

The Outpost

Published for the employees and families of Yuma Proving Ground, Yuma Test Center, U.S. Army Garrison - Yuma, Cold Regions Test Center, and Tropic Regions Test Center

U.S. Army Yuma Proving Ground, Yuma, Arizona 85365

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Salvaged cars serve great purpose for YPG



Mike Powell, auto worker for YPG's National Counter-terrorism/Counter-insurgency Integrated Test and Evaluation Center, checks under the hood on one of the vehicles he maintains for testing targets at the proving ground. (Photo by Mary Flores)

by Mary F. Flores

What once was a hobby is now a full-time job for a YPG employee responsible for maintaining and servicing nearly 200 vehicles in various states of repair. After remaining stationary for months, perhaps years, this one-man team performs miracles of auto mechanics on a fleet of salvaged vehicles to enable them to play a vital role in test operations.

For over two years, Mike Powell, auto worker for Yuma Proving Ground's National Counter-terrorism/Counter-insurgency Integrated Test and Evaluation Center (NACCITEC), has been that one man. He replaces water pumps, batteries, fuel pumps, and much more to ensure that each vehicle is maintained to meet the requirements of each test.

NACCITEC purchased the fleet

of vehicles from the U.S. Border Patrol's seized vehicles inventory. Each salvaged vehicle serves a purpose and may be used as a target during testing, including being exploded or demolished.

Since it began in 2004, the NACCITEC mission has been to test technologies that counter the threat of improvised explosive devices (IEDs) used against American and allied forces in combat areas overseas. Hundreds of tests have been conducted over the years, making the organization's various facilities some of the premier testing locations in the world.

Each work week, Powell arrives at his job location where the vehicles are stored after making a 50 mile one-way trek. He first reviews test requirements, retrieves information from an automated database system, then goes

(See Salvage on page 4)

Proving ground excellence earns coveted awards

by Mary F. Flores

In the competitive world of test and development, Yuma Proving Ground is in the forefront, exemplifying testing for the best equipment to support the war fighter.

For efforts surpassing other installations within the command, YPG was awarded and recognized this past July by the Developmental Test Command (DTC) for the third quarter, being the first test center to receive three awards

simultaneously at the Commander's Conference held at Fort Huachuca.

What appears to be routine, YPG received its 10th test quality award last quarter since the award was created in 2006 and each quarter, DTC offers these awards to all test centers within the command. YPG's clean sweep in the third quarter included awards for test quality, safety and the Lean Six Sigma Program.

"We have been doing very well at (See Awards on page 3)

Arizona tax withholding a major issue for employees

by Chuck Wullenjohn

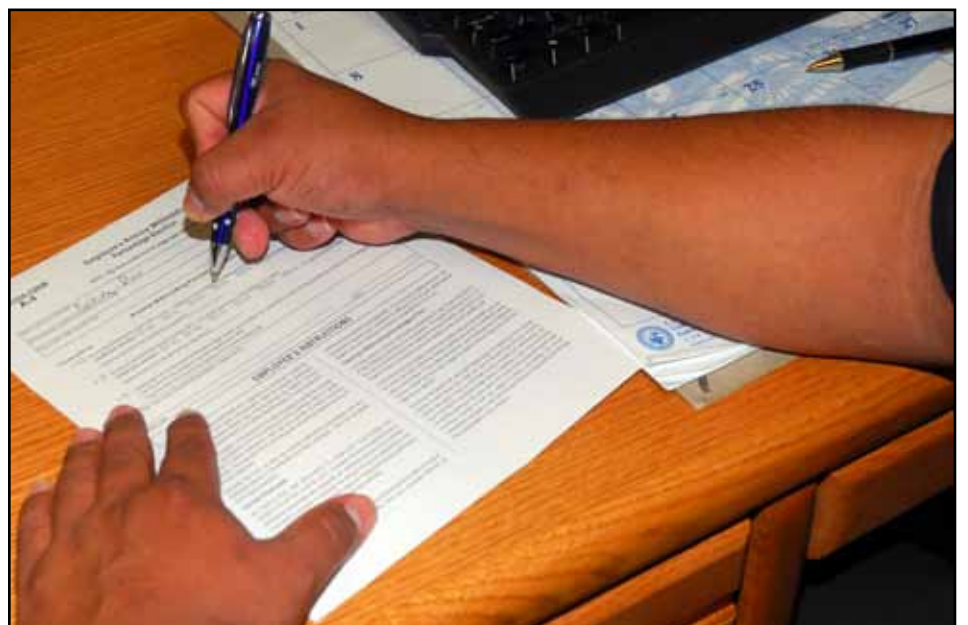
A major change to Arizona's tax withholding rates went into effect at the end of July, requiring all YPG employees to complete A-4 forms that specify a withholding percentage. Arizona's withholding amount formerly was based on a percentage of the federal tax withholding amount, but no more. Everyone subject to Arizona income tax withholding must fill out the A-4 form.

TRAX Test Services notified all its employees last May that they needed to complete A-4 forms and nearly all have been collected. They will see their new withholding amounts go into effect

this month.

