



# APG NEWS

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## Gathering offers chance to pray for the nation, says chaplain

By **ALAN FEILER**  
APG News

No matter how hard he tries, Chaplain (Maj.) Young D. Kim can't keep from smiling. His laugh is frequent, hearty and infectious. Sometimes, it seems like he's so moved by the spirit he's going to bounce off the walls.

Kim, who is CECOM's command chaplain, attributes his sanguine attitude and boundless energy to the power of prayer. It's something he wants to share with everyone, and that's why he's so excited about the APG National Prayer Luncheon, which will be held Wednesday, March 19, at 11:30 a.m. at Top of the Bay.

"Prayer is very important for our nation," said Kim, a Presbyterian minister. "Every day in life, we have to communicate to the Lord. We need his wisdom and encouragement, especially in these days. We can have real hope and peace with God, because he is our source for strength and hope."

"We have more than 20,000 people here [at APG], and we need to come together to pray for the nation and its leadership, even if we're of



Kim



Photo by Rachel Ponder

## ECBC, JPEO-CBD directors interviewed for Inside APG

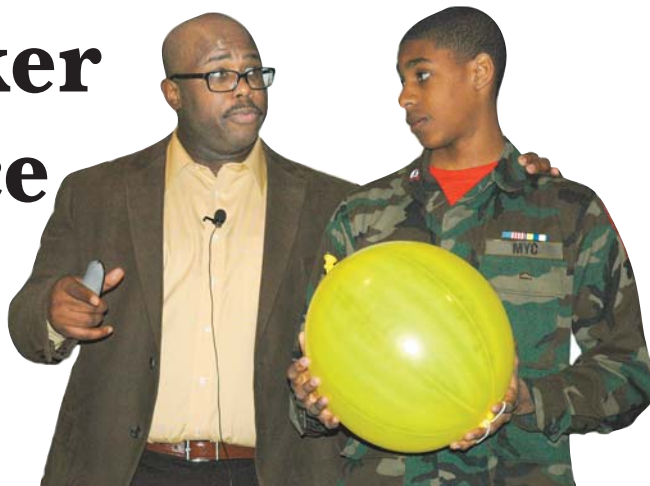
(From left) KHZ Network station manager and radio personality Tracy Hart interviews ECBC Director Joseph Wienand and JPEO-CBD Director Carmen Spencer (not pictured) March 7 about the field deployable hydrolysis system, which is being used as part of a U.N. mission to destroy bulk chemical weapons from Syria. The interview is part of the "Inside APG" radio series, airing Mondays, Wednesdays, and Saturdays at 7:50 a.m. Tune in to 970 WAMD, 810 WYRE, 1330 WJSS, 1460 WKHZ, or 950 WCTN to listen. Interviews are also posted to YouTube, the radio websites and APG social media sites. Call 410-278-1150 for information. Listen to the interview at <http://youtu.be/ZzzHCTbpBJo>

## Motivational speaker encourages audience

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

Ty Howard, a motivational speaker, author, life coach, habits consultant and military veteran, presented "Tying Into a Better You" to the APG community during "Take Control of Your Life 2014," a free event March 6 at the Myer Auditorium. The event was sponsored by the Kirk U.S. Army Health Clinic, Army Substance Abuse Program, the Community Health Promotion Council and the Office of the Post Chaplain.

Howard, who grew up in Baltimore's Cherry Hill neighborhood,



(From left) Motivational speaker and life coach Ty Howard talks to Freestate ChalleNGe Academy Cadet Thomas Ventura about goal setting during "Take Control of Your Life 2014" in the Myer Auditorium March 6.

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## Army researcher goes to Maryland's State House



By **JOYCE M. CONANT**  
ARL

Samantha Wallace from the U.S. Army Research Laboratory's Human Research and Engineering Directorate presented her dissertation research to students, faculty, staff and alumni

Kweisi Mfume, former member of U.S. Congress and chairman of the Morgan State University Board of Regents, stopped by the display of Samantha Wallace, HRED, as she showcased ARL's research efforts with the university at their Innovation Day in Annapolis, Md., Feb. 20. Here she explains the computer model used to analyze the focus constraints of night-vision devices.

from Morgan State University at the University's 4th annual 'Innovation Day' celebration that was held at the Miller Senate Office Building in Annapolis, Md., Feb. 20.

