

# THE OUTPOST

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

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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

## Interacting with workforce a priority for YTC commander



By Chuck Wullenjohn

Lt. Col. Chad Harris assumed command of Yuma Test Center in July of last year. The ensuing months were busy ones and the pace

Esteban Flores (right), chief of the Artillery and Mines Branch at the Munitions & Weapons Division, shares ammunition information with Lt. Col. Chad Harris, YTC commander. (Photo by Yolie Canales)

has not slackened. Making a point to visit downrange locations frequently to meet with workers, he recently paused for an interview.

**Q.** What inspired you to join the Army and why did you choose that branch of service?

**A.** I enlisted in the infantry in 1994 because the Army seemed the right “fit” for me. I had personal goals I wished to achieve. I applied for Officer Candidate School

about one year later and was accepted. I was later commissioned as an armor officer and performed in that role for 10 years. The Army expects a great deal and it’s been a rewarding career, both for me and my family.

**Q.** How did your background prepare you for the position of YTC commander?

**A.** I started out as an armor

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## Good news: YPG water meets EPA standards

By Sergio Obregon

It has been approximately two years since construction of two water treatment plants began. Thanks to efforts by the Directorate of Public Works’ (DPW) Environmental Sciences and Engineering Divisions and U.S. Army Corp of Engineers (USACE), the two treatment facilities are now fully

operational and providing quality water that meets National Drinking Water Standards. This change affects all YPG personnel using the water supply for purposes such as drinking, bathing, cooking, and dishwashing.

Previously, the Maximum Contaminant Level (MCL) for arsenic in drinking water was 50 parts per billion (ppb).

This standard was reduced by the Environmental Protection Agency (EPA) to 10 parts per billion and became enforceable on January 23, 2006. Arsenic is naturally occurring in higher levels in the soils of the Southwest. Historically, arsenic at YPG has been detected at levels between 18 and 29 ppb. Based on the water system

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This figure shows the areas (shaded in blue) being supplied with water from the new water treatment facilities. All buildings connected to the water distribution systems at YTC, LAAF and KFR (south to 9 Alpha, east to the Counter Mine Building on Pole Line Road, and north to Twin Peaks), and the Castle Dome Heliport/Annex now have potable water for occupant use.



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to ATEC  
leaders  
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DO NOT  
feed the  
coyotes  
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# 'Cool' welcome for ATEC leaders at CRTC

By Clara Zachgo

In early January, over 40 U.S. Army Test and Evaluation Command (ATEC) senior leaders and staff traveled to Fort Greely, Alaska, braving harsh arctic conditions to spend a few days catching a glimpse of what Cold Regions Test Center (CRTC)'s rugged professionals endure throughout the winter. When participants arrived on the evening of January 17, temperatures were holding in the -40° F range, an Alaskan welcome for people from all over the country.

Although the weather was cold and the bus ride was chilling, when attendees finally arrived at CRTC's Bolio Lake Test Site three hours later, they received a warm welcome. According to Maj. Gen. Genaro Dellarocco, ATEC commander, "you can tell a lot about the type of organization by the people that work there—from how you are greeted, to how it looks, to how the details are coordinated—every single category was exceeded by the people at CRTC."

After getting official business completed the next morning, it was time for conference attendees to get outside and experience CRTC. After being outfitted in standard CRTC apparel — Carhart coveralls, vapor barrier boots, arctic mittens, and balaclavas—ATEC senior leaders ventured out into the -40° F temperatures to experience cold weather testing and participate in a team building event. The cold set in for many, especially after the first few stops on the range tour. According to Julio Dominguez, technical director of Yuma Proving Ground, "people from CRTC are the only ones that can stand outside at 40 below with a smile on their faces; everyone else stands there freezing!"

For many of the attendees, this



Bundled up in standard CRTC apparel, attendees walk through the snow covered ground on the way to the M1A2 Abrams test site at Bolio Lake. You can see the haze from the individuals breathing. (U.S. Army photos)

was not the first time to visit CRTC, but the first time the temperatures had dropped so low. Robert Carter, technical director at White Sands Missile Range, had been to CRTC a few years ago, but said, "there is definitely a difference between -20° F and -40° F. Last time it was balmy compared to this."