A problem faced by Department of the Army (DA) employees paying Arizona state taxes is that the Defense Finance and Accounting Service (DFAS) is not able to process the percentages entered on the submitted A-4 forms and estimates it will not be able to do so until the November/December timeframe. In the meantime, DFAS is withholding 2.7 percent of YPG DA employee taxable wage amounts.

According to Tina Manns, chief of Resource Management's manpower and force management division, the amount withheld from paychecks by (See Arizona on page 2)



Reminder to get your A-4 form signed and turned in! You don't want to pay for it when you do your state taxes. (Photo by Chuck Wullenjohn)

News Notes

Calling Idol fans: American Idol finalists performs in Yuma

Four American Idol finalists will not only perform in Yuma, but will also have the opportunity to play the other Idol side by acting as judges for a local entertainment contest.

On Saturday, September 25, Michael Sarver, David Hernandez, Gina Glockson, and Treneyce Cobbins will be on hand at Alexander Ford to judge "Bring on the Yuma Talent," a local entertainment contest that will offer the lucky winner a paid job at one of the Yuma Visitors Bureau (YVB) winter events, as well as tickets to the Idol finalists' evening performance.

YVB is searching for all types of entertainers, including comedians, dancers, singers, magicians and jugglers. If it's entertaining, Yuma wants to see it! For an application or more information regarding the entertainment competition, please call 376-0100.

The evening concert, "American Stars in Concert Celebrate Motown," is sure to be a crowd pleaser. "We are thrilled to have American Idol finalists in Yuma," said Kristan Sheppard, YVB's Agritourism and special events manager. "We're very excited to have their input in choosing a new, local Yuma Visitors Bureau event performer. Every year, we hire the same entertainers, all wonderful, but this year, we'd like more of a variety. The Idol finalists evening concert will bring Yuma entertainment to a new level. Be sure to come early, enjoy a bite to eat downtown, and be prepared for an awesome show!"

For tickets to the evening concert, please visit the Yuma Historic Theater Box Office, 254 S. Main St. or purchase tickets online at www.yumashowtickets.com. Tickets are \$24 for adults, \$18 for children 12 and under. Please call 376-0100 with any questions.

YVB markets the Yuma area within the travel and tourism industry and to the general public. The nonprofit is funded in part by City of Yuma hospitality tax revenues.

Bring your walking or running shoes and join the gang!

On Thursday, September 16, YPG will join others across the nation in the 2nd annual RUN@WORK DAY. This community based event, sponsored by the Road Runners Club of America, is geared towards motivating people to incorporate at least 35 minutes of walking or running into their daily lives.

When: Thursday, Sept. 16th starting at 5 a.m. to 7 a.m.

Where: Location 1- YPG ROC Building 2105: Starting at the south ramada in front of the building and traveling the one mile loop.

Location 2- Fitness Center (Main Administrative Area): Starting at the front door of the fitness center and traveling approximately a one mile loop marked for the event.

Water will be provided at both sites and all participants will receive a certificate of participation at the end.

You must register to enter. You can do this electronically through the emailed registration form or you can register at the event. For more information, call ext. 3274 or 2400.

DRMO update

The Defense Reutilization and Marketing Service and the local Defense Reutilization and Marketing Office or DRMO, took on a new name. The local site is now called DLA Disposition Services. It will continue to provide the same level of service and support to warfighters and other customers in the disposition of excess property and management of hazardous waste as before. No change in local operating hours or services will result. Your local DLA Disposition Services site is located at Marine Corps Air Station-Yuma.

For more information, call John Wilcox at 269-2177.

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College fair attracts workforce members

by Mary F. Flores

Has the thought of continuing your college education crossed your mind? It did for more than 100 people who strolled through Palm Garden Conference Center in late July to attend a college career fair at Yuma Proving Ground. As part of a summer campaign for continuing education, the event sponsored and coordinated by the office of Human Resources, provided members of the military community with an opportunity to meet with local college and university representatives and ask questions.

"Nearly two months ago, my team which includes Juanita Saez, alcohol and drug control officer and Chenoah Bowman, administrative services manager began planning and coordinating this event," said Ingrid Walsh-Brown, director of human resources. "As a result of a survey we did with Arizona Western College students, we decided to have this event before people went back to school so they

could see what their options are."

With tables of pamphlets, free books and other college guidance material available to the public, representatives from local colleges and other online universities spoke to people of all ages seeking a college degree.

"I plan to attend college after I graduate from high school so I wanted to see what was available for me," said Rebecca Arps, 15 year-old student at Gila Ridge High School. "This was helpful and my favorite college was the Grand Canyon University because you can attend online courses while attending high school."

With the Installation Management Command campaign for leadership development, the college fair provided civilians, active duty military and their dependents an opportunity to learn first-hand what's at their finger tips for continuing a higher education.

"There's no such thing anymore as a stable occupation, whereas, before

(See Career on page 8)



The career fair held at YPG drew attention from both military personnel and civilians seeking higher education information provided by a variety of local colleges and universities. (Photo by Mary Flores)

Arizona (Continued from page 1)

the state impacts how much each employee pays in taxes at the end of the year. This amount varies for each employee, which means people need to look at their own tax situation seriously.

"This is a huge deal," she said.

