

Participants remember America's darkest military moment YPG'ers join WSMR at Bataan Memorial March

By Mark Schauer

In December 1941, the military of Imperial Japan began a rampage across the entire Pacific Ocean.

The attack on American forces at Pearl Harbor, Hawaii, is the best remembered aspect of this fateful aggression, but within days, the Japanese began a massive invasion of the American-controlled Philippines. The American and Philippine forces, concentrated in the mountainous peninsula of Bataan, waged a fierce defense of the archipelago. By April, however, the combination of massive Japanese reinforcements and badly dwindling American supplies had decisively turned



Frank Anderson, engineering technician for NACCITEC, greets a Bataan Death March survivor at White Sands Missile Range.

LOANED PHOTO

the tide.

Though some escaped to the island of Corregidor, where they made a valiant, but unsuccessful last stand, the remaining 75,000 American and

Filipino Soldiers, plagued by dysentery and tropical diseases, and having subsisted on poor rations for months, surrendered unconditionally. It was the largest surrender of an American military force in

the nation's history.

But the nightmare was only beginning. Looking to clear a staging ground for the final assault on Corregidor, Japanese captors led the American and Filipino

Soldiers on a forced march to Camp O'Donnell, a prisoner of war camp. Already sick and malnourished, thousands of Soldiers died on the march from starvation, dehydration, and wanton beatings, bayoneting, and shootings inflicted by some Japanese guards. Thousands more died over the next nearly three years while interred at Camp O'Donnell, Camp Cabanatuan, and other facilities.

The American public did not learn of the now-infamous Bataan Death March until early 1944, and have spent the last 68 years ensuring that it is ever forgotten. One of the most vigorous memorials is the annual Bataan

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WW II's Camp Laguna gets public visit

By William Heidner, YPG Museum Curator

For most Highway 95 travelers, Camp Laguna is an unseen and unknown entity, with an air of mystery to it.

But 24 participants in a

special tour arranged by the Rio Colorado Division of the Arizona Historical Society recently had the unique opportunity of examining the well preserved desert camp. As one participant stated, "We were able to walk in the

footsteps of these veterans who went off to defend our freedom."

Camp Laguna was the first of the Arizona-based divisional camps in the Desert Training Center (DTC) formed in the early months of

World War II. The original idea for the center was to provide a realistic training area prior to the impending invasion of North Africa, though the center's purpose

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outfitted with GPS
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BATAAN

FROM PAGE 2

Memorial Death March held on the last Sunday in March at U.S. Army White Sands Missile Range, Yuma Proving Ground's sister installation. Held since 1990, the event draws in excess of 6,000 participants from all walks of life, including a number of employees and veterans of YPG.

"I do it for the physical challenge and because I've had a pretty avid interest in World War II history for most of my life," said Frank Anderson, engineering technician for the National Counterterrorism Counterinsurgency Integrated Test and Evaluation Center (NACCITEC), who has participated since 2010. "I found out about the march in a health and fitness magazine several years

ago, and it has been a goal of mine ever since."

The march has several different categories for participants to choose from. The full march is a marathon-length 26.4 miles. Less robust individuals show their support by participating in a non-competitive 15.2 mile honorary route that traverses less demanding terrain. The two routes run parallel for the majority of the shorter one's length, which lets multiple generations of families with differing physical capabilities participate together for much of the journey. Anderson was joined by his 76-year old father in 2011, for instance, and ground combat systems project engineer Heidi Still has seen numerous other examples, including active duty Soldiers with prosthetic legs.

"One year I met a family with three generations: a grandfather who was in the active reserve, a father on active

duty, and a son in Reserve Officers Training Corps," said Still, who has participated in the full march six times. "Another year, I walked with a 62 year old retired Master Sgt. who had been reactivated because her specialty was logistics and supply. It's always an awesome event."

The march is more than a test of endurance, however. Many take part in seminars the day before the hike where survivors of the actual Bataan Death March share their experiences. Today, there are less than 100 living survivors of Bataan, and 16 attended this year.

"The chance to listen to survivors and hear firsthand of the event is priceless," said Still.

"I think the youngest one was 87 years old," added Anderson. "When I think about what they went through, it puts the little inconveniences we complain about in perspective."



