

# 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

YPG Website: [www.yuma.army.mil](http://www.yuma.army.mil)

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DEPARTMENT OF THE ARMY  
UNITED STATES ARMY YUMA PROVING GROUND  
301 C STREET  
YUMA AZ 85305-9498


REPLY TO  
ATTENTION OF  
TEDT-YP-CO

6 December 2010

MEMORANDUM FOR ALL YPG PERSONNEL

SUBJECT: Commander's Holiday Season Safety Message

1. We are approaching the holiday season and New Year's celebration. This is a time for joyous celebrations, festive parties, traveling, and visiting friends and relatives. Unfortunately, it is also a period with an increased potential for serious accidents. Remember to practice risk management tips when planning holiday activities.
2. Many of us will hit the skyways and highways to be with loved ones in other parts of the world. Because of an increased possibility of terrorist attacks against Americans abroad, stay vigilant and do not let your guard down during your travels, regardless if it's international or domestic. Please take extra precautions to protect yourself and your Family. I also ask that you remember those service members and support personnel who are away engaged in protecting our freedom, and cannot be with their Families.
3. Accident potential also exists in the home. Ensure holiday decorations do not present a fire risk. Lighted candles should never be left unattended. Do not overload electrical circuits. If you are using a live tree, ensure it is watered regularly. Ensure smoke detectors are working properly. Fire safety must never be ignored.
4. If hosting a party, be responsible and attentive to the alcohol consumption of your guests. Ensure designated drivers are available for persons who drink, or provide accommodations for the guests to sleep over. Please go a step further and insist designated drivers avoid any alcohol consumption during the social event.
5. Enjoy your holiday season. I look forward to seeing you well rested and committed for another excellent year. The most joyous season of all is a safe one! Please remember, "NOBODY GETS HURT."

  
THOMAS L. PAYNE  
COL, FA  
Commanding



## Commentary

# Hectic modern Christmas retains charm

by Chuck Wullenjohn

Here we are, starting the second decade of the 21st century and it seems like just yesterday we were preparing for the untold disasters awaiting society when we moved into the year 2000. That quickly fizzled, as we all know. Life passes by too fast.

I moved to Yuma in 1989, which makes me far from a native, but must earn me some sort of honorary award as a longtime desert dweller. I always think back to my youth this time of year and marvel at how much the trappings of society have changed. Something that never fails to strike me is one that has bothered me for years, but continues to worsen -- the Christmas season begins earlier each year, driven by a marketing drumbeat that continues to thump louder and louder.

When I opened the Sunday newspaper back on October 31st, Halloween, a barrage of Christmas advertising filled with holly, Santa and wishes for a happy season met me. That night when a friend of mine ran out of candy to hand out to trick-or-treaters, he rushed to the local store to discover that the Halloween candy displays had already been torn down and replaced with Christmas

(See Hectic Christmas on page 8)



# News Notes

## Anti-terrorism exercise slated for Dec. 14

An anti-terrorism exercise will take place the morning of 14 December. Temporary traffic interruptions may occur. Further information will be provided by e-mail messages before and during the exercise. If you have questions in the meantime, call x2499.

## Voluntary Leave Transfer Program update

The Voluntary Leave Transfer Program (VLTP) is a way to donate annual leave to co-workers who are experiencing a medical emergency (their own or a family member's emergency) and do not have enough leave to cover their absences. These employees have used or will use all sick and annual leave before being eligible to receive donations.

**YPG currently has 12 employees on the VLTP recipient list:**

- Howard Cart, Logistics, shoulder surgery
- Michelle Cruz, Yuma CPAC, complications during pregnancy
- Rosa Dayton, MWR, back surgery
- Lorraine Hernandez, Yuma NEC, providing emergency care for father
- Robert "Ski" Kolinsky, YTC, surgery from lumbo-sacral radiculopathy
- Teresa Lanham, CRTC, degenerative spinal issues
- Ursula Packham, YTC, birth of child
- Maribel Ruble, MICC (Contracting), complications during pregnancy
- Robert Trujillo, YTC, motorcycle accident and subsequent surgeries
- Jesse White, YTC, cancer surgery
- Lisa Williams, Mission RM
- Clara Zachgo, CRTC, pregnancy and childbirth

Any donation will be appreciated by the recipient. You can donate as little as one hour of annual leave or as much as one half of what you accrue in a leave year, although you must be able to use "use or lose" annual leave before the end of the leave year. If you are interested in donating annual leave to your co-worker, just complete Optional Form 630-A and forward it back to the CPAC. They'll see the donation gets to the appropriate recipient.

### Legal Assistance Note

## Stop marketing phone calls

How many times have you settled in at home for a meal, to watch tv, etc., and the phone rings... With yet another "telemarketer," Would you like to STOP most of those calls?

For those who missed the news, the federal government has a new program by which you can "register" your phone number with the government. Once the registration is effective, most telemarketers are then prohibited from calling your telephone number. You can register your phone number "online" at <http://www.donotcall.gov/default.aspx>

This website belongs to the federal government. There is no cost to you for this program. If you register your phone number, the ban on unsolicited calls to your number would go into effect 31 days later.



Once your registration is effective, if you receive a telemarketing call, ask and make note of the marketer's phone number, company represented, employee identification, etc. At the federal registration website, there are instructions on filing a complaint.