When DFAS allows the withholding percentages specified by DA employees to go into effect later this year, many will face a choice: if the percentage they wish to withhold is greater than 2.7 percent, they must decide if this should be applied retroactively, which means a lump sum will be taken from a single paycheck. The result could be a huge chunk of money. Alternately, people could simply decide to let the amount ease into effect, knowing they may have to pay once tax forms are completed in early 2011.

But a better, painless solution exists. By comparing the dollar amount withheld by Arizona on a July leave and earnings statement with an August leave and earnings statement, a

difference can be easily detected. By creating an allotment for this amount, easily accomplished through My Pay (mypay.dfas.mil), the money will be set aside in the bank account of your choice from each paycheck, enabling you to withdraw a lump sum to cover your taxes at the end of the year. An added benefit is that you can earn interest.

Another way to detect a difference is to carefully look at your payroll amount in August, comparing it to what you received the previous month. If it is more, you should save this amount each time you are paid, thereby enabling you to easily cover any increased state tax bill.

Manns advises DA employees to visit the State of Arizona Department of Revenue website (www.azdor.gov) for more information and to learn more about this withholding law change. The A-4 form is also available at this site.

Artifacts tell a rich historical story

by Mary F. Flores

If a pair of boots from World War II could speak, they would have many tales to tell about the Soldier who wore, trained and fought in them. Although this isn't humanly possible, a piece of American history can tell a story for years to come by preserving these boots. Steve Greeley, museum specialist at the Yuma Proving Ground Heritage Center, has a passion for preserving the past in a delicate, arduous and meticulous way.

As one walks through the Heritage Center, pieces of history tell a story of the Army's past through audio and visual displays. Spanning a period of nearly 70 years, the corridors and rooms of the Heritage Center, located on the proving ground's main administrative area and open to the public at no charge, are filled with hundreds of artifacts. Each article depicts a story, making up small pieces of the large puzzle that tells the history of Yuma Proving Ground.

From old uniforms to combat gear and inert artillery projectiles, to black and white photographs, antiquated equipment and even an 1874 Sharps rifle, these items were either donated or purchased because they have a historical connection with the history of YPG. Some items were transferred from various offices at the proving ground as they fell out of use.

For the center's staff, Greeley and Bill Heidner, museum curator, preserving and knowing the history of each item is vital. On a daily basis, these two historians share their



Cataloguing items that have been donated to the museum, Museum Specialist Steve Greeley must wear white gloves to prevent human oils from wearing down the patina of each artifact. (Photo by Mary Flores)

knowledge with the public through tours and speaking engagements,

making it a full-time job they enjoy. An Army veteran with a passion

for history, Greeley has worked for numerous Army museums and has been employed at YPG since late 2008. Prior to coming to the proving ground, he worked at the museum of the 11th Calvary regiment at Fort Irwin, Calif.

Accepting donations is not always as simple as it may appear. Every item must be linked to the mission or history of Yuma Proving Ground.

As donations flow into the center, they are collected and a system of checks and balances must be completed before each can be accepted and placed on display. In accordance with regulations of the Army's Center for Military History, items must first undergo a thorough inspection. Greeley begins by putting on special gloves, handling each item delicately and cleaning it with special cloth and brushes. He looks for markings, manufacturer's names or anything that will assist in the identification process. He then enters the information into a database for future reference.

"Anytime I handle an artifact, I wear gloves because human oils are corrosive," he explained. "Over a period of time, oils can wear down the patina of the artifact. I also weigh and measure each item, and look for dates or anything to help determine authenticity." The inspection and validation process is quite long and tedious. Once it is complete, however, the now "catalogued artifact" is preserved forever.

(See Artifact on page 8)

SafetyGrams—One more way to keep workplace safe

submitted by Safety Office

You're driving on a range road and you see a drooping power line, a new road washout, or any other unsafe condition on the installation. You see a coworker in your shop performing a task in a way that might endanger themselves or others. You don't want to approach him/her about their unsafe methods because the employee does not take constructive criticism well. You want to keep your workplace safe, so what do you do in these situations? You can go to your supervisor, your organization's collateral duty safety officer, or to the safety office, any of whom should get the problem fixed. You can also fill out an online SafetyGram by going to the YPG Intranet, selecting 'YPG Safety Office' under 'Organizations,' selecting 'Report a Hazard' from the menu at the top of the Safety Office web page, and entering information into the four boxes on the input form.

You can also jot down your safety concern on a SafetyGram form (available on most organization bulletin boards) and turn it in to any supervisor. Putting your name on the easily, portable form is optional.

Once you submit the form, here's what happens:

1. The supervisor (now the owner of the SafetyGram) gives you the pink copy, keeps a copy, and forwards the front sheet to the Safety Office.

2. The owner may not be the person

who can fix the problem, however, he is responsible for:

Raising your concern to the person who can fix the problem.

Tracking the problem until it gets fixed.

Giving your feedback on the status of your SafetyGram (unless, of course, you chose not to put your name on the SafetyGram). The YPG SafetyGram Manager, Anne Fisher, will inform you (again, providing you include your name) that the problem was corrected, or that it was evaluated by an appropriate person and determined not to be as hazardous as you thought and, if so, explain why.

3. The Safety Office becomes the owner if you submit the SafetyGram directly to them; otherwise, they are responsible for tracking progress on all SafetyGrams and corrective actions for the command.