During the range tour, four of the test sites were visited, giving people an idea of exactly what cold weather testing is all about. Dellarocco felt the briefings at the M1A2 Abrams

Tank, Small Unit Support Vehicle (SUSV) Re-Power, Warfighter Information Network-Tactical (WIN-T), and Load Handling System Compatible Water Tankrack (Hippo) test sites helped to demonstrate how discoveries that are made during cold weather testing are very illuminating. "People can learn a lot from the findings of the tests at CRTC and need to pay close attention to those findings," said Dellarocco.

Testing at CRTC is nothing like testing in a cold chamber; you are

not confined by a small area or surrounded by a warm bubble. The WIN-T test was just one example of the importance of testing at CRTC. With a test consisting of at least six large components and numerous smaller pieces, WIN-T emphasizes the necessity of natural environment testing. One of the representatives from the program manager's office for WIN-T, Ed Canivan, expressed the inability to set up the entire network in a cold chamber, but traveling to CRTC allowed them to complete their needed cold weather testing. "We learned a lot of things here we could never have learned in a cold chamber." Dellarocco summed up the range tour saying, "CRTC understands its mission."

After the test site visit wrapped up, it was time to get moving and warm up with a traditional Alaskan competition, outhouse races. This popular northern contest consists of teams of five, four pushers and a rider, pushing an outhouse on skis around a course to see who can do it the fastest. This team building event allowed the participants to band together for some good fun after their arduous day of meetings. The rest of the evening was spent in sidebar



A hearty team braves the Alaskan elements in the traditional Alaskan competition, outhouse races. This popular contest consists of teams of five, four pushers and a rider, pushing an outhouse on skis around a course to see who can do it the fastest. This event, however, did take place at the end of the day after all work was completed.

see **COOL** page 11



# PRIORITY

FROM PAGE 1

officer, which directly relates to the ground combat systems we test - one of our large test areas. I later transitioned to the Operational Test Command and worked in the project manager world which prepared me for this assignment. I learned to understand the need for quality testing and became a proponent for both developmental and operational testing. I really enjoy being here.

**Q.** What is the most important lesson you learned in your career?

**A.** People generally want to do good things and be successful. If you give them the proper tools and environment, that's what they do. This has held true throughout my career and I see it at Yuma Test Center.

**Q.** You have been commander of YTC since last summer. What are your impressions? What has impressed you the most?

**A.** I have very positive impressions both of the workforce and the community. I first visited YPG as a test officer for the Operational Test Command in 1997, a customer, and had a very positive experience. I returned several more times in ensuing years, staying from a few days to a month each time. Each visit went well.

**Q.** Have any of your feelings changed since you assumed command?

**A.** If anything, they have improved. I felt the workforce was dedicated to the mission and had a great work ethic when I arrived, and I've seen it many times across the board in test areas I never visited before. YTC employees and our contractor workforce work hard, for they want to see YPG and the entire Army be successful.

**Q.** Do you have any goals you wish to accomplish during your time at YTC?

**A.** My primary goal is to make

sure the test center continues to maintain its reputation as a premier test facility. A challenge I face is a possible decline in the future test workload and budget reductions. We must do everything we can to look for and implement efficiencies in the test process.

**Q.** What is the typical workday like for you?

**A.** I usually come in around 7 a.m., do some emails and sign a huge volume of paperwork, then get out to the ranges. If not on a daily basis, I try to go downrange as often as I am able to interact with members of the workforce. I emphasize the importance of these visits, for the best method of gathering information is to talk to the guys on the ground. I pick up many nuggets of knowledge this way.

**Q.** A great many of the systems deployed by the Army in Iraq and Afghanistan over the last 10 years were tested at YPG. How important was the work performed here in saving American lives or preventing injuries?

**A.** I'd estimate that the number of lives we helped save and injuries we helped prevent number in the thousands. We've had a direct linkage in testing systems going overseas and still do today. The members of the workforce know this, but I don't know that people in the outside community fully appreciate it. It's a source of great pride to the workforce and it's well deserved.

**Q.** What are your impressions of the outside Yuma community?

**A.** The Yuma community is highly supportive of the military, which I appreciate. This is a small town environment with all the amenities we need - I like it. There are plenty of restaurants and good shopping. We're in town at least once each week.

**Q.** What is your basic leadership philosophy?

**A.** This sounds like a cliché, but I believe in the "golden rule" - treat others as you yourself would wish to

be treated. If you treat people with consistent fairness, respect, and offer mission and intent direction, people will surprise you with what they accomplish. When a leader provides the tools and environment to achieve success, people generally will.

