

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

Volume 40, No.003 – July 12, 2010

YPG commander keynotes patriotic celebration at Armed Forces Park

by Mark Schauer

On July 4, 1776, future American President John Adams wrote his wife Abigail about the historic document the Continental Congress had agreed to that declared independence from Great Britain.

"I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival," Adams said to his wife. "It ought to be commemorated as the day of deliverance. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward."

234 years later, Adams' vision remains as vibrant as ever. Yuma's celebration of the country's most significant holiday kicked off with YPG Commander Col. Thomas Payne addressing over 100 attendees at the Caballeros de Yuma's 24th Annual Independence Day Flag-Raising Ceremony early in the morning on July 4th.

"History has shown the willingness of American citizens to fight for ideals -- to take a stand for freedom and the right of national self-determination," Payne said in his remarks. "From the Revolutionary War all the way to today's Overseas Contingency Operations, America's men and women have suffered and died to preserve and protect the ideals we too often

take for granted."

Held for the second straight year at Yuma's Armed Forces Park, participants honored scores of combat veterans in attendance and watched with rapt attention as reverent members of local boy scout and girl scout troops raised a large American flag on the park's 50-foot flag pole. YPG's chaplain Lt. Col. Dennis Proffitt, gave the invocation, and retired YPG commander Rob Filbey was the master of ceremonies. Yuma Test Center commander Lt. Col. Stephen Milton was also in attendance, as was YPG Command Sgt. Maj. Forbes Daniels.

Participants took time to recognize YPG's Soldier of the Year, Spc. Bichchau Ho, who was unable to attend, and NCO of the Year Sgt. Robert Little, both of whom received commemorative awards from the Yuma Chamber of Commerce's Military Affairs Committee. YPG Soldier of the Quarter Spc. Jose Munoz was also given special recognition during the event.

Among the YPG employees in the audience was Almina DeWitt of Pyramid Services, who thoroughly enjoyed the ceremony.

"I think it was beautiful," DeWitt said. "My husband and I attend every year. There was a good turnout, but I wish more people in Yuma would participate."

Payne closed his remarks on a note that was both celebratory and reverent.

"Thanks to our military, the vision



Attendees stand and salute as the large American flag is raised by local boy and girl scouts prior to the start of the ceremony. (Photos by Mark Schauer)



Yuma Proving Ground's commander Col. Thomas Payne, keynote speaker, addresses the 100 plus attendees at the Armed Forces Park 4th of July event.



Attendees sit back and enjoy the ceremonies on Independence Day.



Don Foltz, chairman of the Yuma Chamber of Commerce Military Affairs Committee (left), presents Yuma Proving Ground's Non-commissioned Officer (NCO) of the Year Sgt. Robert Little with a plaque and numerous gifts for his accomplishments.

of freedom and equality for all has not perished from the earth. We must remember that some made sacrifices so that others could live and breathe free," he said. "And we must remember that we have a country today because we have an Army, a Navy, a Marine Corps, an Air Force, and a Coast Guard."

News Notes

Voluntary Leave Transfer Program update

It is still early in the leave year, but some YPG family members are in need. Leave donations as small as one hour are truly appreciated. Only donations from appropriated fund civil service employees will be accepted.

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 four employees on the VLTP recipient list:

- Michelle Cruz, Yuma CPAC, complications during pregnancy
- Rosa Dayton, MWR, back surgery
- Robert "Smokee" Trujillo, YTC, motorcycle accident and subsequent surgeries
- 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. (We're early enough in the leave year that this shouldn't be a problem.) 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 that the donation gets to the appropriate recipient.

Post Chapel Bible School

The Post Chapel Vacation Bible School (VBS) "High Seas Expedition" takes place August 9-13 from 6 p.m. to 7:30 p.m. Fun activities and interactive lessons for preschool to 8th grade students will be provided. The chapel will be recruiting crews to man the expedition on Sunday, August 8 beginning at 12:30 p.m. to 2 p.m. in the fellowship hall. Children will be registered on August 9 at 5:30 p.m. For more information, call Jeanne at 328-3465 or Kathy Crain at 782-6172 or 785-6437.

Courtesy, conduct when reveille, retreat are played

Conduct involving regulations and courtesy to the flag is a topic for continuing education. During the playing of Reveille and Retreat daily, everyone should stop and face the flag or the music if walking and stop your vehicle safely if you are in your vehicle. While in physical training gear, you should stop and face the flag or the music, but saluting is not necessary. All of us who regularly work at Yuma Proving Ground should already know these basics. If you are sponsoring guests including contractors, you should inform them of these requirements. As 6 a.m. and 5 p.m. approach each weekday, you should turn down your radio so you can render the proper respect and fulfill the requirements of the Army regulations and federal law.

What do I do when Reveille or Retreat is played?

Whether in uniform or not in uniform: At the first sounds of Reveille or Retreat, stop where you are and turn to face the flag, or where the flag is not visible, turn in the general direction of the flag or the sound and, if in uniform, stand at parade rest. If not in uniform, protocol still dictates that you stop and face the flag or the music out of respect.

