlisted Selective Retention, and promotion rates.

Later during a town hall, Lein predominantly addressed how the challenges the Army is facing might impact the workforce, particularly civilians, especially in terms of future sequestrations or furloughs, further base closures and realignments and funding for research. He drew attention to the Force 2025 and Beyond initiative and advised the staff to familiarize themselves with the initiative and to consider how their current projects relate to the objectives of the initiative as well as what changes they might make to keep the science and technology

efforts relevant to those objectives.

Lein emphasized the importance of family before work as well as of knowing SHARP (Sexual Harassment/Assault Response and Prevention) reporting procedures and who the organization's SHARP representatives were. He was emphatic about the need "to create work place free of sexual harassment and sexual assault."

An iteration of the institute's Field Management of Chemical and Biological Casualties course, conducted by the Chemical Casualty Care Division, was in progress during the visit. Lein briefly addressed the students on the importance of the training they were receiving, noting that several years ago, he was a student of the sister course, the Medical Management of Chemical and Biological Casualties.

Lein noted that the threat of an event involving the use of chemical weapons was broader now than in the past as a result of the amount of information found on the Internet, which facilitates such weapons entering the arsenals of nonstate entities.

For more information about MRICD, visit <http://mrmc.amedd.army.mil/>. For more information about MRICD, visit <http://chemdef.apgea.army.mil/>.



# Winter weather updates on APG Facebook first

Continued from Page 1

The decision to delay or close this installation due to inclement weather is a well thought-out process involving communication between key APG tenants and staff and the senior commander, according to Rick DeOliveira, the post's chief of emergency management and anti-terrorism.

According to DeOliveira, the ultimate goal of the process is to "ensure the well-being of our workforce. People are our most valuable resource, and our job is to ensure they are safe."

The first step in determining the post status is evaluating the forecast, he said. Weather information is obtained from the National Weather Service, the U.S. Army Aberdeen Test Center (ATC) Meteorological Team, local media, and school and government liaisons.

"In addition to the input we get from the National Weather Service, our ATC weather specialists are professional meteorologists and provide accurate, reliable and specific storm effects to APG," DeOliveira said.

Weather information is then evaluated during a destructive weather working group meeting hosted by the installation's Directorate of Plans, Training, Mobilization and Security, and attended by representatives from Morale, Welfare, and Recreation; Safety; Police; Fire; Public Works; Human Resources; Public Affairs; 20th CBRNE Command; Aberdeen Test Center; Communications-Electronics Command; Research, Development and Engineering Command and the Communications-Electronics Research, Development and Engineering Center.

Representatives develop recommended courses of action for APG senior leaders based on storm expectations and each staff element's capabilities and response requirements.

DeOliveira said the closure of federal offices elsewhere, including the Greater Baltimore metro area, does not apply to

APG, and the delay or closure of Harford County schools does not indicate the installation's operational status.

Decision factors include current and forecast weather, the effect of DPW clearance operations (how much has been plowed, swept or cleared), hazardous conditions on post, surrounding county conditions, school and local government closures, installation infrastructure status (power, water, sewage, etc.) and the condition of each installation access control point. The overarching goal is to ensure the workforce can conduct various missions safely.

Decisions to delay or close the installation are made as early as possible based on the information available. In most cases, leadership attempts to make the decision by 4:30 a.m., before a majority of the workforce departs home for APG. The decision is then disseminated throughout various media including radio, television, and social media including Facebook and Twitter, and the APG Snow Line.

According to Kelly Luster, Director of Communication for APG, the quickest way to see the installation status is through social media.

"The message about closures or delay of operations is announced first on our Facebook page ([www.facebook.com/APGMd](http://www.facebook.com/APGMd).) It's then disseminated further through Twitter, the APG Snow Line, radio and television throughout the region," Luster said.

One of the key points to remember throughout the process is individuals should always refer to their chains of command and organizational leadership for these decisions, especially if they are unsure about reporting to work. Individual organizations have the authority to release personnel early or delay the start of the work or shutdown altogether.

