IHE OUTPOST

families of Yuma Proving Ground,
Yuma Test Center, U.S. Army Garrison
— Yuma, Cold Regions Test Center
and Tropic Regions Test Center

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CRTC tests above the Arctic Circle

Just because it's not -60° out, doesn't mean the testing stops in Alaska

By Clara Zachgo

The question often comes up: 'If Cold Regions Test Center conducts testing in the cold, what do they do during the summer?'

The answer is simple: reset, refit, and continue testing. From infrastructure and equipment repairs needed from the –60 °F winter conditions to various construction projects that must be completed in the extremely short Alaskan construction season, there is no down time.

Testing in extreme conditions continues in the summer, too.
Recently, CRTC tested the Improved Position and Azimuth Determining System - Global Positioning System (IPADS-G), a device used to conduct surveying in support of field artillery operations. The requirement for this test was not cold temperatures, but high latitude: the system needed to be tested between 65 degrees and 75 degrees north latitude, which is above see **CRTC** page 11



LOANED PHOT

A CRTC employee carefully surveys the route, placing markers along the way. The route was laid out near the town of Coldfoot, Alaska, a community near the Arctic Circle numbering 13 residents.

Firefighters get brand new ladder truck Page 8



Engineers are hard at work all over proving ground Page 6



What's your dream car?
Page 4



Visual Information: An office that provides lots more than slide shows

By Yolie Canales

Yuma Proving Ground's workforce is made up of many diverse individuals with unique skills, trades and experience who support the mission in many areas. However, there is one unique organization that provides awesome and creative work that's visible throughout the installation. This is the TRAX International Visual Information (VI) Office. The office's work can be seen internally and externally through posters, photo displays, and brochures at ethnic observances, trade shows and so much more. You name it, they've done it.

Who's who at VI?

Al Hernandez joined the team as a production specialist in 2006. After working in this position for four years, the opportunity to be the visual information lead became available. He applied and was selected in 2010. In addition to Hernandez, there is a staff of five: two information specialists; Stephen Veneski and Carlos Negrete; graphic artist Robi Duke; senior graphic artist Kenrick Escalanti; and exhibit coordinator, Cindy Ramos, who handles order requests and all-around administrative duties.

Riley Williams is YPG's visual information manager and performs general office oversight. He is the liaison between the government and contractor, responsible for assuring that the work performed by VI meets government requirements according to the contractual agreement. He also makes sure the contractor has all necessary equipment needed to meet test mission needs. "Riley Williams has gone above and beyond his line of duty to assure we are equipped with the necessary materials and



The Visual Information staff is a close knit group that works closely together to get the job done. Left to right are Al Hernandez, lead, Kenrick Escalanti, Stephen Veneski, Robi Duke, Carlos Negrete, and Cindy Ramos.

equipment needed to perform our work in a professional and efficient manner," said Hernandez. "Without his support, it would be difficult for us to provide our customers with the timely work we do."

As lead, Hernandez's main job is to assure everything in the office goes off without a hitch. "I'm the one who makes sure work orders submitted to VI are distributed to the right individual," explained Hernandez. "If it's a graphic work order, it goes to Duke or Escalanti. If it's a video teleconference (VTC), it goes to Veneski, our secure VTC operator, or it may go to Negrete, who is in training to handle unsecure VTC's. It is my responsibility to see that we, as

a team, are not 'dropping the ball' on any of our assignments."

How does VI support the YPG mission?

VI provides most of the audiovisual support to YPG when it comes to the commander's briefings, town halls, visitor briefings, and much more. Graphic artist support is provided whenever a special request is submitted. "This goes to Duke or Escalanti, since they are the ones with experience and skills in designing and creating unique special effects work," said Hernandez. "We also provide photo support for passports, Department of the Army photos, and we are one of the five centers that provide data transfer support."

There are requirements when requesting support from VI. Customers must submit work requests via email to YPG VI or to yumavi@ conus.army.mil. The request should indicate the type of work needed, a job order number (JONO,) and the turn-around date. "Usually, the turn- around on simple work orders is about one day. More complicated ones may take up to a month depending on the size and scope of the request," explained Hernandez.

VTC benefits

"The benefits of VTC services are priceless," Hernandez said. "One great benefit is that the customer can actually see the person they are talking to and place a face with a name, not to mention the savings to the government by not having to spend the per-diem and transportation costs necessary to get individuals to the sites." On numerous occasions, program managers have called VI to be connected to a VTC they just learned about that pertains to a project on which they are working. By providing this service, they save money and get answers to questions they might have.

There have been occasions where an item or piece of equipment is brought to the VTC so the party on the other end can see and help resolve the issue. "VTCs are the wave of the future for both the government and private sector," he said. "With the tremendous savings they provide, VTCs are here to stay." At YPG, a total of nine VTC centers exist and three are secure sites for classified meetings.