When do I come to attention and salute the flag?

In uniform: When the Retreat music concludes, come to attention and render a salute when you hear the first note of the bugle call.

Not in uniform: Do not salute if you are not in uniform. Come to attention and place your right hand over your heart. Remove your hat with the right hand and hold it at the left shoulder while your right hand is over the heart.

Exception: Servicemembers and veterans not in uniform may render a salute during the hoisting, lowering or passing of the flag; this was changed by the 2008 Defense Authorization Act; Congress realized they omitted the National Anthem and have added an amendment to the Department of Defense Authorization Act for Fiscal year 2009 (S. 3002, section 1081) to amend title 36, USC, to allow veterans and servicemembers not in uniform to salute during the National Anthem if they so desire.

How long do I hold my salute?

Remain at attention saluting the flag until the bugle call has finished playing.

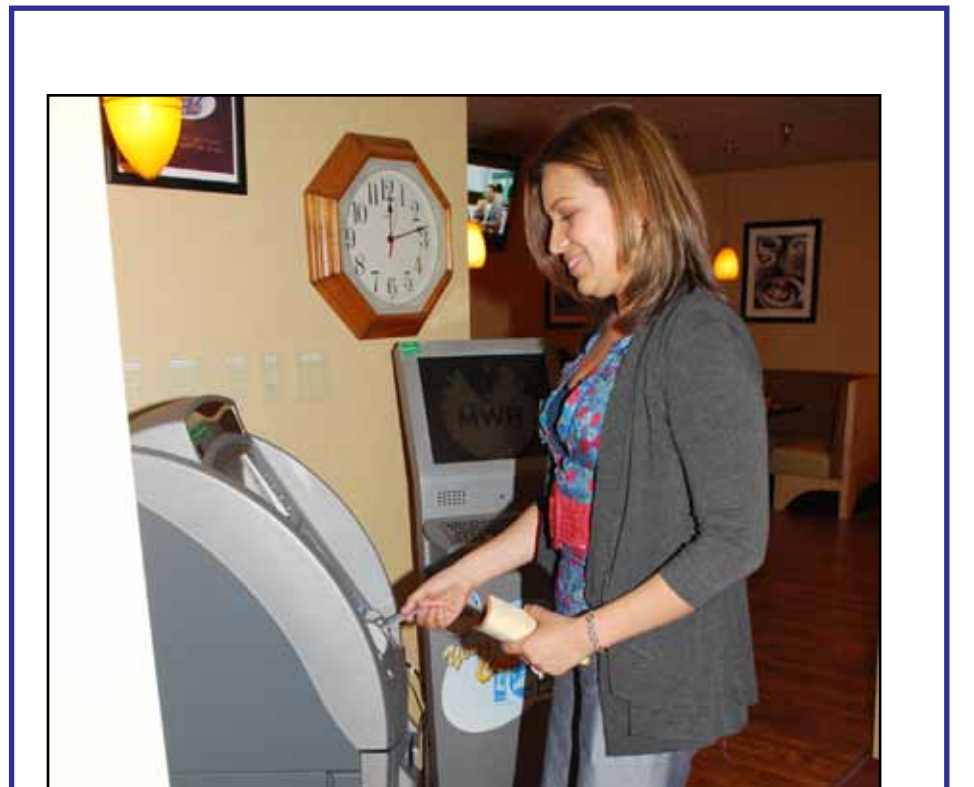
What do I do if I'm driving at the time of Retreat?

At the first note of Reveille and Retreat, you should bring your moving vehicle safely to a complete stop as you would if an emergency vehicle were approaching. Base guidance is that personnel turn off any music playing in the vehicle. Everyone inside the vehicle, including the driver, should remain seated at attention until the last note of the music has played.



Yuma icon retires

Col. Thomas Payne, commander, presents long standing YPG Catholic Chaplain and Pastor of Immaculate Conception Parish Monsignor Richard O'Keeffe with the commander's award for outstanding civilian service at his retirement in late June. Monsignor O'Keeffe will continue to serve as YPG Catholic Chaplain and is living in Yuma. (Photo by Chuck Wullenjohn)





ATM's come to Yuma Proving Ground

Vanessa Cuevas, research analyst for the Advanced Technology Directorate, prepares to withdraw cash at the new ATM machine located in the ROC Garden Café. An additional ATM machine is located at the Roadrunner Café on the Kofa Firing Range. The fee to withdraw cash from the machine is \$2.50 and additional fees may apply by individual financial institutions. (Photo by Mary Flores)

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Local YPG engineer — inspiring to make vehicles better than they were designed

by Chuck Wullenjohn

Yuma Proving Ground Test Officer Isaac Rodriguez spends dozens of hours each week making sure armored vehicles destined for America's Soldiers in Iraq and Afghanistan are the best they can possibly be.