## New employment tool

Effective October 31, employees can log into Self Service My Biz, via the Defense Civilian Personnel Data System Portal at <https://compo.dcpds.cpmos.osd.mil>, to provide proof of their employment and/or salary information to organizations or persons.

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# M-ATV highlights Yuma Veterans Day parade



**Before heading down the Veterans Day parade route in the Mine Resistant Ambush Protected-All Terrain Vehicle, Robert Christensen, vehicle test operator, proudly greets Army veteran George Martinez. (Photo by Mary Flores)**

by Mary F. Flores

When Robert Christensen, vehicle test operator, began working at Yuma Proving Ground two years ago, the idea of driving a Mine Resistant Ambush Protected - All Terrain Vehicle (M-ATV) in a parade was the farthest thought from his mind. His normal day to day routine includes driving vehicles through hundreds of miles of rugged, dusty, hilly courses for the purpose of testing durability, dependability and overall vehicle performance.

But things were different this past November 11th, Veterans Day. With temperatures below 60 degrees

and wildly blowing winds of up to 20 miles per hour, thousands of patriotic spectators lined the streets of Yuma to watch a parade honoring the men and women who have defended our country and continue to do so today.

"I was up early in the morning researching Veterans Day on the Internet to find famous quotes and refresh my memory," Christensen said. "Participating in the parade gave me a sense of honor and gratitude. I'm pleased to be part of such a significant holiday."

Prior to his employment at YPG, Christensen served as an Army reservist in the 144<sup>th</sup> Transportation Battalion in Tacoma, Wash., where **(See M-ATV on page 6)**



## UNITED STATES ARMY YUMA PROVING GROUND SERVICE WINTER FORMAL



**LOCATION: ARIZONA WESTERN COLLEGE (AWC, BLDG. 3C)**  
**WHEN: 05 FEBRUARY 2011**  
**TIME: 1800 - 2300**  
**TICKETS: \$35.00 (IF PURCHASED BY 30 DEC 2010)**  
**\$40.00 (1-20 JAN 2011, LAST DAY FOR SALES)**  
**TICKET SALES: CMD GRP, BLDG. 2105 X6110**  
**PAO, BLDG. 2100 X6533**  
**EEO, BLDG. 303 X2736**  
**LAAF, BLDG. 3021 X6102**  
**M&W, BLDG. 3185 X6127**

**CHECKS PAYABLE TO FMWR**  
**OPEN TO ALL YPG MILITARY, CIVILIANS & CONTRACTORS**



## GIFTS

*For more information on meal choices and dress attire, call the phone numbers listed above.*

# Globetrotting director brings vast experience to YPG

by Mary F. Flores

Having traveled throughout most of the United States and many countries in Europe and Asia, James Einwaechter, director for the Directorate of Public Works (DPW), brings diversity, synergism and zeal for future planning and growth to Yuma Proving Ground.

After serving several months as DPW's director, the military career engineer, who served over 20 years as an Air Force civil engineer officer, adds an abundance of experience and knowledge to the YPG team from his many and diverse experiences.

Many people believe traveling and seeing things first-hand is much more educational and rewarding than reading about it. Einwaechter agrees. He has traveled extensively, making Germany, Portugal, Korea and Japan his home at separate times. After his retirement from the Air Force in February 1992, Einwaechter began his civil service career, recently completing more than 18 years of service.

In his last station, Einwaechter was director of Public Works at U.S. Army Garrison Hohenfels, Germany, where he led a 250 person workforce, responsible for public work support to a military community of 9,000. There he oversaw the planning, programming, design, construction, operation and maintenance of a 4.4 million square-foot plant, spanning 40,000 acres to support the home of one of the Army's largest joint, combined training facilities. He also oversaw environmental, housing and DPW logistical support services.

Since his arrival at YPG this past August, Einwaechter has spent countless hours settling into his new digs, getting acquainted with others and studying the overarching mission of the proving ground. In addition, he has kept busy attending meetings and traveled to several job sites in the field to view projects first-hand.

"I'm really impressed with the quality of service provided by the employees of YPG," Einwaechter said with a smile. "I find the working relationship between commanders, support leaders and garrison leadership to be positive, and I rely heavily on my managers and employees for their talent and ingenuity. I'm enthused about future plans to improve the quality of life for Soldiers and their Families."

Nearly double the size of his last duty station, Einwaechter is responsible for the maintenance and facilities at the 1300 square mile proving ground where hundreds of tests are conducted on nearly everything in the ground combat arsenal. YPG's ranges and facilities include 2000 square miles of restricted air space, six airfields, the longest overland artillery range in the nation, and 1000 miles of paved and unpaved roads.

In addition, Einwaechter oversees six departments and 33 employees who support operations and maintenance, environmental sciences, business operations, master planning and engineering, working closely with contractors and the Army Corps of



**Jim Einwaechter, director of Public Works brings much diversity to the installation and workforce. (Photo by Mary Flores)**

Engineers.

"One of the challenges DPW has faced internally within the past six months, has been an unprecedented turnover in key leadership positions," he said. "Four of the six divisions within DPW have new division chiefs and the recent transition period had some employees performing double duty. I'm impressed that these employees were able to sustain and support customers, while always providing excellent service during a major turnover in personnel."