The annual showcase of faculty and student research and industrial development offers an interactive opportunity for lawmakers and citizens to learn more about Morgan's strategic plans for commercializing science and technological innovation for Maryland's emerging STEM industries.

"Morgan is an international partner in a wide range of research fields and industries," said

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## Fire prevention training offered for APG community

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

Remembering the acronyms "R.A.C.E." and "P.A.S.S." can save lives and property, according to Fire Protection Inspector William Bond from the APG Fire & Emergency Services.

During fire extinguisher training at the APG South conference center March 5, Bond said during a fire, people should remember the R.A.C.E. procedure, which stands for Rescue, Alarm, Confine and Extinguish.

During the "Rescue" stage, Bond said people should rescue others only if it is safe to do so. "It sounds selfish, but if you don't rescue yourself first, who can call for help?" he said.

During the "Alarm" stage, alert others to evacuate by yelling, "Fire," activate the building's fire alarm, and call 911. To prepare for an emergency, Bond recommends that people always take note of their surroundings, including the location's emergency exists and fire extinguishers.

During the "Confine" stage, close all doors and

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(From left) During fire extinguisher training, Fire Protection Inspector William Bond from APG Fire & Emergency Services teaches Catrina McCrory, from the U.S. Army Health Facilities Planning Agency, the proper way to use a fire extinguisher during a simulation exercise at the APG South conference center March 5.



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### IN THIS ISSUE



Navy assists in search for missing Malaysian jet



BRL-CAD system a component in ARL's mission

### WEATHER

Thursday

Partly Cloudy/Windy  
chance of rain 0%



33° | 21°

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Foundation keeps alive memory of late wife **PAGE 10**

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# ARL employee presents research in Annapolis

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Dr. David Wilson, president, Morgan State University. “Morgan Innovation Day is a chance for our elected officials and neighbors to see research and development in action and to see first-hand what investment in Morgan achieves for the good of the state and the nation.”

Wallace, who is an electronics engineer (optics) in HRED’s Perceptual Sciences Branch, has worked at ARL for nearly six years. She was nominated by her advisors at Morgan State University to present her dissertation research at the event.

“I was asked to present my material, because it’s novel and interdisciplinary,” said Wallace. “My research constructing a computer model to analyze the focus constraints of night-vision devices was a collaboration between the electrical engineering and psycho-

**Samantha’s research has the potential to improve the usability of night-vision goggles. It’s always rewarding to see ARL’s educational opportunities benefit both the researcher and our Soldiers.**

**Bruce Amrein**  
Chief of ARL HRED’s Perceptual Sciences Branch

metrics programs.”

Wallace showcased ARL’s research efforts with Morgan State University. “I created a texture and edge-based computational model to determine the saliency of a region of interest (ROI) in imagery at various focus distances,” said Wallace. “In other words, my model is used to evaluate imagery to determine if a ROI stands out from

its background or is camouflaged by its background. This is important to improve the way night-vision devices are focused by the user to accurately identify threats.”

Wallace was thrilled to share her research with those attending the event. “I was excited to be able to present my research to Dr. David Wilson, the president of Morgan State University

and to Kweisi Mfume, the Chairman of the Board of Regents,” said Wallace. “Maryland State Senators and Delegates were also present at the event.”

Her supervisor, Bruce Amrein couldn’t be more proud.

“Samantha’s research has the potential to improve the usability of night-vision goggles. It’s always rewarding to see ARL’s educational opportunities benefit both the researcher and our Soldiers,” said Amrein.

Founded in 1867, Morgan State University is a Carnegie classified Doctoral Research Institution offering more than 70 academic programs leading to bachelor’s degrees as well as programs at the master’s and doctoral levels. Morgan serves a multi-ethnic and multi-racial student body and seeks to ensure that the doors of higher education are opened as wide as possible to as many as possible.