Reliability, Availability and Maintainability (RAM) testing is among the most significant automotive testing areas conducted at YPG and it requires that wheeled and tracked vehicles spend many hours each week piling up miles on road courses, bouncing up and down and sliding side-to-side as they negotiate unimproved roads closely resembling those in an overseas combat theater. Amid choking clouds of dust and in high heat, suspension systems, tires, engines, and other vehicle components are put to the test to see if they work as designed or require improvements to deal with challenges to be faced once deployed.

"I get satisfaction from getting all the bugs out, helping make the vehicle even better than it was designed to be," said Rodriguez as he stood next to a Mine Resistant Ambush Protected-All Terrain Vehicle, commonly known as an M-ATV, on a YPG road course.

An automotive test officer who has



Isaac Rodriguez, test officer, conducts a routine check on the Mine Resistant Ambush Protected-All Terrain Vehicle, also known as the M-ATV. (Photo by Mark Schauer)

worked at YPG for four years, Rodriguez obtained a bachelors degree in mechanical engineering from the University of Texas in El Paso. He says, seven out of 13 M-ATV's are currently undergoing tests at YPG, making his job quite a challenge. He spends about half his time downrange each week, either supervising performance tests or monitoring RAM testing.

"As a test officer, I'm ultimately

responsible for making sure each test is executed properly," Rodriguez explained, "so I need to be on the range frequently to personally check on how things are going."

Among all the vehicles he's tested, Rodriguez feels the M-ATV is his favorite. He says it is smooth, comfortable for the crew, maneuverable, and easy to handle. The M-ATV, he says, has an independent suspension that makes travel over rough terrain a pleasure.

"The M-ATV is also fun to drive,"

he said with a wide grin.

His biggest challenge is meeting aggressive test schedules built around the need for rapidly fielding the system. Test data must be compiled and forwarded to the customer rapidly. To do this, he frequently works five or six days each week, putting in many more than 40 hours.

"But I enjoy what I do and always take things one step at a time," Rodriguez explained. "Testing keeps my mind busy in a positive way."

Not that he doesn't take time for relaxation, however. He is married with children, enjoys riding motorcycles and playing golf. He is an avid baseball fan, with his favorite teams being the New York Yankees and the Texas Rangers. Rodriguez enjoys pretty much any professional baseball game he can see, however, and would like to witness a game in every major league ballpark around the country.

"Some people say baseball is a slow sport," he said, "but the game forces players to make quick mental decisions. I find that interesting."

Automotive testing at YPG has experienced tremendous workload growth in recent years, like all YPG test commodity areas, but at a faster rate. A great deal of credit goes to the many people of the Combat Automotive Systems Division for meeting this challenge head on, with great success.

Barber shop reopens for business: Come by

by Mary F. Flores

The doors of the YPG barber shop have been closed to customers since last winter – a service sorely missed by YPG's Soldiers, who need to adhere to Army grooming standards. They coped by driving the dozens of miles back and forth to Yuma to visit the nearest barber. On July 1st, however, this situation was rectified with the shop's reopening. Numerous services are now available for YPG residents, members of the workforce and families.

"I'm happy to see the barber shop re-open and I encourage everyone to stop by and utilize this great service," said Col. Thomas Payne, YPG commander, at the ceremony dedicating the new shop. "This is a convenience for everyone and it's critical to use this service because if we don't patronize the barber shop, we could lose it. This is a great asset."

Equipped with four hair cutting stations, Dina Blanford, manager of YPG's combined barber and beauty shop and graduate of the Paul Mitchell School, encourages everyone to take advantage of the services being offered. Military haircuts are \$7.95 and civilian haircuts are \$8.95 and up.

"Anyone who can enter the installation with proper identification can utilize the barber shop," said Blanford with a smile. In addition to haircuts, Blanford explained that she and her assistant, Catherine Heras, a certified barber, provide a wide variety of cuts and colors for women. Other services available include pedicures, manicures and facial waxing, and more, by appointment only.

For more information, or to schedule an appointment, call the YPG Barber and Beauty Shop at 328-2888 or contact Dina Blanford at (916) 690-4769.



Col. Thomas Payne (center) cuts the ribbon at the reopening of the YPG Barber/Beauty Shop. Assisting him are members of the YPG workforce and the owner of the facility, Dina Blanford (second from left). (Photo by Mary Flores)



A learning experience for students

Gildardo Hernandez, 5th grader at Roosevelt Elementary School, and his sister, Greta Hernandez, 8th grader at Fourth Avenue Junior High School, were part of a large group of students who attended the week-long Summer Science Camp held in late June at the Heritage Center. Students had a variety of positive comments about their experience. Greta Hernandez said, "I learned if you put different weights on the car it will change the speed of how fast the car will travel over the track. It was a lot of fun racing cars, then taking the different scores from each vehicle and recording them on a graph. I learned a lot and had fun doing so!" (Photo by Mary Flores)

Air Delivery testing helps combat wildfires

by Mark Schauer

Infantry Soldiers are among the few people who can understand the hardships faced by wildland firefighters: long hikes through hot, dirty and dangerous terrain, buffeted by the elements and facing an elusive enemy. Both groups appreciate the lifesaving nature of air support and YPG testers evaluate systems for both missions.