Challenges

As with other office supervisors and leads, Hernandez faces many challenges. One issue, office

see **VI** page 5

A message from the Sergeant Major of the Army

Soldiers have a responsibility to serve as good stewards of our financial resources. Part of this responsibility is reducing our dependence on energy and implementing renewable and alternate sources of energy whenever possible. The other part is simple conservation. Turning off lights, computers and monitors and other office equipment is an easy way to conserve energy and, in turn, save taxpayer dollars.

The Army is doing its part. We have recently established a Senior Energy Council charged with saving on energy costs and helping create a more sustainable force with increased endurance, resilience and force protection. This council will ensure we are leveraging technology to improve our agility and flexibility in the future.

The Army has also created a vision to manage energy, water and waste with a net zero strategy. Through the Net Zero campaign, we are creating a culture that benefits mission capability, quality of life, relationships with local communities, and the preservation of options for the Army's future. The Army must invest in its installations and improve

efficiencies for the benefit of our current and future missions.

Now, I need each of you to do your part. Leaders, ask yourself these questions: What is your unit's energy conservation plan? Do you have an Energy Conservation NCO? What are his or her duties? Is part of the CQ's nightly duties checking the barracks and turning off lights and other unused equipment? When you see a leaky faucet, do you shut off the water? I need every one of you to take a hard look at what you do to conserve energy and foster change in your units and subordinates.

Talking about conservation is easy. It's easy to put up a poster or two in the common area and hold a class once a quarter. Now, we need action. In this era of fiscal responsibility, we must do more to save the tax payers' dollars or the next fiscal cut could be something we as Soldiers hold dear. Your professionalism, dedication, and sacrifice will lead us as we continue to conserve our natural resources. These efforts will ensure we maintain and sustain our most valuable resource, the U.S. Soldier. Army Strong!!!

Raymond F. Chandler III Sergeant Major of the Army

Next Outpost deadline is noon August 11th

THEOUTPOST

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VIEWPOINTS

Nothing says summer like cruising in a dream car. For this viewpoint, we asked, "Out of all the cars in the world, what is your dream car?"



Omar Silva Test office

I would like a charcoal and metallic gray Lamborghini Murcielago with black wheels. I saw a show that compared three models of Lamborghinis, and Murcielago is the nicest. It has scissor doors and a huge engine, and is one of the sexiest cars out there. It costs around \$450,000, so I guess I'd live in it, too.



Charity Thorp Data collector

My dream car is a pink Prius. I live in Yuma, and driving out here every day is a 50 mile round trip. I have a small car, but still spend \$40-\$50 a week on gas. A car that could get better mileage and save me money would be a dream car. I'd rather spend money on nice vacations than an expensive car.



It would have to be an older vintage car, like a blue 1950 pickup truck. I like the way it is built: I think they were built better than the modern ones. I would upgrade it with things like power steering, new gears, rims, and disc brakes in the front. I would use it every day, but still try to keep it like a show truck.



Sabrina Arps Technical writer

My dream car is a red Chevy Traverse. It doesn't sound like much, but I like the way they look and everything I've read about them has been fabulous. With my husband and me starting a family, it seems like the perfect car for us. It has lots of room, and I love it. My dad has a '66 Mustang that he restored that is the ultimate cool car. I like driving it.





Discount

Doug Thompson Test officer

A 1969 Chevelle convertible, black with red deck stripes. It would have a 396 cubic inch engine with a 400 turbo rock crusher transmission and standard Hoosier slicks on the back, regular radial tires in front. Everything I've ever owned is an old school hot rod, like a '53 Chrysler and a '34 International. I've had lots of Harleys, too.



Chad Nelson Fire captain

Ever since I was a kid, my dream car has been a '55 Chevy, and for the past six years I've owned one. It's two-tone Bahama blue and Chevy white, with a 327 cubic inch Corvette motor, two four barrel carburetors and a M22 rock crusher transmission. It's a weekend cruiser that I take to shows like Midnight at the Oasis. I enjoy it.



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personnel, is one he terms, "too easy."

"I've been on both sides of the personnel table," he said. "I've been the worker as well as the chief before I took the position of office lead here. Everyone has different personalities and family needs, but family matters always comes first both in my eyes and with our company—TRAX," he said.

Hernandez has cross-trained every employee in every aspect of the overall office job. "I have one of the finest, if not the best, staff here at YPG. They believe in me and have confidence that I can lead them to success. I believe very strongly in my father's advice: to be a good leader, you must lead by example and take pride in everything you do."