For your information, there are also 48 SafetyGram drop boxes throughout the installation and are checked on a weekly basis. The Safety Office also briefs the YPG commander on the status of all SafetyGrams on a regular monthly basis.

The information submitted on a SafetyGram cannot be used to punish anyone. Regarding the coworker who doesn't appreciate constructive criticism? When their supervisor gets the SafetyGram describing the employee's unsafe behavior, they will tell the worker that their unsafe behavior has been observed and ask

the employee to do their work in a safe manner. A good supervisor will monitor the employee to make sure he/she works safely. The supervisor may have to provide the employee some additional training on safety. The content of the SafetyGram will not be used for any form of disciplinary action.

SafetyGrams provide an additional way for employees to raise safety issues and concerns, and another way for you to help keep your office, shop, or range as safe as possible. Fill one out and get your safety concern fixed. Remember: "NOBODY GETS HURT."



Awards (Continued from page 1)

winning these awards and they are symbolic because for example the safety award is supported by statistics and we have shown a significant down turn in accidents," said Julio Dominguez, technical director. "In addition, receiving the Lean Six-Sigma award indicates we continue to show improvement in our processes and receiving the test quality award involves several metrics and factors and reporting them in a timely manner."

Although YPG swept the third quarter awards, Dominguez explained that the margin for winning against other installations is small. "All test centers are doing well and some of these awards are won by a thin margin," Dominguez said. "This is a big indicator that people on the ground at this installation are doing great things every day and it's a good reflection on supervisors who are monitoring the metrics and ensuring things are being done correctly."

Dominguez expressed his thanks and gratitude to the entire YPG workforce, because without hard work and dedication put forth, receiving these awards would not be possible.

Next Outpost
deadline is
noon
August 19th

YPG team trains for emergencies

by Mark Schauer

When a record-breaking storm forced the evacuation of more than 400 YPG employees from the Kofa Firing Range this past January, the successful operation was implemented without a hitch thanks to a coordinated effort by scores of YPG employees managed by an emergency operations center. In addition to the evacuation, senior leaders coordinated the safe evacuation of the workforce from other areas of the installation, the return of young YPG residents attending schools off post and the establishment of shelters for post residents in the event the housing area flooded, all while maintaining power lines amid fierce winds and preventing roads from being washed away.

YPG trains frequently for such operations and was well-prepared when 35 members of the YPG team engaged in a two-day training seminar on emergency management and force protection in preparation for a two-day exercise to be held in October.

"It's a good training event," said YPG Command Sgt. Maj. Forbes Daniels, who attended the training. "It helps point out and identify our strengths and weaknesses so that we can more rapidly and sensibly respond to future incidents."

"It's a good way to look at potential incidents and learn what your organization's role is," added Garrison Manager Rick Martin. "As we have learned from experience, it is not a



Joseph Lowder, instructor, lectures during the two-day training seminar on emergency management and force protection to approximately 45 members of the YPG Emergency Operation Center's team. (Photo by Mark Schauer)

question of whether there will be an emergency, but when."

The attendees heard briefings from five experts in force protection and security, and engaged in lengthy, realistic table top exercises that imagined in realtime YPG being threatened by a raging wildfire, menaced by a poisonous plume from an overturned pesticide truck, and attacked by a berserk gunman. During these exercises, participants reacted as though they were actually in the EOC or in the field at the incident site during the crises, sitting in distant corners from each other and "radioing" back and forth as necessary for information, advice and directions.

"We're not teachers or lecturers, we're facilitators," said Joe Lowder, who helped conduct the training. "We've been proud of what every

participant has done to improve his or her capability to respond to crisis events. It is a testament to the dedication and professionalism of the entire

"It's a good way to look at potential incidents and learn what your organization's role is. As we have learned from experience, it is not a question of whether there will be an emergency, but when."

Rick Martin, Garrison Manager

YPG team."

Every installation in the Army receives this training at least once every two years, but the graded exercise that caps it is tailored to fit the needs and realities of a given base, with extensive input from the garrison manager. This ensures that the exercise is relevant for those involved: YPG, for example, would not be served by training for a severe ice storm or volcanic eruption.

Many participants noted the additional benefit of broadening the training to bring in new faces for a realistic training experience.

"What's healthy here is that there are a lot of new people getting an education about what to expect, what their role is, and what our capabilities are," said Manuel Enriquez, YPG's anti-terrorism officer. "You really see the 'One Team YPG' concept in action here."

"I think the training was most informative," added security specialist Joyce Gordon, who attended for the first time. "It's gotten me intrigued and more involved."

"The trainers are very knowledgeable," said garrison safety officer Ron Van Why, who formerly worked for the Department of Homeland Security and is a certified Federal Emergency Management Administration incident commander. "It is especially valuable for new attendees to share in the team building and learn who to turn to for support in a crisis."

Salvage (Continued from page 1)

to work on the vehicles.

Situated under an outdoor canopy that protects him from the hot sun, Powell completes an inspection of each required vehicle and makes an assessment of the vehicle's functionality, before bringing the tools out.