YPG's reputation as the Department of Defense's premier facility for the test and evaluation of virtually every piece of equipment in the Army's ground combat arsenal is well known. Yet the proving ground also conducts tests on items that have a more immediate impact on the Yuma region's public safety.

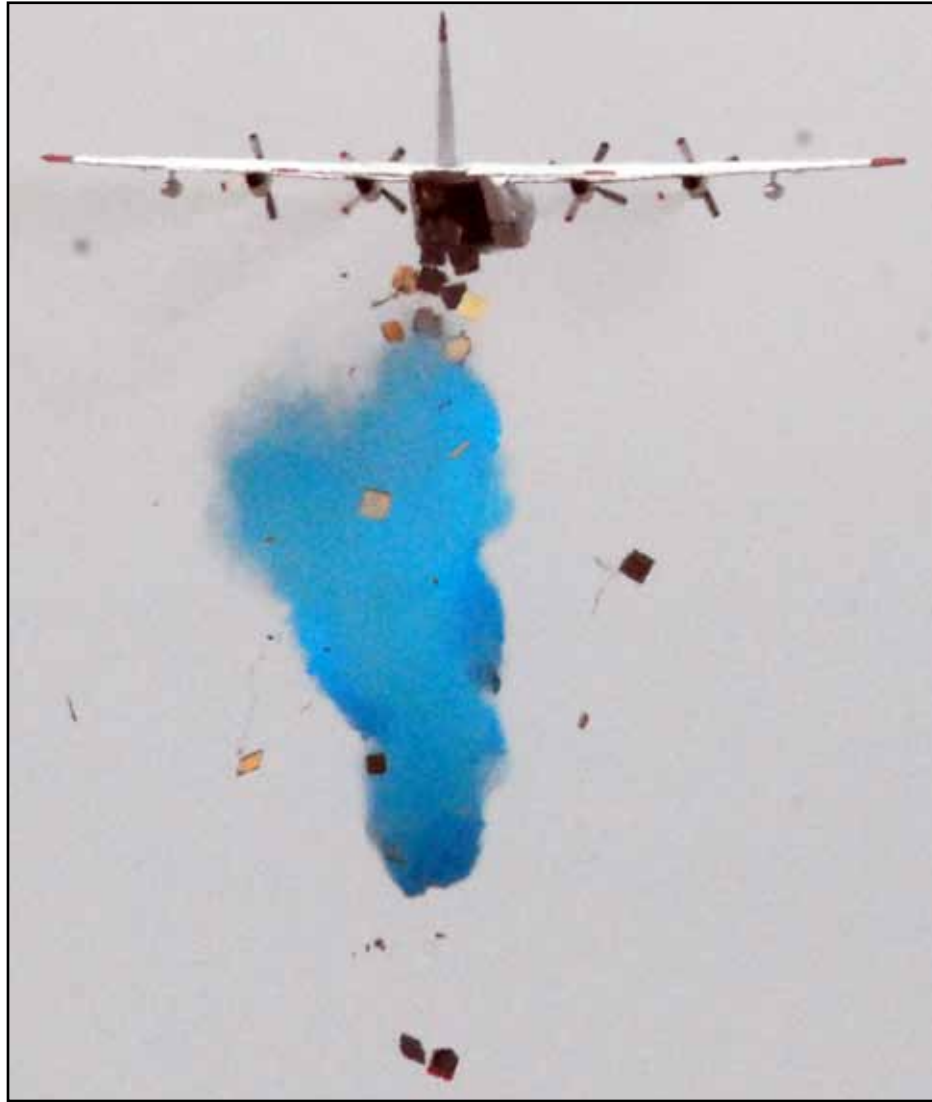
One of the most recent examples is a means of dropping large quantities of water or fire retardant on a wild fire utilizing a system that can be easily used by Soldiers called in to support this dire mission. Called the Precision Container Air Delivery System (PCADS), the system gives any airborne military crew the means to easily and quickly deliver fire fighting fluid to any forest fire.

"The idea was to build a load where an active duty or National Guard air crew doesn't have to change their standard air drop procedures to assume a fire suppression mission," said YPG test officer Keith Allen. "They could have these rigged on the airfield and loaded like a regular cargo bundle, then conduct a regular air drop without needing additional training."

For this system, a large polyurethane container with a capacity of over 200 gallons is filled with water or fire retardant. The bulky, heavy and formless container is given shape with a tri-wall cardboard sleeve and lids, then strapped down with 1000-lb nylon cord onto a common four foot by four foot plywood skid board used for typical cargo delivery bundles.



YPG test officer Keith Allen adjusts the nylon cord on the tri-wall cardboard sleeve that gives the water-filled polyurethane bag shape. Once rigged, the containers can be loaded like any other air cargo, which makes fighting forest fires easier for Air National Guard crews.