Einwaechter says he is excited about the implementation of future projects that will further reduce energy consumption at YPG. Some of these projects include the installation of additional building and lighting controls; advanced electrical and water meters; prismatic day lighting in maintenance buildings and additional photovoltaic arrays. Other future projects include the continuation of replacing older equipment which will also result in energy savings.

"The operation tempo here at YPG, I feel, is much more dynamic than in Garrison Hohenfels, Germany," Einwaechter said. "Based on YPG's mission and the fact that customers come here for testing and evaluation on short notice, Public Works must provide immediate and efficient support to complete the mission."

Aspiring to retire someday, Einwaechter says he looks forward to a long career at YPG where he finds most everyone he meets to be friendly and supportive. In his spare time, he enjoys relaxing with his wife, Luella, and their two daughters, Andrea and Jessica. In the future, he plans to squeeze in more leisurely travel.

*Next Outpost  
deadline  
is noon  
December  
29th*

# YPG's test optics highlighted at recent meeting

by Mark Schauer

Since 1957, the Range Commanders Council (RCC) has brought together personnel from 20 different test facilities across the United States and Canada, including Yuma Proving Ground. The group's biannual conference, which attracted about 50 RCC members, was recently hosted by YPG for the first time since 2005.

"During the meetings we devise and coordinate procedures for carrying out inter-range operations, study range support requirements to identify future capability needs, and exchange information and ideas," said Adam Austin, one of YPG's members from the optics group who helped organize the event. "The primary purpose is to share information and technology."

The RCC is comprised of 13 different working groups in fields like telemetry and meteorology. For this meeting, the optical systems group took center stage. From the slow motion instant replay on a televised football game to artistic images of a single drop of water in movies and commercials, high speed cameras capable of filming more than 500,000 frames per second are a ubiquitous feature of modern media. They also help weapons testers capture events like the firing of an artillery cartridge for review of its performance before

it is put into troops' hands.

"Optics is an extremely important component of tests of anything, from parachutes to munitions to personnel equipment," said Austin. "With high speed cameras, you can see what is going wrong with an item before it goes into the field."

It is also expensive. A camera capable of capturing 100,000 frames per second routinely costs in excess of \$500,000, as do Forward Looking Infrared (FLIR) devices. The opportunity for RCC members to see vendors display the latest equipment as they confer with optics personnel from other test ranges is a valuable and cost-effective way to find suitable gear before spending a substantial amount of money. Some attendees, including Austin, also take the opportunity to display specialized mounts and other equipment of their own design that they utilize on the test range.

"The newer technology you have, the better the test," said Austin. "Seeing it in action to ascertain whether it fits YPG's needs saves money."

The presence of the conference in Yuma also provided a tremendous boost to the community's struggling tourism industry. The 50 conferees and over 100 vendors occupied more than 85 percent of the rooms at Yuma's Hilton Garden Inn during the three-day event.

## ***A glimpse of 'heaven' right here on earth***



***The world is made up of many natural beauties such as sunsets, sunrises and colorful deserts with purple mountains majesty like the ones right here in our own state of Arizona. These types of natural beauties can be found across the United States, for example, this colorful and breath taking photo of the mountains in Virginia, was taken by Carol Baker a freelance photographer and family member of Glen Pinnell, a TRAX employee. The photo was captured right at sunrise and the colors only lasted for 15 minutes.***

# Environmental analyst teams with dogs for unique Alaska winter sport

by Mark Schauer

U.S. Army Cold Regions Test Center is charged with the important mission of ensuring that the equipment Soldiers depend on works in extremely cold environments, and its location in Alaska's wild interior provides plenty of opportunities to expose items to rigorous testing in frigid conditions that most of the world's citizens will never experience firsthand.

While such punishing weather is perfect for testing, the 40 full-time employees who support the mission, many of whom hail from other parts of the country, live, work and play through long winters that, at their depths, involve darkness during most of each day. Dogs have played an integral part in Alaska's pioneer history and continue to capture the imagination in events like the Iditarod, the race that pits dog teams and their mushers against each other on an 1100 mile odyssey across the nation's largest state. But for those who lack the time and means to train and care for a team of 16 dogs, the sport of skijoring is a practical alternative.

Ellen Clark, an environmental data analyst at CRTC, had never heard of the sport when she first came to Alaska 14 years ago, but quickly became an avid participant.

"I think more people would be interested in skijoring if they knew more about it," Clark said in a recent



**The sport of skijoring, which combines cross-country skiing and dog racing, is a fun and affordable way for Alaskans to enjoy that state's great winter outdoors. Here, Ellen Clark, a CRTC environmental data analyst, skijors with her Siberian huskies, Teko and Tenar, near Delta Junction, Alaska. "I think more people would be interested in skijoring if they knew more about it," Clark said. (Loaned photo)**

interview.

Skijoring combines cross-country skiing with dog racing. The cross country skier, using regular skis

and poles, is assisted by from one to three dogs. Both the skier and dogs wear harnesses and are connected to each other by a rope. Aside from this,

the only control over the dogs is the skier's voice commands and the dogs' innate desire to run on a trail. Though the dogs provide pulling power, the experience is not a passive one for the skier.