"Depending on test requirements, I may stage a vehicle as a stationary placement if the vehicle is inoperable and it's not cost effective to repair it," Powell said. "In other situations, if a test requires a vehicle to be driven on a course, my job is to ensure it operates properly. I'll make all necessary repairs to get the vehicle moving." If a test requires a certain type of vehicle, he checks the database and locates a vehicle by year, make, model, vehicle identification number, and any other pertinent information.

To simulate a combat zone scenario during testing, a small fleet of

loaned military vehicles are kept in the salvaged vehicle compound, such as Humvees and several types of trucks. However, when these vehicles require repairs or maintenance, it is performed by maintenance workers in YPG's vehicle maintenance shop.

Throughout each day, Powell remains busy scheduling vehicles for testing when he's not making repairs, or he may be called out to aid a customer in distress. "There have been times when a test customer may lock the keys inside a vehicle or get a flat tire, so I'll assist by getting him or her back on the road," he said. "It's kind of like having a mobile vehicle service because things may occur at a moment's notice."

Working on one vehicle at a time, Powell works at a steady pace. Some days are more hectic than others, with vehicles failing during a test

mission or other situations cropping up. However, being a certified forklift driver and trained in hazardous waste materials in addition to having completed all mandatory safety courses, he is always prepared for the inevitable.

"If I assign a vehicle to a certain test and it breaks down, I'll go to the site, fix the problem or I'll have to find a replacement vehicle, load it on a forklift and drive it to the site," he said. "I'm equipped with tools like any typical neighborhood garage."

In the large fleet of vehicles Powell maintains, there are some that are completely inoperable while others require only minor repairs such as a new battery or brakes. Most inoperable vehicles are used for demolition during testing. To prepare a vehicle for demolition, Powell drains it of all its fluids, such as brake, trans-

mission and gasoline. Once fluids are collected in separate containers, they are sealed and transported to the hazardous materials building for proper disposal.

Having a dream job is a desire many, if not most. For Powell, a self-motivated, self-taught auto mechanic who learned mechanic basics in high school, repairing vehicles in his spare time has become a thing of the past. Powell attributes his past experience as a hobbyist who worked on cars for enjoyment to finding his niche in life.

"I don't work on cars on the side anymore because I do it for a living," Powell said with a smile. "I really enjoy what I do and, though things get hectic at times, it's okay. Everything is controllable and I get great satisfaction knowing what I do is contributing to the war fighter. That's a great feeling."



NACCITEC purchased this fleet of vehicles from the U.S. Border Patrol's seized vehicles inventory. They are stored at YPG's NACCITEC fleet yard and are ready to use for conducting explosive test missions. To simulate a combat zone scenario during testing, a small fleet of loaned military vehicles is kept in the salvaged vehicle compound as well. (Photo by Mary Flores)

Venerable howitzer tested at YPG

by Mark Schauer

Somewhere in Iraq or Afghanistan, crews of several artillery batteries sit shaded from the sweltering sun only by camouflage netting. Peeking from beneath the speckled tan of each is the barrel of a M119 howitzer, and all of them were transported to this site in preparation of an attack on an insurgent stronghold. The set-up was quick: relatively light, the two-ton weapon can be transported by Humvee, 2.5 ton truck, helicopter or cargo plane. In particularly inhospitable terrain like much of Afghanistan, the weapon can even be delivered by parachute. Unlike other artillery pieces, it isn't necessary for the crew to dig a recoil pit to accommodate the weapon's fierce kick when firing.

In the command tent, the radio crackles: forward observers several miles away in the mountains overlooking the objective are calling in coordinates. The section leaders use a laptop computer to quickly calculate and triple-check trajectories for the barrage of steel they are about to send toward the target, then pass them on to each battery. The silence is broken by the non-stop thunder of the guns as the crews of each battery rapidly loads and rams a heavy cartridge, fires the weapon, then ejects the smoking-hot cartridge and repeats the process. When the guns fall silent three minutes later, each weapon has pockmarked the target with 15 105 mm projectiles, and the insurgent stronghold is easily taken by a squad of infantrymen.

It isn't the biggest or the best, but the easily portable M119 continues to play a vital role in operations overseas even after decades of service. The compact artillery piece has been updated twice in the past two decades and both overhauls were extensively tested at Yuma Proving Ground prior to being fielded. Today, the final stop of a newly manufactured M119A2 prior to being issued to a unit overseas is at YPG



Weapons maintenance mechanic Jose Roque inspects a recently fired M119 howitzer. YPG evaluators pay particular attention to the weapon's recoil during test fires: a recoil that is not to specification can quickly cause other problems in the system, which could prove fatal to troops in the field.

to undergo rigorous tests to confirm its performance.

"We do acceptance testing of the M119 on a weekly basis," said Richard Bloomfield, a munitions and weapons test officer who has worked almost

exclusively on the M119 for the past three years. "We test the new guns, then ship them to wherever they are fielded if they pass the tests."

The weapons are urgently needed in theater, so the entire process is

completed in a matter of weeks. Upon arrival, the M119 is subjected to a scrupulous pre-inspection to ensure it can be fired safely. During the evaluation itself, the M119 is pushed to its limit, with test fires conducted using cartridges with maximum powder charges and aiming the weapon's tube at its steepest possible angles and elevations. Evaluators pay particular attention to the weapon's recoil during test fires: a recoil that is not to specification can quickly cause other problems in the system. Once the testing is complete and the weapon has proven it performs to specifications, a careful post-test inspection is conducted and the gun is shipped to wherever in the world American Soldiers need it.