Sixteen PCADS containers, each containing 200 gallons of water, are dropped from a C-130 cargo plane over an isolated YPG test range from an altitude of 500 feet. The water is dyed with blue food coloring to accurately measure the shape and pattern of the water cloud. (Photos by Mark Schauer)

This bundle and up to 15 others are loaded onto a C-130 cargo plane. Once the plane reaches its target, the pilot pitches the nose up and the loadmaster cuts the restraint gate behind the payload closest to the cargo door, allowing gravity to extract them. As they tumble out of the cargo bay, the wind stream easily tears away the cardboard lids and the container rips open, forming a dense cloud of water that falls to the ground in a matter of seconds.

The problem of measuring the size and shape of the area doused by the

rapidly-evaporating water is solved by dyeing the water with dark blue food coloring that turns the golden desert floor a vivid aquamarine color for several hours before fading. After the aircraft drops the containers from an altitude of 500 feet, ground instrumentation tracks the first two payloads out of the aircraft as they descend, measuring the exact altitude at which water is released. Workers then take global positioning satellite measurements around the circumference of the impact area that will be used to make a grid map of the area the water impacted.

Though the litter from each drop is picked up by a recovery crew after each test, if fielded the items could be left where they land without negatively impacting the ground.

"The containers, we know them as blivets, are 100 percent biodegradable," Allen said. "The system is meant to deploy and be consumed by nature."

As testing continues, evaluators will experiment with dropping the containers from different altitudes and using different methods of retaining the top cap on the cardboard sleeves that give them shape.

"This is our second drop week," said Ty Bonnar, vice president of Flexible Alternatives, Inc., the manufacturer of the blivets used by the PCADS system, who was on site for the test. "So far, every one we've dropped except one has deployed exactly as planned. We're happy to be at YPG."



After the drop, geodetic surveyor Jerry Wells carefully measures and records where each of the 16 containers landed on the range. The blue dye that marks where the water landed fades after several hours in the sun, long after a recovery crew has gathered up the remains of the PCADS' cardboard sleeves and plastic blivets.

From maintaining grounds to moving furniture; YPG's unsung heroes

by Yolie Canales

The term “unsung heroes” is an understatement when referring to Yuma Proving Ground’s ground maintenance workers.

These are the men and women behind the scenes who perform an unbelievably wide array of tasks such as cutting lawns, trimming trees, putting up signs throughout the installation, and clearing debris from thunderstorms or other natural disasters. They are the people who set-up tables and chairs and lots more at installation events such as changes of command, recognition ceremonies and conferences.

Do they garner public recognition for what they do? Most often, unfortunately, these people go unnoticed and, perhaps, to some degree are unappreciated. The Outpost takes pride in taking a few moments to give them a pat on the back and public recognition for a consistent record of achievement.

Most recently, Pyramid conducted a rehire of 10 individuals because of this spring’s prolific weed problem and is in the process of hiring 10 more. “Due to a low budget, last October we had to release some of our ground maintenance crews and, unfortunately, this was right before heavy rainstorms that transferred weeds and pollen to our landscape,” said Reggie Willoughby, assistant manager for Pyramid’s operation and maintenance department.

“Weed killing is a three-part process,” explained Willoughby. “First workers spray a chemical weed killer to start the process of killing seeds and pollen, then they pull by hand and then with equipment.” Although chemicals are used for weed killing, the amount used is regulated by the



Ground maintenance crew perform a huge workload by servicing multiple areas throughout the proving ground. Pulling weeds was a particular challenge earlier this year as winter rains caused them to proliferate much more than is typical. (Photos by Yolie Canales)

Army and local regulations. Individuals who administer these chemicals are certified in pest control and receive continuing education and are re-certified each year.

Every individual on the grounds maintenance crew is thoroughly trained, either in the classroom or on the job. “Each of our workers has been trained by our Safety Officer Bill Pappin, to safely handle power tools and equipment such as forklifts, back-hoes, and man-lifts” said Willoughby. “They also learn how to work amid high heat, the proper way of moving and lifting furniture, what to do when encountering snakes or poisonous insects, and much more.”



Most recently, maintenance crews were working putting up signs in the Yuma Test Center area.

Willoughby says it is particularly important to stay hydrated during the hot summer months and to use the buddy system. He says no one is allowed to go down range or to any job assignment alone.

Like for others in the workforce, challenges are a daily occurrence. The atmosphere they work under is not your typical backyard maintenance project, so the scale can be sometimes daunting. Many of the areas they work in are hazardous or sensitive, so training on range procedures and how to place emergency calls is important.

“Not having the leisure to be ‘not seen,’” said Jaysen Lockett, project manager, “sometimes they are the subject of scrutiny by others who might come across them while taking an authorized break. Lockett explained that these individuals work hard all day in a rough environment and are not only entitled to breaks every now and then but are mandated by YPG’s WBGT heat index policies to take proper precautions to prevent heat related illness.

He also pointed out that they are valuable members of the YPG team. “They are just as important as the other craftsmen at Pyramid,” he said. “Ultimately, we are all here to support YPG personnel and the warfighter and if our crews don’t do the job right, someone will get hurt. Our grounds maintenance crews have a great deal of focus on them, more so than other trades as their duties

require them to be out in the open, visible, all day long.”