Regardless of the decision to open for normal operations, delay or close due to inclement weather, one recommendation DeOliveira advises is every-

## Where to go for weather updates 2014/2015

Station	Frequency	Location
WAMD	AM 970	Harford
WBAL	AM 1090	Baltimore
WCAO	AM 600	Baltimore
WDEL	AM 1150	Wilmington, Del.
WGLD/ESPN	AM 1440	Red Lion, Pa.
WINK	FM 103.3	York, Pa.
WIYY	FM 97.9	Baltimore
WJZ-FM	FM 105.7	Baltimore
WJZ-AM	AM 1300	Baltimore
WLIF	FM 101.9	Baltimore
WPOC	FM 93.1	Baltimore
WQSR	FM 102.7	Baltimore
WROZ	FM 101.3	Lancaster, Pa.
WSBA	AM 910	York, Pa.
WSOX	FM 96.1	Red Lion, Pa.
WSTW	FM 93.7	Wilmington, Del.
WXCY	FM 103.7	Havre de Grace
WZFT	FM 104.3	Baltimore
WBAL-TV	Channel 11 <a href="http://www.wbaltv.com">www.wbaltv.com</a>	Baltimore
WMAR-TV	Channel 2 <a href="http://www.abc2news.com">www.abc2news.com</a>	Baltimore
WBFF-TV	Channel 45 <a href="http://www.foxbaltimore.com">www.foxbaltimore.com</a>	Baltimore
WJZ-TV	Channel 13 <a href="http://baltimore.cbslocal.com/">http://baltimore.cbslocal.com/</a>	Baltimore
Harford Cable Network	21-Comcast/31-Verizon <a href="http://www.harfordcountymd.gov/hcn/">www.harfordcountymd.gov/hcn/</a>	Harford County
Fox 43	<a href="http://fox43.com/">http://fox43.com/</a>	York, Pa.
Facebook	<a href="http://www.facebook.com/APGMd">http://www.facebook.com/APGMd</a>	
Twitter	<a href="http://twitter.com/#!/USAGAPG">http://twitter.com/#!/USAGAPG</a>	

one be proactive in their approach to weather emergencies. "You never know when the next Super Storm Sandy is going to hit," said DeOliveira. "So, we all need to be prepared with an emergency supplies kit."

For more information about emergency preparedness, including creating an emergency supplies kit, visit the Federal Emergency Management Agency website at [www.ready.gov/](http://www.ready.gov/).

To check the installation's operating status, visit:

- APG Facebook page [www.facebook.com/APGMd](http://www.facebook.com/APGMd)
- APG Twitter page [www.twitter.com/#!/USAGAPG](http://www.twitter.com/#!/USAGAPG)

**com/USAGAPG**  
 or call the APG Snow Line at 410-278-SNOW (7669).

### Other helpful websites include:

- Maryland Emergency Management Agency <http://mema.maryland.gov>
- Pennsylvania Emergency Management Agency <http://www.pema.state.pa.us>
- Delaware Emergency Management Agency <http://dema.delaware.gov/>
- Harford County Emergency Management <http://harfordpublicsafety.org>
- Cecil County Department of Emergency Services <http://www.ccdes/>

## WORD OF THE WEEK

### Paradigm

Pronounced: PAR-uh-dahym, -dim  
**Part of speech: Noun**  
**Definition:**

1. A model or pattern for something that may be copied; example, pattern, or an outstandingly clear or typical example or archetype
2. A theory or a group of ideas about how something should be done, made, or thought about
3. A philosophical and theoretical framework of a scientific school or discipline within which theories, laws, and generalizations and the experiments performed in support of them are formulated

**Other forms:**  
 Adjective: Paradigmatic  
 Adverb: Paradigmatically

**Uses:**

- Her recent book provides us with a new paradigm for modern biography.
- People cite 9/11 as the beginning of a new paradigm in homeland security operations.
- When the teacher moved into administration, she had to do a paradigm shift in terms of her viewpoint and goals for the program.

By **YVONNE JOHNSON**, APG News  
 Source: <http://www.merriam-webster.com>

## ACRONYM OF THE WEEK

### HUD

**Department of Housing and Urban Development**

HUD's mission is to create strong, sustainable, inclusive communities and quality affordable homes for all. HUD is working to strengthen the housing market to bolster the economy and protect consumers; meet the need for quality affordable rental homes; utilize housing as a platform for improving quality of life; build inclusive and sustainable communities free from discrimination, and transform the way HUD does

Julián Castro was sworn in as the 16th Secretary of the U.S. Department of Housing and Urban Development July 28, 2014.