Accomplishments/Achievements: Although Hernandez feels the operation is running well, there were past obstacles he had to face along the way. "Our infrastructure was not where I wanted it to be when I arrived, so I hit the ground running," he said. "I had to give some areas a small nudge, including my own performance." With many years in the field, his technical skills were good, but being a successful lead requires a different skill set. "I applied myself to learning and I now feel the shop is an entirely professional entity. I'm proud of my office and what it does to support the mission."

YPG's Visual Information office has intensively supported proving ground activities in the past, often at the last minute or on weekends. Office personnel have generated creative, colorful solutions that have portrayed proving ground and test center activities in the best light possible in multiple venues. As YPG successfully moves into the future, VI will continue to play its professional role.

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Test fixtures engineered, built at YPG

By Mark Schauer

As the busiest test center in the Army, YPG evaluates virtually every piece of equipment a Soldier is likely to put his or her hands on. The proving ground does this amidst the natural environment in as realistic a manner as possible.

Since items under test are oftentimes inherently dangerous weapon systems, the safety of evaluators is a key factor. All of this means that many of the fixtures and components to support this rigorous testing are not available on the commercial market, or need to be extensively modified for YPG's needs. Whether it is a mock helicopter to serve as a target or a specialized mount to hold a machine gun under test, YPG oftentimes has to rapidly conceive of and build elaborate test fixtures to make possible a critical evaluation that Soldiers are counting on.

Fortunately, the proving ground boasts a team of mechanical engineers that can design test fixtures and even entire facilities for any division at YPG. Aside from the engineering challenges of creating items for a diverse range of testing, from combat vehicles to aircraft, artillery to anti-improvised explosive device technologies, sometimes the



YPG boasts a team of mechanical engineers that can design test fixtures and even entire facilities for any division. Here, engineer Will Nelson inspects a gun stand modification that he designed.

PHOTO BY MARK

developmental engineering team must adapt existing infrastructure to fit the needs of a new test, even if there are no original blueprints to refer to.

"Some of the items we have at least some drawings for," said Will Nelson, developmental engineer. "Others we have to create from scratch."

The team of Nelson, Bryan Whitsell, and Steve Taylor has also contributed to improving processes at critical places such as the x-ray facility and ammo plant, which has

increased productivity and reduced costs. They have even given discarded items new usefulness in ingenious ways, such as turning discarded bomb casings into pods that hold telemetry sensors necessary for aircraft tests.

"All projects have their ups and downs, hard points and easy stuff," said Nelson. "Our main goal is to make the end customer happy, whatever division they work in."

One Example

In most instances, the developmental engineering team can design an item in a matter of hours, then pass the blueprint along to the relevant craft shop, which in turn constructs the item. Some projects, however, are much more involved.

Two years ago, testers in the Air Delivery Systems Division noticed several potentially troubling issues while conducting personnel parachute drops at 25,000 feet from a C-130

said Keith Allen, test officer. "The air crew members were exerting themselves physically lifting 600 pound mannequins while on oxygen at high altitude. If a static line under tension wrapped around a worker's arm or head, it could rip off the limb or pull the worker out of the aircraft."

In addition to the possibility of these worst case scenarios, mannequins exiting the aircraft entered the airstream in an unrealistic tumble that skewed test data. There was the real possibility that a bad deployment of the parachute could cause the system under test to fail. Allen and his colleagues called on the developmental engineering team for assistance in designing and constructing a mechanically-operated rack that could drop the heavy mannequins in a safer, smoother manner

"We built a mock-up out of wanted a retractable arm to ensure the

honeycomb and wood," recalled Allen with a laugh. "We knew we

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cargo plane. "There was a lot of danger, and not only in psychological terms,"

see **TEST** page 11

YPG children beam after receiving school supplies

By Yolie Canales

As summer vacation time comes to an end, school bells will soon ring throughout the nation as children return to the classroom. Too many of these children begin the school year with minimal supplies, a situation Operation Homefront's "Back to School Brigade Program" seeks to change.

Late last month, the organization distributed backpacks and school supplies at Yuma Proving Ground for all school-age military dependents. The second annual event, sponsored by YPG's Army Community Service, was held at the Travel Camp where over 36 families and their school-age children filled 73 backpacks with supplies such as pencils, notebooks, pens, calculators, paper and much more. Volunteering were Col. Reed Young, YPG commander, YPG's Command Sgt. Maj. Forbes Daniels, Rosa Dayton, event coordinator, Paul Kilanski, and members from Operation Homefront.

"This was an awesome event that kept us filling empty boxes as children filled their backpacks with school supplies," said Dayton. "This was the second time YPG hosted the event which drew more families this time around. There was a great turnout and we plan to host it again next year."