At any given time, grounds maintenance crews can be seen doing their jobs from the Main Administrative Area to Laguna Army Airfield, Yuma Test Center, Kofa Firing Range, Cibola, Castle Dome, NACCITEC test areas, and just about anywhere else. “With a limited number of individuals, they do a bang-up job,” said Willoughby. “We’re proud of their dedication to enhancing the proving ground’s landscape and work areas.”



Maintenance crews are trained in a variety of skills including using surveying tools like this one.



In addition to maintaining the grounds throughout the installation, the crew also are called to move an array of office furniture.

YPG activities remain steady without longtime winter attraction

by Mary F. Flores

For over 30 years, thousands of winter visitors flocked to Yuma Proving Ground's Cox Field with binoculars, lawn chairs and even the family pet to gaze at the sky, watching black and gold parachutes make their descent. This winter however, was different, for a long standing tradition came to a halt.

According to Donna Dixon, public affairs officer for the Golden Knights, the Army's precision parachute team, the decision to not return to YPG resulted from budget constraints. Instead, the team trained at Homestead Air Force Base, Florida, which proved more cost effective.

The Golden Knights are based at Fort Bragg, N.C., and travel all over the United States making grand stand performances at air shows and other venues. The annual winter training at YPG had always increased business and revenue for YPG food outlets and other facilities, and the team's absence was truly felt. However, some facilities felt the impact more than others and some employees found creative ways to keep business thriving.

For Garrett Smith, director of Family, Morale, Welfare and Recreation (FMWR), the decline in business over the winter months greatly impacted the Cactus Café and Coyote Lanes, but affected other facilities minimally. However, his staff was able to remain steadily employed and provided the same good customer service to patrons as in years past.

"Each year we typically increase staff levels at the Cactus Café and Coyote Lanes to accommodate the increase in business driven by the Golden Knights being here," said Smith who has been FMWR director since 2002. "On average, the



Members of the Yuma Proving Ground workforce patronize the Cactus Café and YPG's other eating facilities throughout the winter months, including taking part in several special events. (Photo by Mark Schauer)

Golden Knights generated between \$60,000 and \$80,000 in additional revenue over the eight week period they train." This revenue is generated from winter visitors as well as approximately 100 people who make up the Golden Knights entourage, he went on to explain. Many utilize other FMWR programs and facilities as well, such as the Post Exchange and commissary.

According to Smith, since seasonal employees were not hired this past winter, it caused lost jobs, reduced hours and revenue generated by tips. For permanent year-round employees, the lost revenue forced him to temporarily move employees into other work areas in order to maintain a 40 hours per-week work schedule.

With the absence of the Golden Knights, Smith estimates that half the revenue was reduced for the Cac-

tus Café over the winter and revenue generated by Coyote Lanes went down by about \$20,000.

"The profits generated by these facilities always go back into upgrading the community, so what this equates to is \$10,000 to \$20,000 less for community programs," said Smith. "For example, these dollars would have gone into upgrading the ROC Garden Café, the community pool and the skate park. The less money we make, the less we can do to enhance community programs."

On a positive note, the number of other training units helped offset the loss of revenue generated by the Golden Knights. He said that 80-100 Soldiers were fed, two meals per day, five days per week, for nearly three months by the staff at the Cactus Café. That revenue was a major offset to lost Golden Knights revenue.

Not all businesses were impacted as much, for the commissary, Post Exchange and travel camp remained in pretty good shape. The travel camp managed to remain at maximum capacity with 110 slots fully occupied.

For Bill Heidner, museum curator at the Heritage Center, business remained steady through marketing ventures, public speaking engagements, and hosting school tours and educational visits. Through these efforts a steady flow of visitors streamed through the Heritage Center during the winter months and continue to do so.

"Overall, without the parachute team training here this year, we feared a huge impact on us since we are located directly across Cox Field. However, we prepared for and mitigated it," Heidner said. The heritage center hosted 3,600 visitors last year between January and March and this year it hosted 2,700. To help offset the loss of visitors in January, the center hosted a NASA exhibit which attracted 1,200 visitors over two days, which was a record high attendance.

"We thought the impact would be a lot worse without the Golden Knights, however, I'm pleased with the number of visitors we continue to see," Heidner said. "We've increased marketing efforts by putting more brochures out to the public and strengthened our relationship with the Yuma Visitor Center. That alone is attracting more visitors."

When asked if the Golden Knights would return to YPG, Dixon of the Golden Knights explained, "The team would love to return to Yuma to train, however, due to war efforts, everyone's budget has been cut and ours was reduced drastically," she said. "In fact, we cut our winter eight week training session down to six weeks and slashed the number of shows at which the team performs by half. We love Yuma dearly; but we had to do what was most cost effective. If the situation changes, we may return."

Although it is not certain whether the Golden Knights will be back, it is certain the businesses and facilities at YPG will remain active, providing great customer service for Soldiers, Families and employees.