(Above) Posing for a photo before the march begins are, left to right: Mark Blood, Chris Tennant and Frank Anderson.

LOANED PHOTO

(Left) Some wounded warriors taking part in the march wore gas masks throughout the long desert hike in memory of the American and Filipino Soldiers who suffered and died during the early 1942 calamity. This group of marchers never removed their masks or took a sip of water during the march.

LOANED PHOTO

Contractor pushes '360 Degrees of Safety' program among employees

By Yolie Canales

The safety of the 3,000 employees at Yuma Proving Ground is of paramount importance for the commander and contractor TRAX International, which employs approximately 1,300 of the 3,000 civilians supporting the test mission.

The subject of safety should be first on every employee's mind while performing the proving ground test mission.

It is everyone's responsibility to assure workplaces are safe. This is why TRAX International is embracing the Yuma Proving Ground motto of "Nobody Gets Hurt," as they support the "360 Degrees of Safety" campaign. The campaign was developed to encourage personnel to continually identify new and innovative ways to approach safety. The campaign signifies a complete circle of safety awareness that starts in the morning before work and continues during and after work. In essence, the campaign is a holistic approach.

A significant challenge with a workforce the size of YPG is communication and, to do this, various devices have been used to deliver the message. For instance, the "360 Degrees of Safety" signage upon entering the proving ground is one obvious one.

"We're working to spread the



Barry Butz, safety specialist for TRAX, talks to a driver during a safety inspection checking for discrepancies while driving on the ranges and throughout the installation.

PHOTO BY JAYSEN LOCKETT

word of this campaign among employees," said Jaysen Lockett, interim safety and quality assurance manager for TRAX. "We've explained to our people that the '360 Degrees of Safety' program means performing a walk around vehicles to check that everything is in order before setting out for the day and checking to see that work areas are organized and safe. Everyone's safety is a priority."

"The contractor has developed a number of decals for vehicles showing support for the program," said Jeni Williams, safety specialist for TRAX. "Our safety specialists wear fluorescent bright yellow vests as they drive around checking for discrepancies within work areas and while driving on ranges and throughout the installation. Also, large numbers of handouts and flyers are distributed around the workplace as reminders."

Lockett says this is a positive program that can be a big success, but continual emphasis is necessary. "The biggest challenge

is complacency," he said. "When people become complacent, accidents and other incidents happen. We want everyone to continually think safety is number one."

Currently, Lockett is working to develop new slogans for existing signs. Once they are developed, the plan is to rotate messages on signs every quarter.

By her observation, Williams says people have started to pay more attention within work areas. "The Electro-Optical Maintenance Office has safety posters throughout

the facility, reminding everyone to keep their work area clean, organized and safe. We also do walk-through's to assure everyone is in compliance," she said. Her goal is to reduce the number of injuries to none, but preventing even one injury from happening is a great thing, she said.

Feedback from members of the workforce is essential to the success of the "360 Degrees of Safety" program. Ideas are encouraged, particularly now that the hot days of summer are approaching. Employees are reminded to report anything that may seem unsafe to their safety officers or by using "Safety Gram" messages.



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Chaplain's Corner

Keep the 'roller-coaster' in the park

By Chaplain Loren (Maj.) Hutsell

One of the world's tallest and fastest rollercoasters is the Kingda Ka at Six Flags Great Escape in Jackson, New Jersey. Opened May 20, 2005, it is 456 feet tall and reaches speeds of 128 miles per hour. It is 151 feet taller than the Statue of Liberty and riders experience three to four times the normal gravitational force on earth. The best part of the ride is that it goes from zero to 128 miles per hour in 3.3 seconds. It is guaranteed to please even the most avid rollercoaster aficionado - and scare the daylights out of the rest of us!

Rollercoasters are meant to raise our excitement level for a few minutes. They are a great

experience for a vacation, family outing, or fun with friends. However, when our lives take on the feeling and appearance of a rollercoaster ride it is best to get our feet on the ground and search for stability and continuity. There are principles we can adopt which enable us to experience balanced and stable living, rather than being pulled this way and that, launched into continual crisis, or moving from soaring heights to low depression in repetitive situations. I want to share with you a few principles which can bring continuity to your life and keep the "rollercoaster" existence at amusement parks.