"You have to have pretty good balance," Clark said. "At the end of the run when the dogs are slowing down, you are actively skiing, so you have to be physically fit to some degree."

Clark started out with a Lab-Shepherd mix that she and her husband brought with them to Alaska. Eight years ago, Clark acquired a pair of Siberian huskies specifically for their considerable abilities as sled dogs. Despite this, however, the dogs require a certain degree of practice.

"They have to condition just like a human would, so in the fall when we first get snow, we run three to four miles in a single session," said Clark. "By the end of the winter I like to get up to about 15 miles. I've had to do very little in the way of training, for they innately have the desire to run. I keep the skijoring gear in a duffel bag, and when I touch the bag, they start barking with anticipation."

Though bears are hibernating throughout the winter, intrepid skijorers racing across the rural Alaskan wilderness must beware of moose, another large animal that defends its young aggressively whenever startled. Snowmobiles are another potential menace, too. But aside from contending with a broken ski boot about four miles from home, Clark hasn't had any bad experiences in the field.

The realities of her work schedule and Alaska's short winter days mean that most of Clark's skijoring runs take place in darkness, which can have rewards of its own.

"If the moon is out and there are no clouds and it isn't too cold, you don't need a headlamp," Clark said. "The moonlight reflects really well off of the snow and your eyes adjust. It is very quiet and the scenery can be really pretty."

Skijoring may be a solitary activity, but it is far from anti-social. For several years, Clark has organized and hosted Delta Dog Days, a non-competitive skijoring event that takes place near Delta Junction and usually draws about 20 enthusiasts from around interior Alaska. She typically chooses public recreational areas with ample, plowed parking areas as a starting point, for the private land of other skijorers is more likely to have deep, powdery snow in which cars tend to get stuck. After the course has been completed, Clark hosts a potluck for the participants. Clark says she prefers these types of events to the larger competitive races held in Fairbanks every winter.

On the whole, Clark finds skijoring a rewarding pursuit, though there are times when Alaska's brutal cold prohibits her from going on a run.

"It gives me something to do all winter long, at least when it's not too cold," said Clark. "My limit with the dogs is about 20 below zero, but I can ski by myself down to 40 below."

## New era in future planning comes to proving ground

by Mark Schauer

Since the beginning of military operations in Iraq and Afghanistan, YPG has experienced phenomenal growth. The Combat Automotive Division, for example, last year racked up nearly as many direct labor hours as did the entire proving ground a decade ago. Given the tremendous workload and additional projects coming soon, most are too busy accomplishing the current mission to contemplate the distant future.

Fortunately, the newly-created Strategic Planning Division is hard at work addressing this critical mat-

ter. Planners are eagerly seeking new innovations for YPG's practices that will enable the proving ground to perform well into the future its vital mission of testing equipment for the warfighter.

"One of the worst things you can do is accept the phrase, 'that's the way we've always done it,'" said Doug Snyder, chief of the division. "If you do that, you'll quickly become irrelevant. We should never be afraid to ask questions."

Though the division has existed less than five months, the team has hit the ground running. Many members of the workforce have noticed

the new long-term calendar on YPG's intranet page and employees who retire or leave the proving ground are now interviewed prior to their departure. The team is particularly pleased with the new strategic blog that can be accessed by all members of the workforce on the YPG intranet page. Ideas submitted here may well end up a topic of discussion at the new quarterly senior leaders' forum hosted by the strategic planning office.

"The strat blog allows the workforce to share thoughts on how to make YPG a better place," said Snyder. "I encourage people to share their ideas and challenge us."

Ideas generated in the quarterly senior leaders' forum are posted on a tab entitled 'the Forum' on the YPG intranet page. Here, the workforce can view items that were discussed, as well as a color-coded ranking that indicates the degree to which the ideas have been implemented. Many of the discussion points at the last forum concerned finding efficiencies within directorates to mitigate the impact of expected Department of Defense-wide spending cuts and continuing recruitment efforts at colleges and universities.

Snyder says efforts to bring more educational opportunities to Yuma would be in the best interest of YPG. "There are many technically-oriented



**Doug Snyder, YPG's Strategic Planning Division Chief, researches critical matters pertaining to future projects for YPG. (Photo by Mark Schauer)**

(See New era on page 6)

# The 24-hour 'eye in the sky' views threats from high above to save lives

by Mark Schauer

For the past two decades, a large aerostat balloon maintained by the U.S. Air Force has rivaled Castle Dome as a fixed point of reference over the southern portion of YPG's range. Providing an important link in the 'radar fence' along the international border that detects drug-smuggling airplanes, the same principle has been applied to supporting American forces in Iraq and Afghanistan.

For nearly a year, motorists traveling the isolated stretch of Highway 95 that passes through the northern most section of Yuma Proving Ground have been treated to the site of several more white blimps floating high above the desert floor. They look quaint and placid as they hover, but these dirigibles are being rigorously prepared for action overseas.

Persistent Ground Surveillance Systems (PGSS) marry the most cutting edge high-tech detection sensors to an inexpensive platform: an ordinary blimp. The moored lighter-than-air craft float as high as 3000 feet above the ground, lofting a sensor suite that allows ground controllers to continuously monitor a huge swath of land. It is 70 feet long and 25 feet in diameter while deployed, yet deflated it folds like a large tarp and fits inside a four foot by four foot case.