Is education really important?

submitted by Ingrid Walsh-Brown

Adapted from adultlearn.com

If you're still asking yourself why you should return to school, it is important to remember the global economy is becoming increasingly more competitive, and in order to give yourself the best chance for a well-paying job, you must understand the importance of education. In a technological society where jobs and careers are attached to pieces of paper distributed to deserving individuals by college administrators, the question, "Is education important?" seems like a no-brainer.

In today's society where jobs are leaving the U.S. at an astounding rate; you can still manage to get a job that has no benefits, low pay, impossible hours, and possible unsafe working conditions. There are also plenty of store clerk, maid service, fast food service, delivery jobs that require very little formal education (college, degree or certificate); of course this is only good as long as you know how to follow directions, learn on the job, and don't mind years at minimum wage. Alas, even these jobs require a high school diploma or GED, however, because they have a high turn-over rate, you probably will have job security.

You must understand of course that the opportunities to improve your life style will be severely limited, and eons later, when you retire, your Social Security check-if such a thing still exists- will be so small that you will need charity to help support you. Along the same lines, the average person who is satisfied where they are in life may question, "why do I need to go back to school?" Who needs it? Let's check in with Gary in our story below and see if he can provide the some insight.

Gary (not his real name) is an engineer—specifically a machine designer—with a very well-known tire manufacturing company. His machines are the industry standard around the world for two tire building companies, and he can name at least seven states, a couple Canadian provinces, and several European countries where his machines have been installed, then modified—usually with his help—to build various kinds of tires. He has taken advantage of every on the job opportunity to learn the company's new methods of design and, consequently, is one of only two men in that particular American plant who knows how to use the most recent, highly complex, but preferred software. Money has been approved for

new machine design projects several years into the future—and he was supposed to be the senior engineer on the projects.

The operative word in this story is "was." Since people aren't buying cars, they aren't buying tires, and since banks aren't parting with their money, major companies have no access to short term loans they would have used to invest in new projects. Thus, after 28 years of work for one company, Gary is out of work with no idea of where he will turn for a new job. But he is an engineer, so...some other company should have work for him, right?

Ah, that's where the education issue comes in. Gary was hired years ago when this company first started in the U.S; at that time, the company only cared that he knew design engineering and could create machines that would do what they wanted. The man is brilliant, creative, and learns quickly in any new situation; but he was hired before he could complete the actual college degree.

In other words, he is recognized as a design engineer with his company, but never completed the BSME

(See Education on page 7)

Next
Outpost
deadline is
noon
July 22nd

Exercise: Your best tool for dealing with stress

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

If you are stressed out, you probably know it. But did you know that exercise is one of the best ways to deal with stress? Exercise helps your mind and body. Stress produces chemicals in your body that make you feel edgy and tense. Your heart beats faster. Your muscles tighten. You breathe harder and your blood pressure goes up. Exercise reduces stress-related chemicals in the body. It can reduce muscle tension and take your mind off problems.

Choose activities you'll enjoy. The type of activity that will best relieve your stress depends on your personality and lifestyle. If you usually do quiet activities, vigorous exercise may be best. If you are active, calming exercise may be better. Remember, one of the stress-reducing benefits of exercise is that it's fun.

Use aerobic exercise to relieve stress and help you feel energized. For most of us, aerobic exercise (the kind that raises your heart rate) is the best all-around stress reliever. Try adding aerobic exercise into your daily life. Take regular walks. Swim, jog or ride a bike. Turn household chores like mopping or raking into a workout. To get the stress-reducing benefits of aerobic exercise, work out hard enough that you lightly sweat and your heart beats faster, but not so hard that you can't talk while you are exercising.

If you're the type of person who is always on the go, calming exercise may be a good stress reducer for you.

Calming exercises reverse the body's stress response. Your breathing and heart rate slow and your muscles relax. Add calming exercise to your daily routine. Take breaks to stretch. Stroll around the neighborhood after dinner. Relax with a yoga video. Enroll in a tai chi class.

Some people find competitive sports like softball or basketball great for relieving stress. Doing these activities not only offers you a chance to exercise and socialize, but may also help take your mind off problems. If you find competition stressful, however, skip the team sports and consider a non-competitive activity.

Take exercise breaks when you are feeling stressed.

- Having a tough day at work? Take a walk on your break.

- Feeling hot under the collar? Go for a swim.

- Do you like music? Dance, dance and dance your stress away.

- Don't have enough time for your family? Take a bike ride with your kids. Try for 30 to 60 minutes of physical activity on most days. (Add up 10 minutes here and 10 minutes there to make your total.)

If you can't exercise that much, don't stress out! Do what you can. Even a little exercise can help! Make stress-reducing exercise part of your routine.

Stress causes many health problems. It contributes to heart disease, high blood pressure, accidents, depression and back pain. Some scientists think it's the underlying cause of as many as 70 percent of all visits to family doctors. Exercise is one good way to reduce stress.

Education (Continued from page 6)

(Bachelor of Science in Mechanical Engineering.) His company didn't care as they knew his abilities and the on-the-job education (including numerous certificates) that he had acquired. But everyone else does care. Regardless of his abilities, job after job in today's desperation market requires a "minimum" BSME.