By **YVONNE JOHNSON**, APG News  
 Source: [www.hud.gov/](http://www.hud.gov/)

# Service, responsibility reaffirmed by Team APG

Continued from Page 1

ability ... and whether five months ago or 50 years ago, thinking back to the day you took your oath, there was a sense of pride and enthusiasm because you were instantly a part of something bigger than yourself.”

At the conclusion of his remarks, Crawford administered the oath of enlistment to four new recruits into the Maryland Air National Guard.

“You really are a part of something bigger than yourselves,” he said. “Wearing the uniform and the leadership that goes with it still matters.”

The event included remarks from guest speaker Carolyn Collins, deputy director of Sexual Harassment/Assault Response and Prevention (SHARP), Department of the Army, G1. The SHARP program focuses on awareness and prevention, training, victim advocacy, reporting, and accountability.

Collins said achieving cultural change by eliminating sexual assault and harassment is a top priority within the Army.

“Sexual assault and harassment is very much an insider threat in the military,” she said.

Program highlights included the presentation of the colors by the 3rd U.S. Infantry Regiment (The Old Guard); opening remarks by Maj. Gen. Peter Utley, commander of the U.S. Army Test and Evaluation Command; patriotic musical performances from the Team APG group “Togetherness,” and a cake cutting ceremony.

“The performance of our duties, as well as our adherence to ethical standards of moral behavior permeates every single aspect of our lives and creates the legacy of honorable military and civil service we leave behind for future generations of Army Soldiers and civilians,” Utley said during his opening remarks.



Photo by Sean Kief  
Leslie Lovick, director of the APG Civilian Personnel Advisory Center, administers the oath of office to civilian employees during the “Why We Serve” event at the Myer Auditorium Nov. 25.

After the event, Daniel Young, who enlisted into the Maryland Air National Guard during the program, said he appreciated meeting Crawford and World War II veteran Francis Sparr.

“It was a great honor, just to be here among these dedicated professionals,” he said.

Staff Sgt. Terrence Lewis from the 22D

Chemical Battalion (Technical Escort) called the program “exhilarating.”

“It helped me remember why we serve,” he said. “I enjoyed hearing about the progression of the SHARP program.”

Sgt. 1st Class Vernon Walton, from ATEC, said he appreciated the show of support from senior leadership, like Collins.

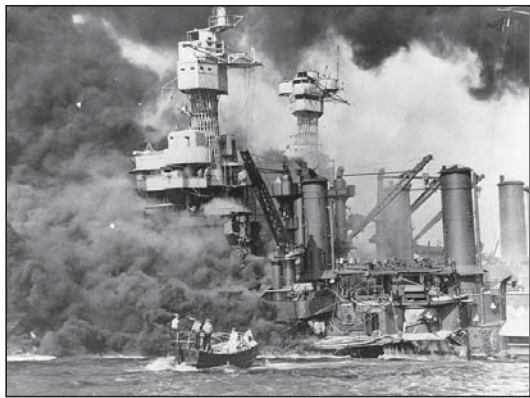
“It helps to be able to put a face with the name that we see on the memos,” he said. “She is supporting our community; that is awesome.”

Rosemarie Lamacchia, from CECOM Logistics and Readiness Center, said the program was “excellent.”

“I am so proud of our Soldiers,” she said. “I love my country.”

## Did You Know?

**Sunday, Dec. 7, 2014 is the 73rd anniversary of the attack on Pearl Harbor.**



U.S. Navy Courtesy photo

Here are some Pearl Harbor facts about this historic “date which will live in infamy.”