"It's a 24-hour eye in the sky," explained Shawn Greene, test officer in charge of the evaluation. "These aerostats can stay up longer and use less energy than other manned and unmanned aircraft."

After success with the similar Persistent Threat Detection System (PTDS) which overlooks cities and large installations, the Army was interested in fielding a scaled down, less expensive system suitable for smaller forward operating bases. The



**Persistent Ground Surveillance Systems (PGSS) marry cutting edge high-tech detection sensors to an ordinary blimp. The moored lighter-than-air craft can float as high as 3000 feet above the ground, lofting a sensor suite that allows ground controllers to continuously monitor a huge swath of land. "As soon as they're done at YPG, they'll be deployed to various points around the world," said Shawn Greene, the NACCITEC test officer in charge of the evaluation.**

inflated PGSS is slightly more than a third the size of the largest PTDS aerostat.

"This technology is smaller and considerably cheaper," said Greene. "It was not designed to compete with PTDS, but to supplement it."

The aerostat is inflated with helium, which is stored in long multi-

container tanker trucks and delivered to the aerostat's inflatable envelope by means of an ordinary looking hose. While in use, the aerostat is tethered to an armature on a long, portable mooring trailer. To prevent wind gusts from putting stress on the tether, the armature gently revolves in a strong breeze, rotating the entire

aerostat. The dirigible is raised and lowered with a winch.

The aerostats are at YPG for integration of sophisticated sensors and, ultimately, acceptance testing. During the evaluation, the sensor suite is subjected to the presence of various military and civilian vehicles and simulated insurgents with firearms, small artillery and explosives. Live fire is used to test acoustical sensors. The tests also measure for more mundane, but still important aspects of the system, such as ensuring that the sensors meet strict weight criteria.

"Potentially, we'll have three sites here, all of which is utilized for acceptance testing and training," said Greene. "As soon as they're done at YPG, they'll be deployed to various points around the world."

Despite its relative ease of use, deploying the craft is a job for half a dozen people, all of whom need to learn proper procedures. As testing progresses at YPG, teams of contractors who will ultimately be deployed overseas receive realistic training, down to the presence of a mock forward operating base constructed for the test. Here they learn how to inflate the craft, run the winch, operate the advanced detection sensors from their ground-based monitor station, and much more.

For their part, YPG testers involved with the project are excited by the system's capabilities and applications in theater.

"This system is another tool for the warfighter to bring to bear," said test officer Kevin Coulter. "The more eyes on the ground, the better off you are."



**PGSS systems are used to monitor the area around forward operating bases (FOB) overseas. To make the evaluation as realistic as possible, NACCITEC testers earlier this year constructed a large mock FOB, as seen here. During the test, the sensor suite is subjected to the presence of various military and civilian vehicles and simulated insurgents with firearms, small artillery and explosives. (Photos by Mark Schauer)**

# Viewpoint

## What is your favorite Christmas movie or book?



**Dawn Skelly, food service worker, Coyote Lanes:** My favorite movie is “Miracle on 34<sup>th</sup> Street,” because it makes you feel good and gives you hope. Just when a person thinks they have lost all hope, something beautiful happens. I believe the main character loses his job and everything goes wrong, but then he finds the real spirit of Christmas and everything turns out good in the end.



**J.C. Peters, bowling technician, Coyote Lanes :** My favorite Christmas movie is, “Rudolph the Red-Nosed Reindeer,” with Burl Ives as the narrator. I like this movie because it’s been one of my favorites since I was a kid and I still like to watch it. Watching this movie at Christmas time brings back good memories of my childhood.



**Alex Overstreet, senior at Gila Ridge High School:** The “Nightmare before Christmas,” by Tim Burton is my favorite movie because it’s animated and it’s a combination of many holidays wrapped into one. It has a little bit about Halloween, Thanksgiving, Easter and Christmas. I really enjoy watching it.



**Patrick Malloy, engineering technician for Data Acquisition Team Development:** My favorite movie is, “Scrooged,” with Bill Murray. It doesn’t get better than Bill Murray and I can identify with him. In the movie, he’s all about the commercial part of it then he comes around and finds the true meaning of Christmas.



**Beto Moreno, carpenter for Pyramid Services:** I really like the movie, “The Grinch,” with Jim Carey because I enjoy watching it with my children who are 15, 12, 9 and five years-old. Whenever I get free time, I enjoy watching it with my children.



**Sgt. Marc Salazar, NCOIC, Veterinarian Clinic:** My favorite book and movie is, “Christmas Carol,” because it was the first book my mom gave me and she used to read it to me. I also enjoy watching the movie because it’s a special time for me as it is also my birthday. I remember receiving gifts on Christmas Day and asking my parents, “Is this for my birthday or Christmas?”



**Anthony Albert, senior at Gila Ridge High School and AWC student:** My favorite and my mom’s favorite is, “Home Alone,” because I grew up watching that. I really like the part when the little kid beats up the bad guys or robbers. I watch it every chance I get.



**Mike Case, winter resident at Yuma Proving Ground:** I enjoy watching “The Santa Clause,” with Tim Allen because he’s a good actor and funny. I believe he took over for Robin Williams and I used to enjoy watching his sitcom, “Home Improvement.”