Operation Homefront provides emergency financial and other assistance to the families of service members and wounded warriors. Through widespread public support and a collaborative team of staff and volunteers, the organization aspires to become the provider of choice for emergency financial and other



Marsha Kolegraf, operation director for Operation Homefront, gives a free printer to Makayla Daniels. The printers, donated by Office Depot and Lexmark, were given to the first 100 people who registered online.

PHOTO BY YOLIE CANALES

assistance to the families of service members and wound warriors.

In 2010, the organization met 167,348 needs for military families, including active duty, Guard and Reserve members from all branches of service. Since its inception, Operation Homefront has provided more than \$92 million dollars of funding to programs that benefit military families.

In addition to the school supplies and backpack donations made by various merchants throughout the country, Lexmark and Office Depot donated 100 printers to the first 100 families who registered online. "We were so happy to be part of the printer giveaway," said Marsha Kolegraf, Operation Homefront director of operations. "We distributed 22 printers to 22 families here at YPG. The families were so happy and grateful for the generous donations."



NOT JUST ABOUT THE STEPS ... BUT ABOUT THE PASSIONIII

AUGUST 8, 2011 AUGUST 8, 2011

YPG fire department gets new state-of-the-art ladder truck

"This is a much nicer and more capable vehicle.
On our last truck, we'd have to climb the 100 foot ladder at a 70 degree angle."

Tyler Hudson,
 11 year veteran of the
 YPG fire department

New ladder replaces 20-year-old turck with more 'capable' vehicle

By Mark Schauer

When it comes to defending life and property, few jobs are more heroic than that of the firefighter.

At YPG, the fire department is responsible for protecting hundreds of buildings and thousands of personnel and residents from flame. The department also frequently responds to calls outside the borders of YPG, battling brush fires or giving assistance to mutual aid partners like the City of Yuma. Wherever a fire occurs, YPG firefighters are ready for battle and have recently acquired a brand new 2011 Pierce aerial ladder truck to bring to the fight.

Though its ladder is the same length as its 20 year-old predecessor, the new truck boasts significant capability and safety improvements, including blind side cameras in the cab that allow drivers to see the blind sides of the vehicle from the cab and, more importantly, an aerial platform at the end of the ladder that can quickly raise firefighters high above a conflagration.

"This is a much nicer and more capable vehicle," said Tyler Hudson, an 11 year veteran of the YPG fire department. "On our last truck, we'd have to climb the 100 foot ladder at a 70 degree angle."

Ladder trucks are designed to rescue people in trouble, but not necessarily by plucking them directly from a tall, burning building. For example, firefighters often find it necessary to quickly



YPG firefighter Tyler Hudson gets hands-on from high upon the department's new ladder truck. "This is a much nicer and more capable vehicle," he said.

cut a hole in the roof of a burning structure to ventilate dangerous smoke and gasses prior to going inside to extinguish flames and rescue occupants. The new truck's platform also has a hose attached to it that can be operated by firefighters on the platform itself

or from the truck, which allows the department to attack fires from high above with up to 2,000 gallons of water per minute. It can even be used to rescue workers in tall places, like tree trimmers who have been overcome by heat or another medical condition.

In late July, YPG firefighters completed 10 hours of classroom and hands-on training on the new vehicle, learning to operate the aerial platform and hose, as well as the truck's state-of-the-art stabilizing bars.

"We expect this ladder truck to be receive this apparatus."

in service at least 10 to 15 years, if not longer," said Don Kist, YPG fire chief. "They're building them better than they used to and maintenance procedures have improved a great deal. We're very, very fortunate to receive this apparatus."



Though its ladder is the same length as its 20 year-old predecessor, the new truck boasts significant capability and safety improvements, including the aerial platform at the end of the ladder that can quickly raise firefighters high above a conflagration, as seen here.

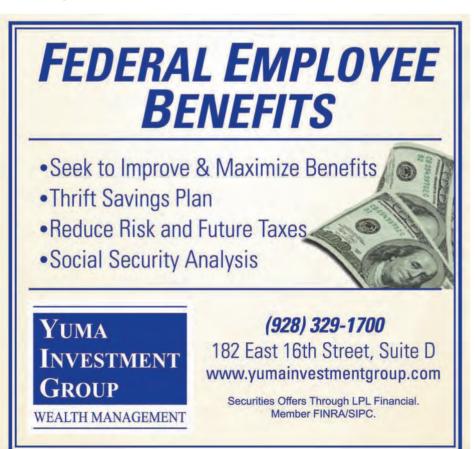


The new truck's platform also has an attached hose that can be operated by firefighters on the platform itself or from the truck, which allows the department to attack fires from high above with up to 2,000 gallons of water per minute.