**Q.** Every commander seems to have a "style." How would you define yours?

**A.** My style is to provide general guidance along with a left and right limit to the people who work with and for me, then let them go at it. My role is to not dictate a solution, but let people develop their own concept. I also underwrite valid mistakes by allowing them as learning experiences. I definitely do not wish to stifle creativity and innovation by punishing honest mistakes.

**Q.** YTC is made up mostly of civilians. What do you see as the difference between leading civilians and leading Soldiers? Is this a particular challenge?

**A.** I don't see this as a challenge,

but there is a difference. A leader must use different tools and methods for working with Soldiers and civilians. People are motivated by similar things and my overall intention is to help people be successful.

**Q.** Aside from fighting a war in Southwest Asia, the Army is developing a mobile, high tech force to meet the defense needs of the future. What role will YTC play in this process?

**A.** Our primary mission is to test equipment for customers in a wide variety of areas. YTC's future test mission might change a bit, with, perhaps, more training activities and more testing outside the traditional DoD customer base. The importance of what we do and the need for desert testing will continue. Even if the overall Army Test and Evaluation Command test mission declines, the percentage of what we do will remain relatively constant - between 25 and 30 percent of the command workload.

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## VIEWPOINTS

With the mission proceeding at a heavy pace, it's difficult for YPG employees to even think of retiring. Nonetheless, for this Viewpoint we asked, "If you were extremely wealthy, where would be your dream retirement spot?"



**Sgt. 1st Class James Davis**  
Military Freefall School

San Diego. It's where I grew up. It has a perfect temperature and environment, even though the cost of living is horrible. Beaches are 30 minutes away, mountains are two hours away, and there are plenty of blonde women in convertibles. It doesn't matter how old I'll be, I'll still be interested in all of those things.

**John Barczynski**  
Systems Safety Engineer

Florida, either Fort Lauderdale or the Tampa area. In my other job, I used to travel a lot, and we had a lot of customers there. I liked the golf courses and beaches.

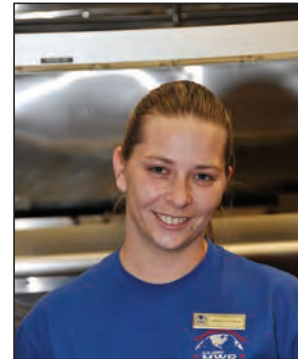


**Mike Daniels**  
Survey Party Chief

I'd go somewhere tropical like Hawaii. I love the activities it provides: going to the beach, snorkeling, kayaking. I've been to the big island with my wife and we had a great time snorkeling and diving.

**Amanda Brooks**  
Cook/Cashier

I'd go to Italy. I've never been there, so there'd be plenty of sightseeing to do. If I liked it, I'd stay. If not, I'd try Germany or Mexico City. I hear it is very pretty down there.



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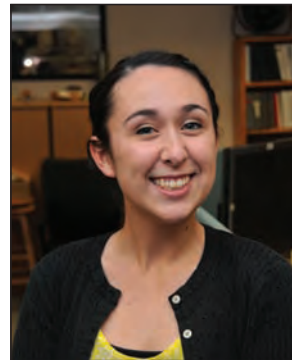
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**Kimberly Dickerson**  
Technical Writer

I'd buy a Mediterranean island surrounded by warm, clear water. It would be quiet and relaxing with a beautiful climate, and I'd fly all my friends out to visit. If I had my own island, it would be the least I could do.

**Brett Bowman**  
Test Officer

I'd stay somewhere in Arizona. Traveling is fine, but most of my family is here and I was born and raised in Arizona. It might be nicer somewhere like Flagstaff or Prescott in the summer, but I enjoy the dunes and the river here. This is the all-around perfect area: I have no great ambition to live anywhere else.





# Zumba fitness - an enjoyable way to get in shape!



Pumped up and full of energy, De Ann Lyda, Zumba instructor at the YPG Fitness Center, motivates the group of ladies to a fast pace and fun exercise as they dance to hot Latin music. (Photo by Yolie Canales)

By Yolie Canales

Many people made resolutions this past New Year to get fit in the next 12 months. Some are on their way by sticking to new eating plans and incorporating physical exercise. However, some may find the exercise portion difficult and may give it up before seeing results. If you are one of those, you're encouraged to give Zumba Fitness a try!

De Ann Lyda, Zumba Fitness instructor and part-time special events coordinator for Family, Morale, Welfare and Recreation directorate, invites people to come by and try it out.