Learn to master your time. Since we can't recover lost time, it is best to use our time wisely. We open

ourselves to feeling a lot of pressure when we procrastinate on deadlines, idly waste our time on frivolity (like too much television), or insufficiently plan our schedules. I encourage you to be led in life by specific goals and plans you want to accomplish. Many people find success in this area by creating one, five, and 10 year goals for their relationships, jobs, and personal life.

Save reward for later. Life often presents us with choices in which we must decide to experience sacrifice or rewards. The preponderance of our decisions should be the choice of sacrifice now and reward later. When we "pay" up front we will then more fully enjoy the rewards of our labors and choices. Sometimes we err and set ourselves up for stress when we make poor financial choices and "sacrifice our futures on the altar of the immediate." Poor financial choices such as taking on a lot of credit debt or buying something you can't afford is an open invitation to living a rollercoaster experience.

Have an eternal perspective. The scriptures teach that you and I are eternal beings and death is merely a passing into another existence.

The scriptures also teach that after we die we will give account to God for the way we have lived. God has instructed us to spend our time on this earth under His guidance. In essence, we are to walk (live out our life) humbly with God and serve Him by caring for others (Luke 10: 27, 28). When we strive to accomplish this plan, we are able to make choices that fit according to God's desires. The blessing of living connected to God is that we are able to find forgiveness for our shortcomings and sins, have assurance and contentment that we are fulfilling our true life purpose, and have peace because we recognize His presence in both the joys and difficulties of life.

The fear of the LORD leads to life: Then one rests content, untouched by trouble. (Proverbs 19:23)

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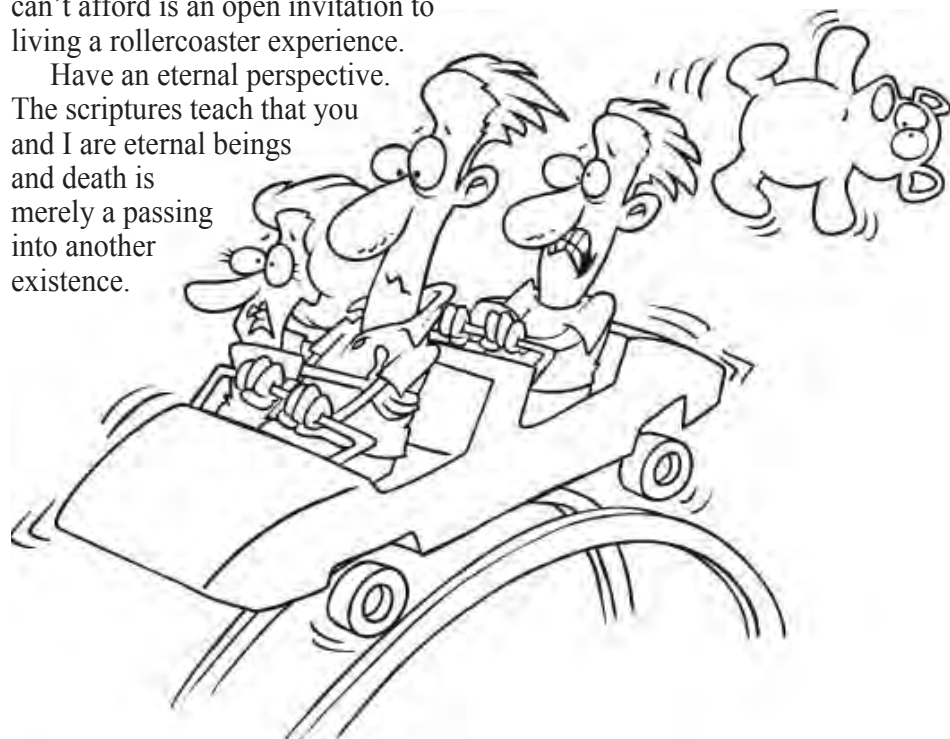
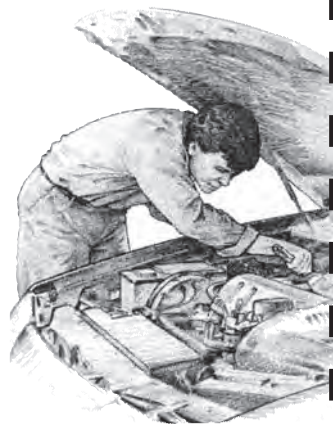
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April Is National Distracted Driving Awareness Month

Driver distraction has become a growing concern in recent years. In 2009 alone, nearly 5,500 people were killed and 450,000 more were injured in distracted driving crashes. Yet, people continue to believe that they can drive and text or talk at the same time.