- When the USS Utah rolled over, it carried 58 men to a watery grave, where their bodies remain yet today. Interred with these sailors and Marines is the remains of an infant girl.
- The first ship destroyed at Pearl Harbor was the USS Utah.
- Of the 15 Medals of Honor earned during the attack at Pearl Harbor, 10 were awarded posthumously.
- The proper title of the top American Naval Commander on Pearl Harbor Day was Pacific Fleet Commander.
- The Pearl Harbor Flag became a symbol of American resolve. It was later flown during historic events, including the United Nations Charter Meeting in San Francisco, California; the Big Three Conference at Potsdam, Germany; and over the White House during the surrender of Japanese forces on Aug 14, 1945. The flag also was used as a poster during the war.
- Though Hawaii was not yet a state on Dec. 7, 1941, Japanese submarines also fired on Fort Stevens, Oregon and oil production facilities near Santa Barbara, California during World War II.
- Almost four hours before the attack, the minesweeper, USS Condor, spotted a Japanese midget submarine at the entrance of Pearl Harbor. The destroyer USS Ward went in search of the sub but couldn't find it right away.
- The first American shots fired during the attack came from the USS Ward, which fired on and sank another Japanese sub about 6:30 a.m.
- No U.S. aircraft carriers were damaged during the attack because the USS Enterprise and USS Lexington were ferrying Soldiers to and from Wake and Midway islands.
- Congress declared war on Japan, but the vote was not unanimous. Lifelong pacifist Jeannette Rankin of Montana, and the first woman elected to Congress, cast the only dissenting vote.
- While Pacific Fleet and Army commanders were relieved of their commands shortly after being accused of dereliction of duty, they were exonerated in 1999.
- The National Park Service and the U.S. Navy will host a joint memorial ceremony commemorating the 73rd anniversary of the attack on Pearl Harbor on Sunday, Dec. 7. Online registration to view the live event is required. Sign up at: <http://bit.ly/LiveBroadcastDec7>

Yvonne Johnson, APG News

Source: <http://www.homeofheroes.com/> (Home of Heroes)  
<http://www.ahctv.com/> (American Heroes Channel)



Courtesy photo

Defense Secretary Chuck Hagel shakes hands with President Barack Obama at the White House Nov 24. The president announced that Hagel would resign his position as defense secretary.

## Hagel to leave post as defense secretary

Continued from Page 1

### A steady hand

“Over nearly two years, Chuck has been an exemplary defense secretary,” Obama said, crediting Hagel for providing a steady hand during the modernization of the administration’s strategy and budget to meet long-term threats, while still responding to immediate challenges such as ISIL and the Ebola outbreak in West Africa.

Hagel said he is “immensely proud” of what the department has accomplished during his tenure.

“I believe we have set not only this department, the Department of Defense, but the nation on a stronger course toward security, stability and prosperity,” the secretary said.

### Privileged to serve

Hagel called his opportunity to serve as defense secretary the “greatest privilege of my life.”

In the meantime, Hagel said, “I will stay on this job and work just as hard as I have over the last couple of years, every day, every moment, until my successor is confirmed by the United States Senate.”

The United States of America can proudly claim the strongest military the world has ever known, Obama said.

“That’s the result of the investments made over many decades, the blood and treasure and sacrifices of many generations,” he said. “It’s the result of the character and wisdom of those who lead them as well, including a young Army sergeant in Vietnam who rose to serve as our nation’s 24th secretary of defense.”

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# APG SNAPSHOT

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



## GETTING IN THE SPIRIT OF THE SEASON

(Clockwise from left) Ayesha Varnadore, on ladder, and 17-year-old Quentin use garland and lights to decorate the entrance of their family's quarters.

A snowman light waits its turn to be added to the holiday display.

Makayla 12, left, untangles candy cane lights for the sidewalk, while Kendall, 15, adjusts lights on the bush.

Photos by Molly Blossie



## "WHY WE SERVE" CAMPAIGN KICKS OFF

(Top left, clockwise) Communications-Electronics Command Chaplain Lt. Col. Young Kim delivers the benediction during the "Why We Serve" program at the Myer Auditorium Nov. 25.

Attendees applaud World War II veteran Francis Sparr for his dedicated service to the nation. Sparr is a D-Day survivor and a recipient of two Bronze Star and two Purple Heart medals.

(From left) Command Sgt. Maj. William Bruns, APG and CECOM senior enlisted advisor; Carolyn Collins, deputy director of Sexual Harassment/Assault Response and Prevention (SHARP), Department of the Army, G1; World War II veteran Francis Sparr; Sgt. Stephen Murray, U.S. Army Public Health Command Soldier of the Year; and Maj. Gen. Bruce T. Crawford, APG senior leader and CECOM commander, participate in a cake cutting ceremony.

Photos by Sean Kief



## NCOs TOUR APG LABS

From left, RDECOM Sgt. Maj. Kenneth Agueda; ECBC Sgt. Maj. Jamison Johnson; APG Garrison Command Sgt. Maj. Jeffrey Adams and CECOM Command Sgt. Maj. William Bruns learn about the latest helmet technology during a visit to the U.S. Army Research Laboratory.

The APG senior non-commissioned officers toured several research and development facilities across the installation Nov. 20 to learn how technology enables the Army to remain dominant on the battlefield.

Courtesy photo