"Zumba Fitness Classes are a fun and exciting way of exercising that will motivate anyone to this way of

getting fit," said Lyda. "I have been teaching Zumba for one year and have had the best time of my life. It's fun and keeps you moving with the latest Latin music, movements and style." If you want to try, FREE Zumba classes are offered every Monday at 9 a.m. and every Tuesday at 5:15 p.m. at the YPG Fitness Center. All you have to do is come and have some fun.

Lyda says Zumba is like an aerobic workout with the exception that it incorporates Latin rhythm along with other styles such as African, Indian and Hip Hop. She also explains that the overall benefits of Zumba not only show on the outside but also on the inside of the body. "Not only can you lose weight,

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# Tropic extreme puts the

By Mark Schauer

**Editor's Note:** *This is the first of a two part series.*

During the worst years of the Iraqi insurgency, the Mine Resistant Ambush Protected (MRAP) vehicle was developed to protect American Soldiers from the destructive power of roadside bombs and other improvised explosive devices (IEDs). U.S. Army Yuma Proving Ground (YPG) played an extensive role in the rapid initiative to field these life-protecting vehicles, conducting punishing durability testing on virtually all of its variants. The proving ground, located in the desert of southwestern Arizona, has terrain and climate that closely matches those of Iraq, which made it ideal for testing the vehicles under realistic conditions. With the vehicle having proved its mettle and tenacity both here and in theater, the MRAP was tested at YPG's Cold Region Test Center at Fort Greeley, Alaska in the winter of 2010-11, leaving tropics as the last climate in which it had never been put through its paces.

"As operations in Afghanistan and Iraq wind down, the armed forces are becoming more focused on the need to test equipment in arctic and tropical environments," said Ernest Hugh, director of U.S. Army Tropic Regions Test Center (TRTC), a subordinate command of YPG.

Unlike the other test centers, however, TRTC owns no land and must rely on the permission of host nations to conduct evaluations. Though this is obtained with relative ease thanks to TRTC's strong rapport with the American embassies in the foreign nations in which it conducts tests, there are still the challenges of finding and improving a suitable test site, transporting equipment to it, and housing personnel for multi-month



The 19 miles of road courses on which the MRAPs were driven became muddy after even light rainfalls. Though this is exactly the kind of real-world conditions testers crave, the muck made even minor maintenance extra-challenging for test mechanics to deal with. Here, heavy equipment mechanic Allen Litherland uses a pressure washer on the undercarriage of the test vehicle prior to an inspection. (Photos by Mark Schauer)

missions far from home.

## Preparations

When TRTC conducted its first test in the nation of Suriname in 2008, it took the efforts of hundreds of people and scores of local contractors to make it a success.

"During the first test, we were completely new to the country," said Julio Zambrano, test officer on the MRAP test. "We didn't know the culture or the normal way of operating. It was a groundbreaking experience with lots of lessons on what to do and what not to do."

Though the Stryker test was completed five weeks ahead of schedule, the 20-person crew experienced a great many hardships. The test took place near Moengo, a town of about 7,000 people, and though the crew's housing was

upscale by local standards, it was substandard to typical American expectations. The crew was also isolated: the capital city of Paramaribo was 60 miles away and accessible only by unimproved roads, meaning they only travelled there one day per month. Additionally, throughout the test there were constant concerns from local citizens about the scope and duration of the testing, which required a great deal of deft diplomacy on the part of the testers.

When the MRAP project manager expressed interest in conducting a similar durability test in Suriname in 2011, TRTC officials were determined to maximize convenience and minimize costs.

"We went into this test with a whole new philosophy," said Terry



The Cougar was one of the MRAP variants tested by U.S. Army Tropic Regions Test Center in Suriname late last year. Here, the vehicle powers through dusty road conditions at the height of Suriname's dry season. "This course isn't that bad," said Jay Bomhower, driver. "We're encountering a lot of dust because it is the dry season, but we get that in Yuma, too."



# MRAP through its paces

Barton, TRTC's site manager in Suriname. "We can get the contractor to do things with fewer people and much cheaper than the first test. We've learned a lot and come a long way in our knowledge of how to work in Suriname."

Though the MRAP test required a long test course like the Stryker evaluation, TRTC officials were keen to find a more centrally-located facility. After significant inquiries, TRTC officials found a promising site near the village of Afobaka that addressed many of the shortcomings of their prior one. Connected to Paramaribo by a paved and well-maintained highway and close to an airstrip and several other small towns, the site would be easily accessible for personnel and supplies, as well as emergency vehicles in case of an accident. The dirt road course itself snaked through 19 miles of uneven jungle terrain, perfect for putting a combat vehicle through its paces under extreme conditions.