Since 2009, Department of Transportation has launched several campaigns to help raise awareness about the dangers of distracted driving. The agency has partnered with many safety groups to reach out to millions of Americans with the message that "One Text or Call Could Wreck it All."

Its distraction.gov website hosts an array of information about the dangers of driver distraction, as well as tools to help combat this growing problem. The site also includes tools for parents, educators, teens, employers and community groups:

- * Downloadable pledge to help end distracted driving
- * Sample legislation
- * Downloadable brochure for parents

- * Parent-teen driving contract
- * Sample employer policy
- * Public service announcement videos

* Posters for employers, parents/teens and law enforcement

Did you know that in the month of June 2011, more than 196 billion text messages were sent or received in the U.S., up nearly 50 percent from June 2009

Did you know that, sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent - at 55 mph - of driving the length of a football field, blind

Also, using a cell phone while driving whether it's handheld or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of 0.08 percent

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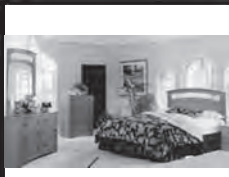
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WWII
FROM PAGE 1

soon broadened. It eventually covered 85,000 square miles.

Maj. Gen. George S. Patton Jr., the first commander of the training center, said, "The training area is the best I have ever seen. It is desolate and remote." Men sent here had different things to say. Some called it the "Land that God Forgot." Others were even less complimentary. While building Camp Young, the first of the camps built within the training area, men described it as "18 square miles of nothing in a desert designed for Hell."

Camp Laguna roughly paralleled Highway 95 and is not open to the public. The southern portion of the camp includes some of the best preserved remains of a World War II Desert Test Center camp and YPG is the only Army installation to have a portion of the old test center within its geographical footprint. Many of



Before concluding the tour, the visitors gathered around the unit insignia of the 319th Infantry Regiment that had been created from colored stones during World War II.

PHOTOS BY BILL HEIDNER

the rock-lined streets, walkways and troop areas remain. Today, it is still possible to "walk in the footsteps" of those Soldiers who once called Camp Laguna their home.

Prior to the tour, detailed on-site reconnaissance was performed by Meg McDonald of the Environmental Sciences Division of the Department of Public Works, and me. Part of what we wanted them to see was

a large rock rendering of a unit insignia. Time has not been kind, but it is mostly there.

During a recent archaeological survey, attempts had been made to identify the insignia, with no luck. Armed with our inspection and research at the Center of Military History's Institute of Heraldry's web site, it was narrowed to two possible insignias of regiments in the 80th Infantry Division. A call to the Institute of Heraldry, and the help of archivist Bonnie Henning, helped to confirm that the rendering was that of the 319th Infantry Regiment.

The tour represented a truly special event, for a tour of Camp Laguna has not been offered to the public for many years. The morning dawned overcast and windy, but a great day lay ahead. Armed with two handouts

provided by the Heritage Center and a quick briefing, the group proceeded to the 319th Infantry Regimental Headquarters area. From there, the group walked west toward the area whose remains indicate it was a concentration of troop living areas.

Many interesting items were found on the ground, including parts of cots, buttons, and even a 1943 nickel. Participants returned objects to the same location as originally found. Many also received quick lessons on how to decipher the manufacturer's codes on old bottles.

Five hours after it began, the tour came to an end. While it was clear the group had an enjoyable time, it was a comment from Carol Brooks that summed it up -- "The organizers of this tour really excelled."

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Meg McDonald, YPG cultural resources manager, briefs members of the historical society at the site of Camp Laguna.

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Precision mortar cartridge

By Mark Schauer

YPG testers have evaluated most pieces of equipment in the military's ground combat arsenal, but it isn't every day that a single test can deliver to Soldiers two major improvements: a more survivable combat vehicle and a more lethal and accurate weapon.