Acceptance testing is a major part of the M119 workload at YPG, but evaluators are also hard at work integrating a digital fire control system into the weapon. Though he has a personal preference for the M102 howitzer he was stationed on while in uniform, Wayne Schilders, chief of weapons operation, admires the M119's recent improvements, from the new fire control system to the elimination of eight platform stakes that were needed to set-up the weapon.

"The M119 is made to be maneuvered quickly," Schilders said. "It is a lot easier to emplace and has added safety features like an emergency brake that stops it if it breaks free from the transport vehicle. It has a beefier recoil and can shoot rocket-assisted cartridges. The digital fire control system is another big plus."

The M119 continues to prove its worth as a portable and versatile howitzer in theater, securing its place in the United States' arsenal wherever firepower is needed rapidly.

"The M119 is frequently used in theater and improvements are being made constantly," said Bloomfield. "I think M119 testing at YPG will continue for many years."



Though not the biggest howitzer in the Army inventory, Soldiers like these undergoing training at YPG from Fort Drum, N.Y., find the M119's portability useful. The weapon is light enough to be parachuted into inhospitable mountain terrain found in places like Afghanistan, and can be easily and rapidly emplaced for use. (Photos by Mark Schauer)

Safety Corner

Are we putting our best foot forward?

Most people don't think much about their feet – until they begin to hurt. Damage to even one bone, ligament, or muscle in the foot can be very painful and make it difficult or impossible for you to keep on your feet and do your job. Unfortunately, statistics tell us that work-related foot injuries are common. For the past several years during Yuma Proving Ground's annual Safety Awareness Week, the Safety Office scheduled classes on proper foot care. The following will explain how foot injuries can occur.

Foot injuries can result from:

Broken bones caused by heavy falling or rolling objects.

Bruises and stubbed toes caused by bumps.

Puncture wounds from sharp objects.

Sprains from slips and falls.

Amputations caused by machinery and tools.

Burns from hot or hazardous substances.

Depending on the hazard, you need to wear foot protection, such as:

Rubber or wooden soled shoes for wet or slippery surfaces.

Reinforced, impact-resistant work shoes or boots to protect feet and toes from being bruised or crushed.

Rubber or neoprene boots to protect against chemical hazards.

Metal insoles or reinforced soles to protect against punctures.

Non-conducting shoes, with no metal or nails, for working around electricity.

Metatarsal footwear to protect the foot from dropped objects.

Even when protective footwear isn't needed, work footwear should:

Fit comfortably, without slipping or pinching the foot or toes.

Be solidly constructed or sturdy materials that can resist wear and tear.

Provide good foot support.

Have low heels and nonskid soles for good traction.

Be in good condition, with no rips or holes.

Fasten securely; laces shouldn't drag on the floor.

Follow these safety rules to protect your feet on the job at all times:

Identify foot hazards for your job and select the proper foot protection.

Always wear appropriate foot protection whenever there's a risk of foot injury.

Keep alert to foot hazards and avoid careless or risky behavior that could result in a foot injury.

Watch where you're going and walk, don't run, from place to place.

Always pay attention to where you place both your feet.

The YPG Safety Office has various videos and pamphlets on Personal Protective Equipment. We invite you to stop by and take advantage of these materials.

Communication tips for military couples

submitted by **Paul J. Kilanski, Family Advocacy Program Specialist**

Military couples may deal with more stress than many other couples. Moving, deployment and parenting while your spouse is away can take a toll on even the best relationship. These tips can help military couples keep their relationship strong.

Make time to communicate. Spend a little time each day talking. Listen closely. If you are thinking about what to say, you're not listening. Be aware of your body language and tone of voice. Crossed arms, scowling or a harsh tone can make you seem unwilling to listen.

Don't let conflicts become fights. Conflicts about money, intimacy, parenting, moving or deployment are common. To keep it positive; stay focused. Avoid talking when you are tired, stressed or in a hurry. Work for a solution you can both live with. Try to understand both sides. Resist blaming. If your talk gets heated, take a break. Come back to the discussion after you have both cooled down.

If your spouse shuts down don't assume he or she is angry with you. The person may be upset about something or someone else. Service members may prefer to talk with their military

buddies. They may want to protect you from wartime details. Your spouse may not open up if he or she thinks you will reject or get defensive about what is said. Try to respect his or her opinion even if you disagree.

The long separations of deployment can create tension. Talking things through before and during the deployment can make it more positive for everyone. Before you say goodbye, spend time with each family member. Say goodbye individually. Exchange items with a special meaning as a reminder while you are apart.

Stay connected. Being apart can be tough. Staying in touch on a regular basis can help. Be creative. Send letters and emails. Send audio tapes and videos. Make a family website. When you can, talk honestly about everyday life. This can help both of you feel more connected.