Confident that they had a suitable site, TRTC's senior leaders began to approach officials from the United States embassy in Suriname for assistance in gaining the necessary permissions from the Surinamese

government. TRTC officials gave detailed briefings to the commander of the U.S. Military Liaison Office within the embassy, who, in turn, briefed Suriname's national security advisor and Ministry of Defense. The test was ultimately approved at the highest levels of the Surinamese government.

"You develop it piece by piece," said Barton. "Once you have the track and the approvals, then you have to make provisions for a camp for the workers."

## Improvements

Though more accessible than its predecessor, making the new test site ready for business was far from a turnkey operation. The most pressing matter was preparing the test course itself.

"In Yuma and Alaska, the tracks are already established," said Zambrano. "For this test, we start with nothing and have to get authorizations from local governments, petition for radio frequencies, and a lot of other things that are taken for granted at YTC and CRTC. It takes a lot of effort and coordination."

Unlike the Moengo test site, the 19-miles of existing roads through the jungle near Afobaka were



Testers were expected to complete 2,000 road miles on each test vehicle within three months, no matter what weather conditions were present. The crew depended on heavy equipment mechanics like Allen Litherland (above) to keep the test vehicles-- and mission-- moving along.

designed to accommodate logging trucks, which are light relative to the extremely heavy vehicles used to support bauxite mining. Thus, bridges spanning the several streams across the road had to be strengthened to safely bear the weight of the beefiest MRAP variant, which weighs in at over 30,000 pounds. This retrofitting was performed by the land's owner under TRTC supervision, and was accomplished through the ingenious method of placing an open Connex trailer in the stream bed, then using massive backhoes to pile dirt and extremely thick timbers atop it.

As these repairs were being accomplished, the test courses had to be staked and mapped, and topographical maps produced. The test site needed security fencing and lighting, as well as a concrete pad and shade structure to accommodate maintenance and storage of the test vehicles. Cutting-edge prefabricated trailers were erected to house the 20 personnel that would be at the site for the duration of the test, small cabins with single rooms of about 10 feet by 10 feet, each having a window and sliding glass door. The doorways

opened onto wooden decks that served as a communal outdoor dining area outfitted with sinks, refrigerators, and other kitchen appliances brought by test personnel. There were five such cabins constructed, each taking about three weeks to complete. Due to Suriname's history as a Dutch colony, the construction codes are European-based, but the TRTC crew had experience with them from the 2008 test.

The test site was also outfitted with high speed satellite internet access and already boasted cell phone coverage, making it much more connected to the outside world than the prior location.

"We're able to communicate with anyone at any time," said Barton. "Suriname's telecommunications and online infrastructure has advanced quite a bit in the last few years, and at a much lower cost."

"We talk with Yuma every day by email and phone," added Zambrano. "They want to be sure we have everything we need to be successful. There are challenges that you don't have in Yuma, but we work through them."



Unlike other test centers, U.S. Army Tropic Regions Test Center owns no land or permanent facilities. For this test, all of the infrastructure to house vehicles, equipment, and personnel had to be constructed prior to the evaluation. Here, test officer Julio Zambrano guides a driver parking a vehicle at the conclusion of a punishing day of durability testing.



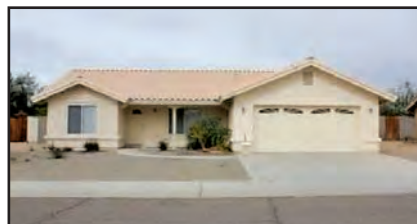
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## Do not, do not feed coyotes



A reminder to all residents and members of the YPG workforce, do not feed any coyote on the installation and its ranges. (Photo by Mark Schauer)

*Editor's Note: This article was modified from one written by the Fort Irwin Department of Public Works, Environmental Division, for the DPW Environmental Sciences Division at Yuma Proving Ground.*

If there is a born survivor among the mammals, it must be the coyote. After all, this animal has thrived and expanded its range despite decades of devoted efforts to eradicate it from urban and agricultural areas.