The improvised explosive device (IED) continues to be the weapon of choice for insurgents in Afghanistan, with last year seeing the highest number of the homemade bombs encountered since the beginning of the conflict. Meanwhile, the insurgents are oftentimes ensconced in difficult-to-access mountains or in densely populated urban areas with a high potential for civilian casualties when indirect fire is used.

As it did during the Iraq conflict in rapidly testing and fielding the Mine Resistant Ambush Protected (MRAP) vehicle, YPG has extensively evaluated new platforms that help Soldiers take the fight to the enemy. Two of the most important recent tests have involved a variant of the Stryker combat vehicle sporting the blast-diffusing double-V shaped hull that made the MRAP a lifesaving addition to the ground combat arsenal; and the Accelerated Precision Mortar Initiative (APMI) that produced the XM-395, a highly-accurate, GPS-guided mortar round.



In developmental testing, mortar rounds are fired remotely from behind a concrete bunker. Operational testing, on the other hand, requires Soldiers to use the equipment exactly as they would in real-world situations. Making this a possibility required waivers and extra safety precautions to certify the mortar carrier variant for use with APMI rounds, an aspect of the test that occurred without incident.

PHOTOS BY MARK SCHAUER

With both items having undergone developmental testing at YPG, leaders saw a unique opportunity to conduct an operational test at the proving ground using Soldiers supported by the YPG engineers who shepherded the platforms through their earlier testing.

“A given test item could be perfect technically, but not suitable for Soldiers operationally or tactically,” said Kermit Okamura, combat automotive test officer. “That’s why this type of testing is performed.”

In addition to the benefit of the platforms’ developmental test officers

being on site, conducting operational testing at YPG’s spacious ranges results in cost and time-savings project managers find appealing.

“Coming to YPG is a more efficient way to do this type of test,” said Capt. Ryan Sunderman of the U.S. Army Operational Test Command located at Fort Hood, Texas.

“We can transition to operational testing shortly after the conclusion of developmental testing. The whole process helps the vehicle get into theater faster.”

For the test, a company mortar section was recreated with Soldiers from Fort Lewis, Wash., who stayed in tents at YPG’s forward operating base (FOB).

“This particular FOB works wells because we’re able to create a similar type of environment where Soldiers live with their vehicles,” said Sunderman. “It’s definitely nicer than what exists in theater, but it meets our needs.”

Operational testing is fast-paced and stressful, consisting of long hours of simulated missions across YPG’s vast ranges

and more than 200 miles of road courses. Throughout the test, safety was of paramount concern for YPG personnel, who had to make accommodations to the test’s needs. For example, in developmental testing, artillery rounds are fired remotely from behind a concrete

fired from improved Stryker



A major goal of operational testing is to ensure a given test item is suitable for use in real-world conditions by Soldiers. "A given test item could be perfect technically, but not suitable for Soldiers operationally or tactically," said Kermit Okamura, combat automotive test officer. "That's why this type of testing is performed."

bunker, whereas operational testing requires that they be man-fired exactly as in real-world situations. Making this a possibility required waivers and extra safety precautions to certify the mortar carrier variant for use with APMI rounds, an aspect of the test that occurred without incident.

"As soon as we are finished, this is going almost immediately to theater," said Patty Jonez, munitions test officer. "This test will enable the vehicle, the weapon system, and the XM-395 guided mortar round to be used together."

The XM-395 round has already been widely disseminated among infantry brigade combat teams in Afghanistan, where Soldiers praise the improved capability it gives them in combating insurgent attacks in the field. The product manager in charge of APMI, Lt. Col. Norman Hilton, recently convened at the proving ground a mass award ceremony to formally recognize over 100 Yuma Test Center (YTC) personnel who

contributed to the effort.

"The group here at YTC has been critically essential to the success we have had," said Col. J. Scott Turner, Project Manager for Combat Ammunition Systems, who was also present at the ceremony. "The workforce here should be extraordinarily proud of their efforts."

"It's very symbolic to me," added Julio Dominguez, YPG technical director. "The testers put in a lot of hard work under arduous conditions to rapidly field this item, and it says a lot that the project manager would take time out of his very busy schedule to make a special acknowledgement of the efforts of our workforce."