In his state, there are 40 unemployed engineers for every available job. Employers can take their pick and easily find people with both experience AND the required degree. Furthermore, even if a person doesn't have the experience, the degree will take precedence.

This very real illustration is not limited to engineers. Even in a booming economy, employers look at the degree first because we live in an "information" age where most industrial labor is outsourced to reduce labor costs and the employees on the home front are highly educated paper pushers and marketing gurus.

Nor is the emphasis on education limited to industry. In the highly needy areas such as health care and education, those with the highest degree get the highest pay and the first opportunities to both keep their jobs in a downturn and earn promotions in good times. The once highly

regarded RN, for example, now plays second fiddle to one who has a BSN or Master of Science in Nursing Administration.

Teachers, in nearly any public school system, start at a significantly higher pay if they enter the field with a Master's or Doctoral degree already listed in their resumes. The extra degree might not guarantee that you will perform any better than someone with just equivalent experience, but such is the expectation of the entire civilized world, and it isn't going to change any time soon.

Are you like Gary, and never had the degree, and never expected to need it? It's never too late; education today is as much a tool of defense as it is knowledge acquisition. You can use the Yuma Proving Ground Education Center to locate exactly the type of education that will be useful to your situation.

The education center will have a college fair on July 15. Come and speak to college representatives from Arizona Western College, University of Phoenix, and Northern Arizona University, to name a few. Financial counselors will be there to help answer questions about financial aid concerns. Get started today.

Viewpoints

If you were to go out and purchase a candy bar, what would you buy and why?



Charles Lott, armament tester, Systems Test Branch: It would be an Almond Joy because I like coconut and almonds and it's one of my favorites. I usually eat one when I'm driving to San Diego because I need a sugar fix for the drive.



Brenda Turner, computer lab technician for Youth Services: It would definitely be a large Snickers bar so I could eat half now and the other half when I get off work. I like Snickers because it has everything in it from chocolate to caramel and peanuts, and it satisfies my sweet tooth.



Maribel Sanchez, contract specialist systems administrator, Contracting Office: It would be a Kit Kat bar because they're crunchy and I like their advertising jingle, "give me a break."



Curtis Arthur, contract specialist, Contracting Office: I would buy a Snickers bar because I like chocolate and peanuts. I eat one per week.



Alexis Salinas, administrative assistance for Youth Services: If I'm here on base it would be a Milky Way because I love caramel, chocolate and nougat and I eat them often because my boss brings them to work. However, I saw an advertisement for the Three Musketeers Truffle bar which looks crunchy and delicious and I'm ready to try one.



Maria Cazares, custodial worker, WORC Inc: It would be my favorite, Rocky Road, because it has chocolate and marshmallows. My family and I buy them often because it was my father's favorite candy bar, too. He passed away 15 years ago but we still enjoy a Rocky Road candy bar now and then, which reminds us of him.

Family Morale Welfare & Recreation Happenings



Wet 'n wild pool party a great success!

The Wet 'n' Wild West pool party was a great success and fun was had by all! Local band "3 Forty" entertained the crowd with a variety of music. The belly flop contest was a real splash with winners in all three categories - ages 12 and under, 13-18 and adults. Kids scurried for candy as the pinata crumbled and they especially enjoyed "water wars" as they got to spray, splash and smash each other with water balloons and water guns. The Kahuna Grill sold scrumptious BBQ pork and chicken as well as hot dogs and sliders.

Be sure to mark your calendar for the next pool party! The "Back to School Flip Flop Hop" is on Saturday, August 14 starting at 6 p.m. This is the last pool party in the sizzlin' summer series, so you won't want to miss the live band, splash contest, costume contest and more!

Military Freefall School welcomes new commander

During a change of command ceremony on June 17th, Maj. Matthew Balint, outgoing commander turned over the Military Freefall School's (MFFS) command to Lt. Col. Manuel Correa, Battalion Commander at Fort Bragg, who passed the guidon to Maj. Darrell Carr as he assumes command of the MFFS at Yuma Proving Ground. Carr, who was the executive officer of B Company, 3rd Battalion, 1st Special Warfare Group, was commissioned into the Field Artillery from the University of Missouri in 1998. A 12 year veteran, Carr is married to Leia King-Carr of Rolla, Mo., and has one son, Tully. "I'm honored to serve as your commander and I thank you," said Carr. (Photo by Yolie Canales)



July is ultraviolet safety month

Protection from sun exposure is important year round, not just during the summer or at the beach. Ultraviolet (UV) rays can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow.

The Center for Disease Control (CDC) recommends easy options for sun protection:

- *Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB <http://www.cdc.gov/cancer/skin/basic_info/index.htm> protection.

- *Wear clothing to protect exposed skin.

- *Wear a hat with a wide brim to shade the face, head, ears, and neck.

- *Wear sunglasses that wrap around and block as close to 100 percent of both UVA and UVB rays as possible.

- *Seek shade, especially during midday hours.

For information visit the CDC website at: http://www.cdc.gov/cancer/skin/basic_info/prevention.htm