Cold Region Test Dente Vunn Tos

PHOTO BY MARK SCHAUER

YPG Heritage Center museum specialist Steve Greeley (right) discusses YPG history with Veterans of Foreign Wars senior vice-commander-in-chief Richard DeNoyer (front row, seated) and members of the YPG VFW Post 8242. DeNoyer was in town for the homecoming visit of Arizona State VFW commander Dennis Dole, who hails from Yuma.



Veterans' post has strong YPG connection since 1989 founding

By Mark Schauer

About 10 miles south of Yuma Proving Ground on the edge of Highway 95 sits a non-descript building with tan aluminum siding, a large patio with picnic benches, and a neon 'open' sign. If not for the M60 "Patton" tank in front, the building might entirely escape the attention of people in cars whizzing by.

It isn't palatial, but the Colorado and Gila Rivers YPG Post 8242 of the Veterans of Foreign Wars (VFW) provides more than 750 veterans at YPG and in the Foothills with a place for fellowship warmed by both the desert sun and the comfort of interacting with people sharing similar experiences.

Congregating there are participants from 70 years of American military history: Veterans who stormed the beaches of Normandy, fought through frigid winters in Korea, flew helicopters in Vietnam, and blitzed across the Iraqi desert in M1 tanks and Bradley Fighting Vehicles. The bond of brothers in arms transcends eras and wars, and the desire to serve one's country doesn't end with an enlistment, which brings the veterans here. The membership criteria is very exclusive, though: to join, an individual must have served in combat overseas.

"We have members from all branches of service in all walks of life," said Ron Gage, former YPG logistics director and garrison manager who serves as the post's quartermaster. "Primarily what we're about is taking care of veterans and giving them a place to go. Attached to that are a lot of VFW community service programs."

In addition to support of local charities like the Crossroads Mission, Precious Treasures, and Helping

Hands, the VFW maintains a variety of programs to help active duty troops and their families, from free pre-paid phone cards for those overseas to adopt-a-unit initiatives that gather personal items like foot powder that can make a deployed Soldier's burden a little lighter. Though these activities are beneficial to the community, the good deeds can be as simple as looking after the house of an elderly veteran who is hospitalized.

The post has come a long way since it was founded at YPG in 1989. With an initial membership of 25 comprised mostly of proving ground employees, the group met at the Cactus Café until garnering a larger group of non-YPG members residing in the Foothills. For their convenience, the fledgling post met under a ramada at Adair Park for four months before leasing one acre of land adjacent to Highway 95 about 10 miles south of YPG. A building was erected with a garage kit, lumber, and volunteer labor. The post has thrived ever since: the building has been added onto several times, and the group now owns 8.4 acres. This land does not include the popular recreational vehicle parking area adjacent to the post, however.

"The RV part of it is actually Bureau of Land Management property," explained Gage. "It offers two weeks of free camping and we provide electricity and trash pick-up. It is open to the public: you don't have to be a VFW member to stay there."

Live music, dancing, and socializing are the most popular activities at the post. In the winter, there is live music from 2:00 p.m. to 6:00 p.m. six days per week. Gage says there were pool tables and dart boards at one time, but they were

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mannequins would clear the aircraft and not damage the cargo ramp at the rear of the aircraft."

The test officers showed the developmental engineering team the C-130 fuselage with working ramp used for tests, and gave them the ramp's dimensions and height along with the weight restrictions for the proposed palette. An Air Force loadmaster familiar with the testing also contributed expertise. The end result was a large steel contraption capable of holding 20 of the heavy mannequins that allowed the air crew to move and deploy the mannequins by means of a large crank. In all, the project took nearly a year to complete, including a re-build to extend the length of the crank-driven retractable arm.

"It took a little time, but the end result was worth it," said Allen.

Though successfully used in more than 15 tests, with more on the way, the developmental engineers' innate perfectionism makes them wish they could have another crack at designing it.

"If we had it to do over again, we'd do it completely differently," said Nelson. "There are few things we do we can say we're completely satisfied with. There is always room for improvement."

Attention motorists

School begins
Wednesday, August
10th. Watch out for
children and observe the
school zone speed limit.



After hibernating through the frigid winter months, grizzly bears and other wildlife become active when the weather warms.

LOANED PHOTO

CRTC

the Arctic Circle. This prompted a team of seven personnel to travel to Coldfoot, Alaska to conduct the test.

On the bank of the Middle Fork Koyukuk River in the Brooks Mountain Range and 65 miles north of the Arctic Circle, Coldfoot was originally a mining camp and is now a town of 13 that serves as a truck stop along the Dalton Highway. The highway, which directly parallels the Trans-Alaska Pipeline System, is a 414-mile supply road that begins just north of Fairbanks and ends at Deadhorse, a few miles shy of the Arctic Ocean and near the Prudhoe Bay oil fields. Despite the remoteness, there is a good amount of large vehicle traffic on the Dalton Highway, with about 160 trucks a day in the summer and 250 in the winter. The highway has become widely known through the reality television series "Ice Road Truckers" and an episode of "America's Toughest Jobs."