### New era (Continued from page 4)

folks who grow up in Yuma,” he observed. “It would be wonderful if they could obtain a four-year engineering degree at the Northern Arizona University-Yuma branch campus.”

The near-term goal of all of these projects is to use the ideas toward producing a functional strategic plan that serves as a blueprint for YPG’s future.

“We’re looking forward to assembling a meaningful, workable, living strategic plan,” said Snyder. But to

be able to plan effectively, you have to have a solid foundation.”

He insists that the YPG workforce is an important partner in ensuring the proving ground adapts to future needs and encourages ideas from all employees, particularly in advance of the next division leader’s forum in January.

“I hope folks share their ideas about YPG’s future on the blog,” Snyder said. “Make us work—we are ready to be challenged.”

### M-ATV (Continued from page 2)

he was a platoon sergeant in charge of mechanics for 13 years. In addition, he worked 15 years for Boeing Inc., as a mechanic and a certified mechanical engineer.

Receiving most of his work experience from on-the-job training and studying vehicle manuals, Christensen says he enjoys his job and feels it is extremely important for the mission of YPG and the troops.

As the M-ATV made its way down the parade route, YPG’s Command Sgt. Maj. Forbes Daniels sat in the cupola of the M-ATV, waving to the crowd. In addition, three Soldiers from the Health Clinic marched in

the parade.

“I feel my fellow civilian comrades and test vehicle operators deserve recognition and big thanks for the job they perform as well,” Christensen said. “On a daily basis, the work they perform can be dangerous due to the rugged terrain they travel on, the long hours they work and how the vehicles are pay loaded with weights ranging from 1,000 pounds up to 22,000 pounds or more. They deserve a big pat on the back for their dedication to the mission.”

# Air purifiers available at YPG Health Clinic

submitted by **Duane Hentges,**  
Industrial Hygienist

Millions of people suffer from allergies caused by everyday exposure to things like dust mites, pets and pollens. An estimated one out of three people have some form of allergies.

Many air quality complaints involve allergy-type symptoms with no clear source. In almost all instances, a High Efficiency Particulate Air (HEPA) purifier can be used to clean the air. The Yuma Proving Ground Health Clinic has acquired two HEPA air purifiers to loan out to YPG workers and residents.

## Indoor environments

Indoor environments are highly complex and building occupants may be exposed to a variety of irritants from office machines, cleaning products, and other common items. Other factors such as temperature, relative humidity, and ventilation levels can also affect how individuals respond to the indoor environment. Understanding the sources of indoor environmental contaminants and controlling them can often help prevent or resolve building-related occupant symptoms.

“Indoor environmental quality” refers to the quality of the air in an office or other building environment. Occupants are often concerned that they have symptoms or health conditions from exposure to contaminants in the buildings where they work or live. While research has shown that some respiratory symptoms and illnesses can be associated with buildings, it is still unclear what measurements of indoor contaminants show that occupants are at risk for disease. Research shows that building-related symptoms are associated with building characteristics, including dampness, cleanliness, and ventilation characteristics.

## What is an allergy?

Allergies are an abnormal response of the immune system. People who have allergies have an immune system that reacts to a usually harmless substance in the environment. This substance (pollen, mold, animal dander, etc.) is called an allergen.

## What are the symptoms of an allergic reaction?

Common symptoms of an allergic reaction to inhaled or skin allergens include:

- Itchy, watery eyes
- Sneezing

- Itchy, runny nose
- Rashes
- Feeling tired or ill
- Hives (a rash with raised red patches)

## Does everyone have allergies?

No. People inherit a tendency to be allergic, although not to any specific allergen. When one parent is allergic, their child has a 50 percent chance of having allergies. That risk jumps to 75 percent if both parents have allergies.

There are three general approaches to the treatment of allergic diseases: avoidance of the allergen, medication to relieve symptoms and allergy shots.

## Avoidance

Wear a pollen mask when mowing the grass or housecleaning.

Stay indoors in the morning (when the pollen count is at its highest) and on windy days.

Keep windows and doors closed during heavy pollination seasons.

Use the air conditioner in the house and car.

Rid the home of indoor plants and other sources of mildew.

Don't allow dander-producing animals in the house.

Change feather pillows, woolen blankets and clothing to cotton or synthetic materials.

Enclose mattress, box springs and pillows in plastic barrier cloth.

Wash sheets, mattress pad and blankets weekly in hot water (at least 130F).

- Use air filters/purifiers.
- Use a dehumidifier.

## The loan program

The loan program at YPG's Health Clinic offers use of a HEPA air purifier on a first come, first served basis for one week. If you feel that it significantly helps, you can submit a request to your supervisor to acquire one for the office or purchase one on your own. If you are using the air purifier in your living quarters on YPG, it will be your responsibility to acquire one.

The units are about one foot by one foot by one and one-half feet. They are slightly noisy, take a couple of days to get used to, and usually cost between \$110 and \$160.

If you are tired of sneezing, itching eyes, a runny nose, or even a dry mouth from taking medication, give a unit a try. To get on the list, please contact Duane Hentges, Industrial Hygienist at [duane.hentges@us.army.mil](mailto:duane.hentges@us.army.mil) or call extension 2201.