Help kids cope. Remind children that the parent is trained and ready to do his or her job. Have regular, honest, age-appropriate talks. If they're upset, ask questions to find the root of their fears. Talk often about the deployed parent. Follow your child's lead. Give a little information to see how he or she responds before giving more. Older children may want to write thoughts or concerns in a

(See Communications on page 8)

Viewpoints

Since 1988, the Yuma Proving Ground Library has hosted the "summer reading program" for local students and adults. This year we asked a few participants what inspires you to read?



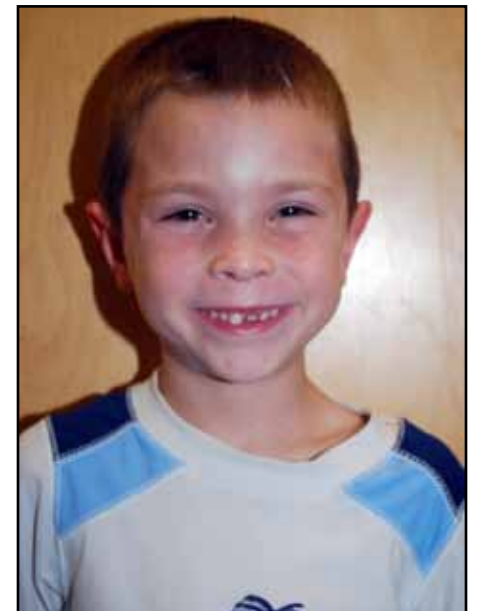
Hollie Freeman, 5th grader at James B. Price School: I like to read in the program because you receive rewards. Plus, reading gives you action in your head when you read. This is my second time participating in the program and I plan to do it again next summer.



Billy Amerson, 6th grader at Castle Dome Middle School: This is my fourth summer in the program and I only got five hours in this summer. I like to read because it gives me something to do instead of playing computer games. Sometimes my mom reads with me. I like adventure stories.



Monica Hallahan, 6th grader, Ron Watson Middle School: Reading makes me think what it would be like to be in the story I'm reading. It would be so cool to live out everything I read. Also, I'm writing my own stories and reading helps me write better. This is my fourth summer in the YPG reading program. I have participated in other library programs as well.



Olin Pakkala, 1st grader, James B. Price School: I like to read because I want to learn more stuff about animals. I would like to be a zoo keeper when I grow up and the giraffe is my favorite animal.



John Webb, 2nd grader at James B. Price School: I like to read because it's easy and my favorite story book was "Diary of a Wimpy Kid." I think I read three hours this summer.



Ricki Guette, 11th grader at Gila Ridge High School: I like to read because it's kind of like a television in my head and books take me to different places. I love using my imagination with everything I read.

New parent support program

by Rob McIlvaine, FMWRC Public Affairs

"Heroes at Home," a Department of Defense (DoD)-funded program in partnership with the Parents as Teachers National Center, will be transitioning to the New Parent Support Program (NPSP), a family services program run by the Family and Morale, Welfare and Recreation Command.

This transition will be accomplished by September 30, and affects about 1,200 families at 23 garrisons across the U.S., Hawaii and Alaska.

In June 2007, the Department of the Army was designated the executive agent for Parents as Teachers "Heroes at Home" (PAT-HAH), a DoD-directed and -funded program that supported military families with children from conception to five years old. Although both programs provide resources to enhance healthy individual and family functioning, the Defense Department notified all military branches in January of this year that funding for PAT-HAH would be discontinued.

"The Army recognizes the importance of programs that support Soldiers and parents," FMWRC Commanding General Maj. Gen. Reuben D. Jones said in an open letter to parents.

"While PAT-HAH has been well received by Army families, funding for this program will continue through September 30. On that day, the Army will continue to support parents and families utilizing the New Parent Support Program," Jones continued in his letter.

Army staff at multiple levels and across Child, Youth & School Services and Army Community Service will work during the transition process to ensure the Army meets its commitment to provide Family programs and services that enhance Soldier and family readiness, in alignment with the Army Family Covenant.

New Army families interested in parent support programs will be referred to the NPSP directly.

"Participation in the NPSP is voluntary. If existing PAT-HAH parents would like to participate, Army Community Service, Child, Youth and School Services, and their parent educator will develop a transition plan and prepare them for services under the NPSP, or community-based services of their choice," CYSS specialist Richard Miller said.

The New Parent Support Program services are provided by experienced, licensed, clinical social workers and registered nurses who have extensive experience working with families with young children and who are sensitive to the unique challenges facing military families.

This ACS parent support program helps families adapt to military life and is designed to: enhance knowledge and skills to promote healthy family interaction; form healthy relationships; provide safe and nurturing environments for children; and enhance family support networks.

Program activities include screening, play groups, support groups, deployment briefs, reunion to name a few. A NPSP home visitor will work with the family to determine which services would be most appropriate.

Existing PAT-HAH families should inform their parent educator of their interest to participate in NPSP by August 31.

"While we anticipate this transition will be a seamless process, change can be difficult. We will continue to fully support the individual's role as a parent and as a Soldier under the Army Family Covenant," Jones concluded in his letter to parents.

For more information, contact the local CYSS, garrison Family Advocacy Program Manager or Parent Educator to discuss NPSP and other services offered to Army Families by ACS.