Running this test was a different experience for test officer Adam Gould: Instead of cold weather clothing and icy roads, his test team had to be prepared for the grizzly bears, semi-trucks, and swarms of bloodthirsty mosquitoes.

"When you work at CRTC you become an expert at cold," Gould said. "To prepare for a test that was going to be conducted in the summer required different planning."

The test team spent long days and nights driving up and down the Dalton Highway comparing IPADS-G data with survey control point data that had been previously established by a Yuma Test Center geodetics team. The test team varied their shifts, testing during every hour of the day. North of the Arctic Circle, the sun is above the horizon for 24 continuous hours during the June solstice, which provided around-the-clock daylight for the testers.

"The test went really well," Gould said. "We were able to get the mission done, collect the data needed, and also experience a part of Alaska that many people never will."

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AWC has a program that makes it easy to take high-quality, noncredit online courses.

Arizona Western College has partnered with ed2go to offer hundreds of online, instructor-led courses and is pleased to announce the launch of "Medical Math."

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Register Now for Fall Classes! Monday - Thursday 3 pm - 7 pm Call 928.314.4762 Jon Cristofori and Kathleen Sinclair, Directors www.balletyuma.org Yuma Ballet Academy

Outstanding customer service recognition—



During an award ceremony at the garrison staff meeting, Marc Ellis, garrison information officer, was presented with the Outstanding Customer Service Award in recognition for dedication to providing excellent customer service during the 3rd Quarter, FY11. On numerous occasions, Ellis went above and beyond his assigned duties to provide assistance and technical support to customers. "Ellis continues to do an excellent job servicing computer equipment and is quick to respond to service order requests. His prompt response helps provide quality service to the customer," said Rick Martin, garrison manager. "He has recently joined the garrison team as the information technology officer and has done a bang-up job."

removed due to lack of use. No matter what, there is at least one special event per month in which 100 percent of the proceeds goes to

Though it no longer meets at YPG, the post remains involved in the proving ground's life. The Military Freefall School sometimes holds its graduation ceremonies at the post, and several years ago YPG donated the vintage M60 tank on display in the parking lot. When the post sponsored a day of activities for Dennis Dole, Arizona State VFW commander who hails from Quartzsite, the highlight was a command brief at YPG followed by a tour of the Heritage Center.

"Every year the incoming state

commander has what we call a homecoming day," explained Gage. "This is the first VFW commander from Yuma County in 66 years."

Though the post is relatively small, Gage says there is always room for new members. He encourages eligible veterans interested in joining to stop by the post anytime during business hours. Those directly related to or descended from an eligible veteran can join the VFW auxiliary, and folks lucky enough to be friends with a combat veteran who is a member are welcome as guests. Gage says the post isn't done growing yet, either.

"We have a 25mm rotary gun donated by the Navy last year which will be on display soon, and we talk about getting a decommissioned helicopter for display. We've put a lot of time and effort into the place, and will continue to do so."

Labor Department provides funds to vets for job training

By American Forces Press Service

As part of an interagency effort to support America's veterans, the Labor Department recently announced \$37 million in grants to provide job training for about 21,000 veterans, many of them homeless or at risk of becoming homeless.

Labor Secretary Hilda L. Solis announced the grants awarded to continue successful programs into their second and third years.

Twenty-two grants totaling more than \$9 million will provide job training to about 4,000 veterans to help them succeed in civilian careers, Labor Department officials said.

Those funds, provided through the Veterans Workforce Investment Program, emphasize training in "green" jobs related to energy efficiency and renewable energy, modern electric power development and clean vehicles.

"Our veterans sacrifice so much for our country, so it is important that we provide assistance to them when they return home from active duty," Solis said. "These grants will help veterans access the resources they need to find good jobs and build a bright future for themselves and their families."

Solis also announced 122 grants totaling more than \$28 million to provide job training to about 17,000 veterans who are homeless or at risk of becoming homeless.

These grants, awarded under the Labor Department's Homeless Veterans Reintegration Program, include \$4.3 million for the Homeless Female Veterans and Veterans with Families Program and \$3.9 million for the **Incarcerated Veterans Transition** Program that helps veterans who have served time in justice facilities, officials said.

Homeless veterans may receive occupational, classroom and onthe-job training, as well as jobsearch and placement assistance and follow-up services, through the programs.

"The Homeless Veterans Reintegration Program is recognized as an extraordinarily efficient and effective program, and is the only federal program that focuses exclusively on employment of veterans who are homeless," Solis said. "I am pleased that the department can assist these veterans and their families."