# Identifying abusive relationships

submitted by **Paul J. Kilanski**

Frequently people who are in abusive relationships don't recognize the nature of their situation. It's easy to look past abusive tendencies when you love someone, but it is simply not safe or fair to anyone involved.

No one deserves to be abused yet many people are. Statistics show that 36-50 percent of American women will be in at least one abusive relationship during their life. Next time you are with friends, look around and realize that one---if not two---of you will be in an abusive relationship at some point, statistically speaking.

Fortunately, there is something you can do. Educate yourself on the signs and symptoms of abusive relationships and share this knowledge with your loved ones. Promise yourself never to accept abuse. You are worth more than that.

There are many signs to look out for in an abusive relationship. One of the principal indicators is the characteristic jealousy. Now, most people get jealous or possessive on occasion... sometimes it can even be seen as a sign of how much they care for you. But if your partner's jealousy is unfounded, persistent, or leads them to irrational and hurtful behaviors, you may want to re-evaluate.

Possessiveness and controlling behavior go along with jealousy and are often the next step down the path to abuse. Watch out for partners who are very bossy and who expect you to heed their demands. Also, if your partner tries to isolate you by insisting that you cut off social contacts and friendships, pay attention. That

is a clear warning sign!

Keep your eye out for other signs that your partner is abusive. Some of these include violent behavior (not necessarily against you), a short temper, drug or alcohol addiction, a history of bad relationships, and the tendency to pressure you to do things you are not comfortable with (sexual and otherwise). An abusive person is also likely to blame you for his or her emotional state and to say that you deserve it when they hurt you.

While these signs are indicators that something is wrong, there are other behaviors that actually constitute abuse. If your partner abuses you, get out of the relationship. Nothing else matters—your life is on the line.

Abusive people get more abusive as time passes. A partner that hits you today could kill you tomorrow.

There are many different types of abuse. Physical abuse includes pushing, hitting, slapping, kicking and cutting. Emotional abuse includes threats to hurt you or people you love, and constant criticism and belittlement. Sexual abuse includes when someone forces you to have sex or take part in sexual acts when you don't want to. Just because you have sex sometimes doesn't mean that your partner is entitled to have sex with you anytime he or she wants to.

If you feel that you might be in an abusive relationship, talk to someone immediately. Start with friends and family that you can trust and don't be afraid to see a counselor. There are also hotlines you can call such as the National Domestic Violence Hotline (1-800-799-7233).

# Take 10: Drive safe

submitted by **Safety Office**

Let's face it; sometimes we take our driving skills for granted! We don't give much thought to it because driving is an activity that most of us do everyday. So what's the problem? Even though most of us 'think' we are good drivers, there's always room for improvement. Traffic crashes are still the leading cause of death and injury in the nation's workforce.

## Safe driving is serious business

Distracted driving is not a new issue. However, the increasing prevalence of in-vehicle technologies and the growing capabilities of smart phones, and other handheld mobile devices has increased the frequency with which today's drivers are tempted to take their minds off of their driving.

When you consider that smart phones – capable of texting, browsing the Internet, emailing and playing videos – are projected to account for more than half of the U.S. mobile phone market by 2011, it becomes clear that distracted driving, although not a new threat, is an ever-increasing threat to your safety.

Focused driving is keeping your eyes on the road ahead, your hands on the wheel and your mind on your

driving.

Distracted driving is the presence of anything that can distract a driver's physical and mental attention from driving.

Studies indicate that distracted driving is a factor in more than 20 percent of crashes and driver distraction was reported to have been involved in 16 percent of all fatal crashes in 2008.

Driving takes your full attention. Status updates, tweets, texts and phone conversations can wait until you are done with the drive. Take a moment to focus on those counting on you to get to work and home safely before choosing to divert attention from the road.

Take a moment to find out what your state's cell phone laws are by going to [http://www.ghsa.org/html/stateinfo/laws/cellphone\\_laws.html](http://www.ghsa.org/html/stateinfo/laws/cellphone_laws.html).

As you may recall, we alerted the workforce Dec. 7, 2005 that the new information in the Code of Federal Regulations prohibits the use of cell phones by operators on Department of Defense Installations and operators of government owned vehicles unless the vehicle is safely parked or unless they are using a hands-free device.

Regardless of your state's laws – it's best not to use cell phones or other in-vehicle technologies at all while driving.