All involved with both programs feel that the sum of the work of hundreds will be measured in the number of Soldiers' lives saved.

"Our ability to defeat IEDs is priority number one," said Sunderman. "It is a good feeling to see these vehicles sent out to theater."



A recent operational test at YPG combined two of the most important recent innovations that benefit Soldiers overseas: the Stryker combat vehicle outfitted with the blast-diffusing double-V shaped hull and the XM-395, a highly-accurate, GPS-guided mortar round. Here, one of the test vehicles is prepared for another punishing day on the range at YPG.



Operational testing is fast-paced and stressful, consisting of long hours of simulated missions. Here, Soldiers wait to fire the GPS-guided XM-395 mortar round from a YPG gun position.



Spectacular phenomena

The Aurora Borealis, or Northern Lights as they are more commonly referred to, can turn an average winter night in Alaska into something spectacular. During a recent test of night vision goggles conducted at the U.S. Army Cold Regions Test Center, the sky was dancing with this intense northern phenomena. The northern lights are the glow of solar particles blown into the earth's magnetic field. Commonly, as the solar particles strike atoms in the earth's atmosphere, bright yellow-green (almost lime colored) lights dance across the sky. On a more rarer occasion, shades of purple, blue, red, and pink can be seen.

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VIEWPOINTS

Living in the southwest corner of Arizona offers lots of getaway options. We asked YPG'ers, where is your favorite 'getaway' weekend spot and why do you choose it?



Vanessa Arguelles
Recreation Specialist

California! I love to spend time with my family and daughter, Audrey, in California. I love to go to Coronado Island and barbecue on the beach with my dad. He makes the best carne and pollo asado! The weather is perfect there. I also love taking my daughter to the San Diego Zoo and SeaWorld. Doesn't get any better.

Jeff Fraser
NEC

San Deigo, California. I have four daughters; one in San Diego, one in Phoenix, one overseas and one in Florida. I love spending time with all of them, but I spend more time with the one's who live closer, especially the one in San Diego because she has a nice beach house and I love it there! Great weather, food and ocean breezes.



Marc Ellis
Information Management Officer

I like visiting Julian. It's close enough to go up for a day, and a weekend out of the Yuma summer heat is great. You do have to plan on what you want to do, but that's part of the fun of getting away.



Andrea Trujillo
Operations Coordinator, TRAX

San Diego is my favorite weekend getaway. Each visit brings something new to do with the many restaurants, outdoor activities, tourist attractions and, of course, the variety of stores for some great shopping. The weather with its green landscape and fresh ocean air gives us a sense of carefree life. But after a few days away from home, it's always a good feeling to come down the moutnain and feel the hot Arizona air on our approach as we come to good ole' Yuma.



Celebrating the Strength of the Nation: the Army's 237th Birthday

"Blessed to live in the land of the free, you could have opted for an easier path. But you know that freedom is not free. And so you volunteered and you stepped forward, and you raised your hand and you took an oath – to protect and defend; to serve a cause greater than yourself, knowing, in a time of war, you could be sent into harm's way."


– President Obama, Washington, February 29, 2012


On this day, 237 years ago, our Nation's leaders established the Continental Army to protect oppressed colonists yearning for freedom – beginning our Army's rich heritage of defending our country and her citizens. Today, we celebrate the generations of Soldiers who embraced this calling and have served this great Nation with honor, loyalty and bravery in peace and war for more than two centuries.

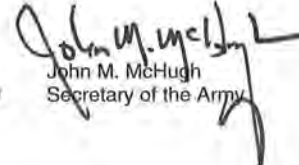
Change has always been an enduring theme of our Army's experience. After our long war for independence, we adapted to meet the needs of an expanding Nation – securing frontiers, building roads and canals, and mapping new territories. In the twentieth century, we fought two World Wars to defeat tyranny and spread the cause of freedom – emerging as *the* stabilizing global force. From Korea to Vietnam to the Persian Gulf, we answered our Nation's every call to preserve peace and stability. And, following the attacks of September 11, 2001, our Army made the decisive contribution to the global struggle against violent extremism. Today, more than a decade later, as we reflect on our accomplishments in Iraq, continue to serve our Nation's interests in Afghanistan and elsewhere, and protect the American people at home, we remain vigilant as we prepare for the challenges of an uncertain future.