Summer time reading made fun, competitive



Top photo (Pre-schoolers): Over 50 students participated in the summer reading program, sponsored by the Yuma Proving Ground Library. Top readers were awarded certificates of achievement by Deanna Boyer, library technician (left), and head librarian Carol Cowperthwaite. "This program is meant to encourage parents and students to continue reading even through the summer" said Boyer. "It's not how many books you read but the quality of time spent reading." Top readers in the pre-school age children category are Sophia Rosa with 61 hours (center), Milana Boesch, 42 hours, and Alivia Pakkala, 15 hours. Middle photo (teenage and adult category): Other top readers included: Hollie Freeman, who read 55 hours, Monika Hallahan, 22 hours, and Olin Pakkala, 10 hours. Top readers in the teen/adult category; Ricki Guiette, 11th grader at Castle Dome High School, read 38 hours while, Mary Hallahan (adult reader) read 68 hours. (Photos by Mary Flores)



In conjunction with the summer reading program, Doreen Conner, director of the Child Development Center, took time to read an exciting and imaginative story to pre-school and school age children. The summer reading program has been taking place at YPG since 1988.



Venomous encounter

Early one morning, a YPG employee was downrange doing some post-test range cleanup when he noticed this rattlesnake. As he was disassembling target panels, the snake struck his hand on which, fortunately, was a thick leather glove. Given the noise, the snake was agitated and frightened. His fangs did not penetrate the glove, but it did leave venom behind. A warning to those downrange: become aware of possible hazardous situations that are not obvious. Had it not been for the proper protective equipment this employee was using, this incident might have had a different ending. (Loaned photo)

Directorate of Family, Morale, Welfare & Recreation Happenings

**26 AUGUST 2010 - 1530 HOURS
POST THEATRE**

COMEDIAN
Bernie
McGrenahan
presents

LIVE
Stand-Up
Comedy Show

with a
Powerful, &
Inspirational
Message

HAPPY HOUR
5:00 PM - 7:00 PM
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FOR MORE INFORMATION, CONTACT ARMY SUBSTANCE ABUSE PROGRAM AT 328-2249,
ACS 328-3224 OR EMAIL YPGSAPP@US.ARMY.MIL.

No one under 17 admitted. Age 17 must be accompanied by a parent or guardian.

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Career (Continued from page 2)

people would stay in the same job for 30 years or so, but things are different now," said Walsh-Brown. "In today's world, it's very competitive and employees experience more of a transitional period because they stay in jobs for three years or so, then move on to something different. In addition, what you know today may not be what you necessarily need to know tomorrow. It's always beneficial to maintain current your skills and stay up-to-date with career changes."

For more information on continuing your college education call the YPG Education Center at 328-2470.

Heritage (Continued from page 3)

"Last summer, we received a donation of a model 1874 Shiloh Sharps rifle from a group of engineers who tested it here in 1992," said Greeley. The original Sharps rifle was used in 1874 at the "Battle of Adobe Walls," which took place in the Texas panhandle. The rifle was purported to make an incredible shot at the time, accurately striking a man at tremendous distance.

When items are donated at the Heritage Center, not all are found to be authentic. Relying heavily on his historical expertise, Greeley is ready to spot reproductions. He remembers a set of old uniforms that were once donated. Heritage Center officials noticed chevrons on the uniform were six millimeters wide instead of four millimeters wide, which proved it to be a replica, though the buttons were original. The uniform in question was purchased from a company that made uniforms for the movie "Saving Private Ryan."

With an abundance of items waiting to be placed on display, hundreds are put in metal storage containers, each item numbered and each container numbered. Greeley and

Heidner are accountable for each item and enjoy using them in exhibits whenever possible.

"We like to rotate things, keeping our displays fresh," said Greeley. He points out that rotating uniforms actually helps preserve them, for it keeps them out of constant direct light, which produces fading.

With every job there are challenges, and for Greeley, keeping pesky critters from eating through uniforms is something he knows how to deal with. He does this by placing clothing articles in sealed plastic bags, then placing them inside a freezer. This causes moths, bugs or other insects to die off.

Visiting the Heritage Center can be quite an experience for people of all ages. Plan to take a few hours to visit, travel through time, cool off and learn the history of Yuma Proving Ground and the role it plays in the test and development of equipment for the warfighter. To set up a tour or to visit the Heritage Center, call (928) 328-3394. Admission to the Heritage Center is free and hours of operation are Monday through Friday, 10 a.m. to 4 p.m.

Communications (Continued from page 6)

journal. This may help them sort through their feelings.

Be prepared for the homecoming. Reunions may be awkward. Homecomings are often joyful but they can also be stressful. Don't worry; it's common to have mixed feelings about reuniting. Be patient. It takes time to get into the rhythm of being a family again. Be open and honest in talking about why you feel nervous, scared and happy. Be positive and praise your spouse and family for what they accomplished during the deployment. Reassure the service member that he or she was missed.

Military couples face unique challenges and circumstances that may strain their relationships. If problems persist you can contact your military family service or support center, chaplain or medical provider for help.



Steve Greeley shows the 1874 Shiloh Sharps rifle that was donated to the museum by a group of engineers who tested at Yuma Proving Ground in 1992. The powerful rifle earned a tremendous reputation. (Photo by Mary Flores)