The Labor Department grants are awarded to state and local agencies, boards and nonprofit organizations that have demonstrated through first-year funding their ability to administer 2015. effective programs to veterans within their geographic areas, officials said.

More information on the Labor Department's unemployment and re-employment programs is posted at http://www.dol.gov/ vets.

Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen

has been a staunch advocate of programs to support veterans who have transitioned from military service.

"They bring home a potential that is unimaginable for the future of our country," he said recently at Arizona State University's Phoenix campus. "This is an exceptional group, and they will make a difference for a long time to come."

Mullen recognized the Post-9/11 GI Bill as a big step in helping tens of thousands of veterans get the training and education many seek. But he also called communities a key part of helping combat veterans make a smooth transition following wartime service.

"If we can just open up our lens to be inclusive of them as they return home, with that little boost, I really believe they will take off and make a huge difference for the future," he said.

Meanwhile, Veterans Affairs Secretary Eric K. Shinseki is leading President Barack Obama's effort to eliminate homelessness among veterans by

"As the president has said, 'We're not going to be satisfied until every veteran who has fought for America has a home in America," Shinseki told the Marine Corps League. "If you wonder what I will be working on for the next several years, this is it. We will end veteran homelessness in 2014."





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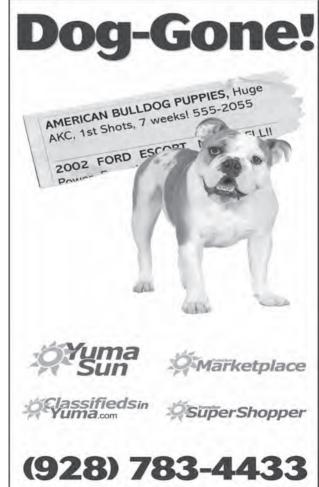
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- Chaplain's Corner

Constant new beginnings

By Chaplain Douglas Ball

"The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning." (Lamentations 3:22-23)

This August is my one year mark at YPG. This may not seem like a big deal to many, but I have not been in one place for over a year in a long time. Between permanent change of station moves and deployments, the year mark usually means I'm off to something new. That may sound like complaining, but I actually enjoy it!

I really like new beginnings. I enjoy the challenge and freshness of a new job, new place, new direction, or a new purpose. I like being able to set aside my mistakes from the old assignment and take those lessons learned into the new assignment. I like taking the steps to personally change and become more of the person I'd like to be.

The beauty of life is that we aren't required to wait for a big event to have a new beginning. God gives us that new beginning every day. He offers forgiveness for our sins and mistakes. He gives strength to change and grow. He grants us love to apply to our relationships. "His mercies begin afresh each morning."

A new school year starts this week and a new fiscal year is just around the corner. A new season of programs and activities are kicking off at the chapel – Mothers of Preschoolers, Kidz Klub, and Financial Peace University. A new day awaits you tomorrow, the next day and the day after that

There is a God who delights in newness, who revels in freshness, who is the beginning. There's no reason to be bored, trapped, stuck, or stagnant – "his mercies begin afresh each morning."

YPG Chapel Fall Programs

- Kidz Klub (Kindergartners Grade): Mondays, beginning, Aug. 22, from 12:30-2:30 at the chapel. There will be games, crafts, songs, teaching and more!
- MOPS (Mothers of Preschoolers):
 Every other Friday, beginning, Aug.
 26, from 9:00-11:00 in the Chapel
 Fellowship Hall. All ladies (and children) are welcome.
- Financial Peace University: Wed., Beginning, Aug. 31, from 6 p.m. to 8 p.m., at the chapel. Topics to be addressed include: budgeting, paying off debt, and financial planning. The average attendee pays off \$5,300 in debt and builds \$2,700 in personal savings during the 13 week course! Slots are limited so please register ASAP.

Contact the YPG Chapel at 328-3465 for more information.

Signs to recognize stress in your life

Submitted by Paul Kalanski

Stress. Everybody has it. The key is how you deal with it! How do you know when problems or pressures are too much? Learn to recognize stress before it builds up. Then learn how to handle it, before it handles you!

Are you stressed out? Worried about money, work, friends or family? Sometimes stress can build up before you know it. Take a look at these signs of stress. Find out how to recognize stress before it takes over.

You know you're stressed if...

- 1. You eat standing up.
- 2. Your dog doesn't recognize you.
- 3. You're always late.
- 4. You forget what day it is.
- 5. You have trouble finishing a sentence.
- 6. Your friends greet you,"Hey, stranger!"