Despite all this, some things have never changed. Our Army has always remained true to our enduring professional values: we value the dignity and respect of all our Soldiers, Families, and civilians; we honor the sacred trust our Nation places with us; and, we remain our Nation's loyal servants – defending the principles upon which our Declaration of Independence and Constitution were established. For 237-years, America's Army has always answered the Nation's call, and we always will.

On the Army's Birthday, we thank every Soldier, civilian and Family member who has ever served in our ranks for your dedication to duty and the selfless service that have made us all Army Strong. Happy Birthday!


Raymond F. Chandler III
Sergeant Major of the Army


Raymond T. Odierno
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

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Summer Safety Precautions

Submitted by Command Sgt. Maj. Forbes Daniels

Yuma Proving Ground has many times experienced 115 or 120 degree temperatures, and we expect another hot summer this year. It is imperative that everyone is armed with the best tools to fully enjoy a safe summer in this beautiful place called Yuma Proving Ground.

How to recognize heat stroke:
This malady occurs when a person experiences a body temperature above 103 degrees, accompanied by red, hot, dry skin, with no sweating. This means the body's sweating mechanism is failing. If the person has a rapid strong pulse, headache, dizziness or nausea, it is important that medical attention be sought right away.

Signs of overheating:

Heavy sweating. (if heat stroke has already set in, the body may already have stopped perspiring)

Headache
Muscle cramps
Feeling tired and weak
Passing out
Nausea
Disorientation / confusion
Pale skin

Not all fluids are considered effective for hydrating. Consistent hydrating with water is best for workers operating in our desert environment. Supervisors must watch personnel closely and seek shelter as necessary to prevent over-exposure that can lead to heat injuries.

How to hydrate

Stay away from very cold drinks --

they can cause stomach cramps.

Drink plenty of fluids. Don't wait until you're thirsty to drink.

Avoid liquids with alcohol or sugar, which cause you to lose more body fluid.

If you must exercise, drink about two to four glasses of cool, nonalcoholic fluid each hour

How to alleviate sunburn: There is no fast cure for sunburns -- it may take days for your skin to heal. There is also no such thing as a "healthy tan." Unprotected sun exposure causes premature aging of the skin. Seek shelter consistently as mission permits or necessary to prevent sunburns or heat strokes. Limit your outdoor activity to morning and evening hours and wear lightweight, light-colored, loose-fitting clothing.

Monitor young children and elderly people because they are more sensitive to the heat exhaustion or heat stroke.

Body temperatures can rise to 106° or higher within 10 to 15 minutes.

Other safety tips

Wearing a bicycle helmet while cycling can reduce the risk of head injury by as much as 85 percent. A bicycle helmet should have a snug but comfortable fit on the rider's head.

Bicycle helmets are required by federal law

Bicyclists should avoid riding at night. When riding

at night, install and use front and rear lights on the bicycle and wear clothing with reflective tape or markings

Drivers should always keep an eye out for bicyclists.

The speed limit on post is 25 mph in the Price Elementary School area and 15 mph in residential areas

Swimming Pool

The key to preventing a swimming pool tragedy is to have layers of protection. This includes placing barriers around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency. Swim where there are life guards and always use the buddy system. Do not consume alcohol while swimming.

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Command Sgt. Maj. Forbes Daniels supports summer safety for all YPG residents and workforce.

Taking back old prescription drugs, April 28

On April 28 from 10 a.m. to 2 p.m., the Yuma County Sheriff's Department, Yuma Police Department, and the Drug Enforcement Administration (DEA) will give the public an opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. There are several sites throughout Yuma County available for disposal of your medications. Visit www.DEA.org to find the locations nearest to you. The service is free and anonymous, no questions asked.

Last October, Americans turned in 377,080 pounds—188.5 tons—of prescription drugs at over 5,300 sites operated by the DEA and nearly 4,000 state and local law enforcement partners. In its three previous Take Back events, DEA and its partners took in almost a million pounds—nearly 500 tons—of pills.

Voluntary Leave Transfer Program adds new recipients

We have YPG family members in need of assistance. Leave donations as small as one hour are appreciated, however, CPAC can only accept donations from appropriated fund civil service employees.