# Fire extinguisher training helps prepare for emergencies

Continued from Page 1

windows as you exit the building, if it is safe to do so. During the “Extinguish” stage, people should assess if the situation is safe to use a fire extinguisher.

Bond said fighting a fire should only be attempted after all R.A.C.E principles have been accomplished and it is safe to do so.

“Do not ever put yourself in harm’s way by thinking you have to put a fire out,” he said. “When in doubt, let the responding firefighters extinguish the fire.”

Bond said fire extinguishers should be used to put out small fires only. When using a fire extinguisher remember the four step P.A.S.S. procedure. P.A.S.S. stands for “Pull, Aim, Squeeze and Sweep.”

During the “Pull” phase, users must pull the safety pin out of the extinguisher before it can be used. The safety pin ensures that the extinguisher is not accidentally discharged. “A fire extinguisher will not work if the safety pin is broken inside the device,” he said.

The user should then crouch low and aim the extinguisher nozzle toward the base of the fire, while maintaining a

## Types of Fire Extinguishers

(from [www.usfa.fema.gov/](http://www.usfa.fema.gov/))

- Class A extinguishers put out fires in ordinary combustible materials such as cloth, wood, rubber, paper, and many plastics.
- Class B extinguishers are used on fires involving flammable liquids, such as grease, gasoline, oil, and oil-based paints.
- Class C extinguishers are suitable for use on fires involving appliances, tools, or other equipment that is electrically energized or plugged in.
- Class D extinguishers are designed for use on flammable metals and are often specific for the type of metal in question. These are typically found only in factories working with these metals.
- Class K fire extinguishers are intended for use on fires that involve vegetable oils, animal oils, or fats in cooking appliances. These extinguishers are generally found in commercial kitchens, such as those found in restaurants, cafeterias, and caterers.

safe distance and squeeze the handle to release the extinguishing agent.

“This is comparable to pulling the trigger on a water gun,” Bond said.

During the “Sweep” phase, users should sweep the nozzle in a controlled motion so that most of the extinguishing agent goes onto the fire until the flames appear to be out. When the fire appears to be out back away from the fire.

“Never turn your back to a fire,” he said. “Even if you think it is extinguished.”

Bond said there are different classes of fire extinguishers for the different types of fires. The most common fire extinguisher is classified as ABC. ABC extinguishers are multi-purpose dry chemical extinguishers sold in stores for home use. Bond recommends users carefully read the device’s instruction

manual before an incident occurs.


He also recommends placing several extinguishers at each level of a home, in plain sight, and no more than five feet above the floor. In addition to putting an extinguisher in the kitchen, garage and on each floor, Bond recommends placing one near the clothing dryer which can catch on fire when people do not clean the lint traps.

Because fire extinguishers can lose air pressure over time, Bond recommends visually inspecting fire extinguishers every month. If the gauge is indicating low air pressure, discard the extinguishers as directed by local waste management facilities. Buy new at any local home store.

The APG Fire & Emergency Services hosts fire prevention training the first Wednesday of every month at the APG South Conference Center, Bldg. E4810. APG Fire & Emergency Services can also provide training for employees on site. For more information call 410-306-0093, or e-mail [William.j.bond1.civ@mail.mil](mailto:William.j.bond1.civ@mail.mil). For more information on fire extinguishers visit [https://www.usfa.fema.gov/citizens/home\\_fire\\_prev/extinguishers.shtm](https://www.usfa.fema.gov/citizens/home_fire_prev/extinguishers.shtm).

## Did you know?

**Havre de Grace was almost our nation’s capital?**



The Concord Point Lighthouse. Being smack dab at the confluence of the Susquehanna and the Chesapeake. The historic district brimming with bistros, antique shops (translation: tchotchkes!) and Victorian mansions. The skipjacks and paddle steamers on the water, and the Decoy Museum. The promenade, marinas and waterparks. And most recently, for being the stand-in for Gaffney, S.C., on the hit TV series “House of Cards.”

These are all things that scenic, quaint and sleepy HdG (as it’s called by some locals) is known for. But did you know that the self-styled “City by the Bay,” located only a few miles from APG, was very nearly our nation’s capital? Didn’t think so.