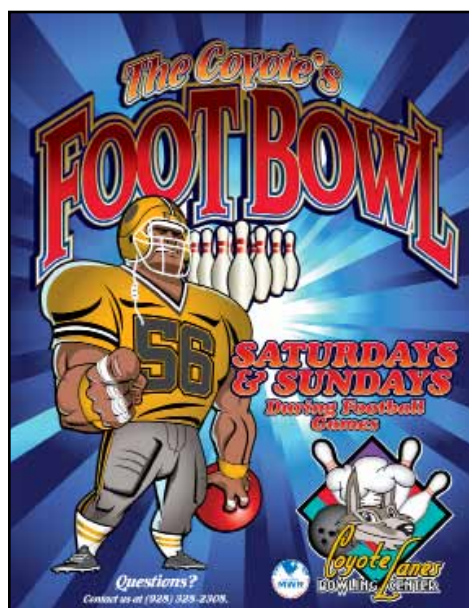
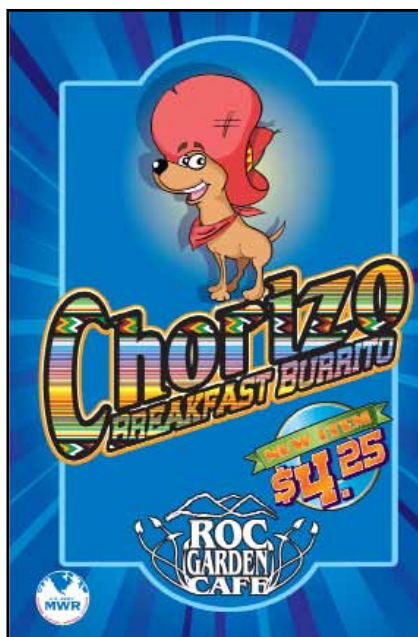
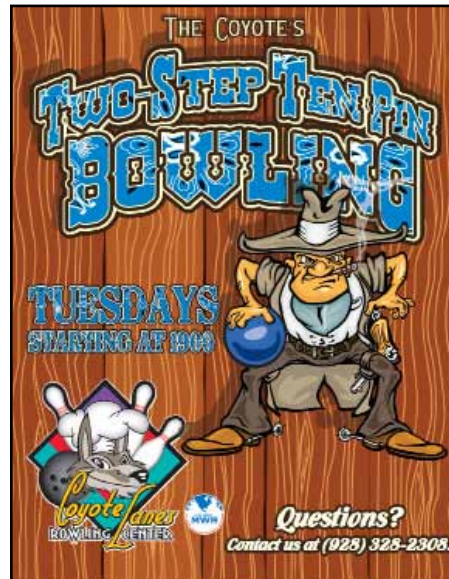
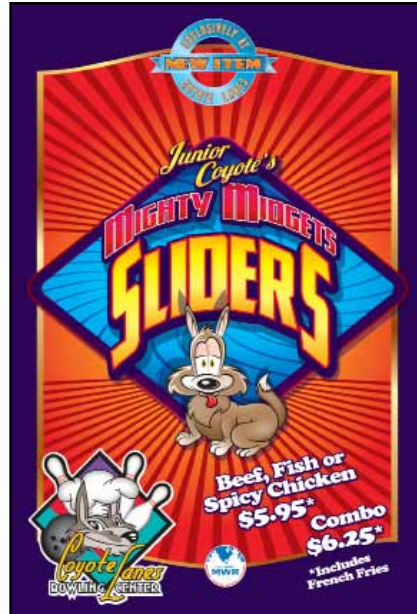
*Sexual Assault Hotline:*

*920-3104 or 328-3224*

*Report Domestic Violence:*

*328-2720 or 328-3224*

# Family, Morale, Welfare and Recreation Happenings



## Thoughts (Continued from page 1)

candy. And this happened before Halloween was even over! When I grew up, the Christmas season began when Thanksgiving, but that seems like nothing more than a quaint old fashioned custom in today's world.

Whatever became of Thanksgiving? It was always a relatively straightforward holiday that encouraged people to give thanks. It was all about families and friends sitting around a table together and enjoying good times. Thanksgiving is not a marketing bonanza for retailers and never developed into one. Today, the holiday seems nothing more than a speed bump in the path of the Christmas juggernaut.

I have grown weary of the too often uncreative and mildly boring marketing campaigns I see year after year, but, at the same time, I'm amazed at the unusual products that annually crop up. Who was it, someone from the U.S. Patent Office who allegedly announced at the close of the 19th Century that everything important had already been invented? Boy, was he wrong. The following items may not be "important," but they're fun. Who can't use a few laughs?

\* *Fire starters that look like sticks of dynamite.* Here's the ideal thing when you want to make your campfire or gathering around the fireplace a genuine blast. These realistic red sticks are a mixture of paraffin wax and sawdust, but what better way to get your fire started and raise eyebrows at the same time?

\* *Talking toilet paper spindle.* This handy device enables you to record personal messages to anyone pulling off a sheet of toilet paper. I can't imagine what kind of message one would want to leave, but I'm sure people will come up with something.

\* *Potato alarm clock.* Who knew that lowly potatoes could power a working clock? I don't know that I'd trust it to get me out of bed at 5 a.m. on workdays, however. I wonder how long potato power works before the potato gives out?

\* *Beer glass that holds 60 ounces.* That's what, five bottles? I guess this could be useful for the sports addict couch potato who watches three football games each Sunday, but I like my beer cold and one at a time, thank you.

\* *Electric shock pen set.* This battery-powered electric shock pen emits a charge that will zap your co-workers! Have you ever had a problem with pens walking away from your desk? What a way to solve the problem (but you don't want to absent-mindedly use it...)

\* *Chocolate "poop" that spells out Merry Christmas.* This takes the cake for being a gift that's truly in bad taste. If you wrap this up and give it to someone, and they say "you shouldn't have," they really mean it.

Well, the Christmas season has several weeks to go and, though I complain about aspects of it, I look forward to it each year. I always enjoy the camaraderie, friendly spirits and thoughts of sharing with those less fortunate than ourselves. Wherever you are this Christmas, whether in Arizona, Alaska or in the tropics, please accept the heartfelt good wishes from everyone in the YPG Public Affairs Office.