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 several employees on the VLTP recipient list:

- Dave Holbrook, JAG, deep brain stimulation surgery and recovery
- Audra Lemme, Mission RM, newborn son is suffering health complications
- Darrell Lewis, Mission, torn meniscus and cyst behind the right knee cap (ACL replacement)
- Alysha Miller, Mission Plans & Ops, maternity
- MJ Nance, YTC, care of elderly mother-in-law due to injury and illness resulting in death
- Carlos Padilla, YTC, environmental allergy and bilateral lung densities
- James Robinson, YTC, cancer surgery with

follow-up radiation and
Chemotherapy

- Sheila Slaughter, YTC, hospitalized since January with acute pulmonary distress
- Robert "Smoke" Trujillo, YTC, motorcycle accident and subsequent surgeries

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. Please note, the CPAC office can only accept donations that indicate to whom the hours are to be given - please indicate this information. You can split the donations, as long as donations are in full-hour increments.

Just to recap: The recipients must use all available sick and annual leave before they receive donations - donors aren't funding a new vacation plan for recipients. Donors can only donate annual leave; sick leave is not eligible to be donated. If the recipient doesn't use all leave donated, leftover leave is divided up among donors and returned to them.

Yuma Proving Ground
Got Drugs?

Turn in your unused or expired medication for safe disposal
**Saturday, April 28th,
10am - 2pm**

Scan the QR code for a location near you!

dispose

unused
Rx

For more information, please visit www.dea.gov

National Prescription Take Back Day
For more info call YPG ASAP
328-2249

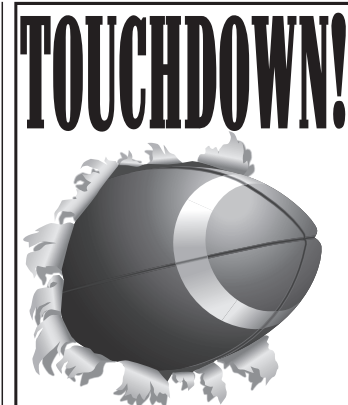
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Cell phone use while driving is prohibited on YPG



Cell phone use by vehicle operators at Yuma Proving Ground, as at other military installations, is a potential danger.

All vehicle operators are reminded that the use of cell phones is prohibited while operating a vehicle on the installation.

The Department of Defense Code of Federal Regulations prohibits vehicle operators on all DoD installations from using cell phones unless the vehicle is safely parked or a "hands-free" device is being utilized.

Do you know your drinking IQ?

There is a lot going on in April, in addition to Month of the Military Child, Child Abuse Awareness, and Autism Awareness as well as Alcohol Awareness month. Maybe you're thinking "I'm aware of alcohol, who isn't? After all it's everywhere!" But did you realize that 70 percent of the people consuming alcohol are responsible for consuming only 20 percent of all alcohol sold. That means that 30 percent of the people that drink alcohol are consuming 80 percent of the alcohol that is sold. You might be thinking that there is a typographical error, but there is not.

Who taught you to drink? Where did your beliefs about alcohol come from? More importantly, what does that catch phrase "Drink

Responsibly" really mean? Many people haven't thought about these questions. Some people have, and are making low risk choices. For people that make low risk choices alcohol is a part of celebrations or events but they can take it or leave it. If you haven't thought about these questions or choices regarding alcohol use, what better time than now?

The Army Substance Abuse Program supports making low risk choices regarding alcohol use. Do your choices reflect warrior pride? Alcohol abuse can contribute to domestic violence, child abuse, sexual assault and many other issues leading to significant negative consequences. Please take a moment this month to be aware of the choices

you make regarding alcohol.

If contemplating choices leads to questions about them, more information is available. A confidential, anonymous screening can be accessed at www.drinkingIQ.org. Military One Source provides information and resources, including confidential counseling. Active duty, family members, DA civilians, and retirees and can also contact the ASAP Manager and Employee Assistance Program Coordinator, Christopher Lee, at 328-2249, or at usarmy.ypg.imcom.mbx.substance-abuse-prevention-program@mail.mil. Assistance through the Employee Assistance Program is voluntary and confidential.

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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.

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.



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