Here’s the deal. Back in 1789, HdG – which was afforded its lyrical French name of “Harbor of Grace” by Gen. Gilbert du Motier, Marquis de Lafayette, on his way to a Philadelphia powwow with Gen. George Washington in 1782, and was incorporated three years later-- was a thriving hamlet when the fathers of this young nation considered the burg as the permanent location as the nation’s capital.

After all, it had location, accessibility, natural charm, a friendly populace, transportation and commerce all going for it, as well as proximity to the growing cities of Philly, Baltimore and New York. Alas, it was never meant to be. The measure for the nation’s capital went before the House of Representatives. The vote was deadlocked – how typical! – and the deciding ballot went to Speaker of the House Frederick Muhlenberg, who voted in favor of supporters for the creation of a capital on the Potomac River, eventually to be called Washington, D.C.

Comparing D.C. and HdG today, you’ve got to wonder who got the wrong end of the stick on that one in the long run. After all, D.C. is known for its congestion, gridlock and a high crime rate, while HdG is hailed for its scenic and historic ambience and laid-back atmosphere. Guess it’s all in the eye of the beholder.

In honor of almost being designated the most powerful city in the whole universe, HdG has named many of its streets and thoroughfares after the Colonial past – Washington, Revolution, Union and Lafayette, just to name a few.

By the way, HdG and D.C. have another thing in common. Both were badly sacked and burned by the Brits during the War of 1812. In HdG, the Brits attacked from a flotilla of 15 barges and leveled the place to the ground.

First the politicians and then the Tories – these towns just couldn’t catch a break.

**Alan Feiler, APG News**

## Adopt positive, healthy attitudes for an “A-Day”

**Continued from Page 1**

spoke about the “knots” or challenges that hold people back from living a happier and more successful life. These knots include fear, stress, toxic habits, negative attitudes and difficult relationships. Howard recommends that every 30 days, people should reflect on and evaluate different areas of their life. These areas include eating habits, exercise, sleep, spirituality, time spent in solitude, time spent with family, finances and personal growth.

“You can always make your best better,” he said.

Howard said many people do not get the results they want out of life because they get set in their ways and become caught up in procrastination and excuse making. He encouraged audience members to adopt an “A-Day” mindset, which is when you choose to adopt positive, progressive and healthy attitudes.

“The reality is, not every day will be an ‘A-Day.’ However, if you approach each day with the expectation for it to be an ‘A-Day,’ you will find yourself stringing together more ‘A-Days’ than any other days,” Howard said. “In turn, you’ll find yourself empowered and creating greatness.”

Howard said successful people are able to reach their goals despite obstacles and stress. Howard recommends relieving stress by using proven stress-alleviating techniques including deep breathing, affirmations, guided imagery, walking and talking to positive people.

“With less stress, you will be able to bounce back more quickly, and be the best you that you can be,” he said.

In addition to self-evaluations, Howard recommends giving yourself ongoing “relationships tune-ups.” These include evaluating how healthy a relationship is, listing your contributions, and finding ways you can improve the relationship. He said healthy, vibrant relationships are never stuck in the past.

“The past is a place of reference, not a place of residence,” he said. “Elevate and accentuate what is healthy, respectful, reciprocal and renewed.”

Howard concluded his message by encouraging everyone to enjoy their life, have fun and be happy.

“When life is fun and you’re happy, it feels good and you look forward to living and enjoying more of it,” he said.

Freestate ChalleNGe Academy Cadet Thomas Ventura, from Aberdeen, said he benefited from learning how to adopt an “A-Day” mindset.

“I learned that if I start off my day with a good attitude, it will affect the rest of my day,” he said.

The event also included representatives from ASAP, KUSAHC and the Office of the Chaplain, and a behavioral psychology expert from the Kennedy Krieger Institute. The vendors handed out information on stress, divorce, anger management, dating, parenting, substance abuse, suicide prevention and more.

For more information about Ty Howard visit [www.tyhoward.com/](http://www.tyhoward.com/). For more information on upcoming free Community Health Promotion Council events click the CHPC link on the APG website, [www.apg.army.mil/](http://www.apg.army.mil/).

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