- 7. You're drinking more than usual.
- 8. You're fighting more than usual.
- 9. You can't remember what 'usual' is.
- 10. You do three things at once.
- 11. You don't finish any of them.
- 12. You lose your keys. And your glasses. And your patience.
- 13. You only talk to people on E-mail.
- 14. You're always tired.
- 15. You can't sleep.
- 16. You keep getting sick.
- 17. You keep dropping things.
- 18. You bite your nails.
- 19. You tap your feet.
- 20. You twirl your hair.
- 21. All at the same time.
- 22. You feel like you're drowning.
- 23. You don't have time to feed your fish.
- 24. Your blood pressure is too high.
- 25. Your morale is too low.
- 26. You jump when the phone rings.
- 27. You eat. And eat. And eat.

- 28. You have a headache. Again.
- 29. Your palms are sweaty.
- 30. Your heart is racing.
- 31. You feel nervous and jumpy.
- 32. Nothing seems fun anymore.
- 33. You snap at your friends.
- 34. Your socks don't match.
- 35. You yell at your partner.
- 36. You hate getting up in the morning.
- 37. You drive too fast.
- 38. You talk too fast.
- 39. You cry at the drop of a hat.
- 40. You can't breathe.
- 41. You can't concentrate.
- 42. You keep bumping into things.
- 43. You can't see over the laundry.
- 44. You're never alone.
- 45. You're always alone.
- 46. You live on coffee, cigarettes or diet
- 47. You haven't opened the mail in days.
- 48. It's always someone else's fault.

49. People keep asking, "Are you OK?" 50. You wonder if you're OK.

Do any of these signs of stress sound familiar? If so, take these steps to control stress before it controls you! Pland ahead-Allow more time when planning daily activities. Being too busy can lead to stress. Don't sweat the small stuff-Shrug off minor problems like bad traffic or rude people. They are not worth it! Take care of yourself-Get plenty of rest. Eat well. Exercise. You'll feel better and handle stress better too. Learn to relax-Breathe slowly in and out. Stretch. Take a warm bath. Meditate. Do activities that help you let go of stress. Ask for help-Share your problems with friends and family. Don't try to do everything on your own. Feeling out of control? Talk with your doctor or counselor.

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LASIK... What's it all about?

LASIK (laser in situ keratomileusis) is an outpatient surgical procedure used to treat near-sightedness, farsightedness, and astigmatism. With LASIK an ophthalmologist uses a laser to reshape the cornea in the front of the eye. This improves the way the eye focuses light rays on to the retina at the back of the eye and subsequently improves your vision.

Does LASIK work?

More than ninety percent of those who have LASIK achieve somewhere between 20/20 and 20/40 vision without glasses or contact lenses. In many cases the need for eye glasses and contacts is reduced significantly or eliminated.

Who is a candidate for LASIK?

Generally speaking a large portion of the adult population can benefit with LASIK. It cannot, however, correct all vision impairments. Before the decision can be made you must have an eligibility exam and consultation. The doctor will ask questions about your medical history and give a thorough eye

exam designed to determine if the procedure is appropriate for your individual case. The doctor will also talk about the benefits, risks, available options, and preparation and recovery associated with the surgery to ensure that your goals and expectations are realistic.

How is LASIK done?

LASIK is an out-patient surgical procedure usually performed in an ophthalmologists surgery suite. After the eye is numbed with a few drops of topical anesthetic a hinged flap of corneal tissue is created using an automated microsurgical device. The surgeon will then use the laser to sculpt the corneal tissue. Upon completion the corneal flap is placed back into position. No stitches are required.

While some patients report some discomfort or pressure on the eye, pain is not associated with this procedure. It is important to remember that the procedure is surgery and you should know the qualifications of the surgeon as well as the technological status of the equipment being used. Like all surgeries, the patient needs advance knowledge.

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About Dr. Aiello



Patrick D. Aiello, MD

Dr. Aiello received his MD degree from the University of Michigan. After completing both an Internship and Residency in Internal Medicine at the University of North Carolina, he finished a Residency in Ophthalmology at the world renowned Mayo Clinic in Rochester, Minnesota. He is board certified in both Internal Medicine and Ophthalmology.

In addition to caring for his patients at the Aiello Eye Institute, he is an examiner for the American Board of Ophthalmology, and a clinical instructor for the Midwestern School of Osteopathic Medicine in Phoenix. He is a Senior Flight Surgeon and State Air Surgeon for the Arizona National Guard.

Having performed more than 15,000 surgeries, he is regarded as one of the state's leading eye surgeons.

Dr. Aiello is the only Ophthalmologist doing Lasik and PRK in Yuma, Arizona.

Aiello Eye Institute

Dr. Aiello organized the Aiello Eye Institute in Yuma in order to provide world-class eye care to the community. With a highly trained staff and associates utilizing only the latest technology and equipment, the Aiello Eye Institute provides the areas most comprehensive and patient-centered vision healthcare. Your vision is our mission.

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