The coyote exists in every state except Hawaii and has learned to coexist with humans in more and more cities and towns. Some people welcome this invasion about as much as Atlanta welcomed Sherman. Others celebrate the ability of coyotes to survive in an environment filled with buildings, fences, concrete and cars. Community meetings held when coyotes are observed in a neighborhood, or when a few cats mysteriously disappear, are usually divided into coyote lovers and coyote haters. Each side is insistent about whether the coyotes should stay or go. Yet when all is said and done, the only possible resolution to this conflict is for us to learn to coexist with the coyote.

The campaign against coyotes has

demonstrated that if a habitat will support coyotes, coyotes will occupy it. When widespread eradication efforts reduce coyote numbers, the coyote population responds by producing larger litters and breeding at an earlier age. Within a few years, populations decimated by poisons, traps and aerial hunting recover to levels equal to, or higher than, those that existed before the eradication attempts were made. The situation is no different on Yuma Proving Ground, where coyotes thrive, because food is plentiful, and natural predators are few. Removal efforts are doomed to fail. Fortunately, living with coyotes is not difficult. It all boils down to a number of simple actions:

Don't give coyotes an easy meal by leaving out food or water for pets; unprotected garbage; or small pets, such as cats or dogs weighing less than 50 pounds.

Don't create large puddles of water in areas where there have been coyote problems (especially in the summer months).

Threaten (haze) coyotes by shouting at them while throwing pebbles at them whenever they approach human property. Using an

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# COYOTE

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air horn or shaking a can with pebbles in it will also frighten the coyote.

Pick up fruit that falls off trees and excess bird seed, since coyotes are omnivorous.

Always remember that coyotes are wild animals and should remain that way. Never try to feed or pet them.

The more free meals coyotes find and the more non-threatening people they encounter, the more coyotes will lose their fear of humans. Coyotes that adapt to human settlements become bolder and often appear in daylight. On Yuma Proving Ground, coyotes are seen at dawn and dusk in the housing areas - normal times for coyotes to forage.

Sadly, there are reports of employees and contractors feeding specific coyotes, and coyotes that have found access to food waste and unsecured garbage. A coyote that approaches humans and begs for food is a danger to the mission, traffic, and to the people feeding it. Such an animal cannot be relocated but instead must be euthanized. Please do not feed these animals. A fed coyote is a dead coyote.

For more information on how to peacefully coexist with wildlife, please visit and explore the Arizona Game and Fish Department website, particularly <http://www.azgfd.gov/w-c/urban-wildlife.shtml>

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## WATER

FROM PAGE 1

classification, the three water systems on YPG that were affected by this standard were the Kofa Firing Range (KFR), Yuma Test Center (YTC) (FKA Material Test Area (MTA)), and the Laguna Army Airfield (LAAF) cantonment areas. The Main Administrative Area (MAA), continues to be in compliance with the National Drinking Water Standards.

Construction of the two water treatment plants was completed last spring. Since then, DPW, in conjunction with USACE contractors, has been "fine tuning" the facilities to allow for consistent and reliable operations prior to garrison acceptance of the facilities. Various YPG organizations, such as the Safety Office, Fire Department, and Security also needed to ensure the treatment facilities were in compliance and compatible with YPG policies and regulations. A final site inspection by all participating organizations was held last October.

Both water treatment plants are nearly the same size and can treat up to 144,000 gallons of water per day. The water treatment technology and filtration system used in the new plants is known as Electro Dialysis Reversal (EDR). EDR is the same technology that has been used at YPG's MAA for many years.

To ensure the newly treated water from both treatment facilities had been appropriately distributed and the old water in the distribution lines flushed out, DPW began flushing the water systems early last September. The next month, DPW took water samples to determine the arsenic levels at various representative "end-point" locations throughout the affected water systems. All sample results showed arsenic levels well below the regulatory limit of 10.

In addition, the EDR process not only removes arsenic from the water but also effectively removes various other contaminants found in our ground water, such as fluoride. Fluoride, which is naturally occurring in our ground water, has historically been detected at about 8 parts per million (ppm) throughout the affected water systems, but has now been reduced by approximately 50 percent. The current fluoride levels from the treated water range from 3.5 to 4.5 ppm.

Each new treatment facility now combines two existing water systems. One treatment facility, constructed at the YTC cantonment area just north of the Range Operations Center (ROC), provides treated water to both the LAAF and the YTC cantonment areas. The other treatment facility, constructed at the KFR cantonment area on 3rd Avenue West near 5th Street, provides treated water to the KFR and Castle Dome Heliport/Annex cantonment areas.

All water taps (water faucets, hose bibs, drinking fountains, ice machines, etc) inside and outside of buildings within these areas are now being supplied with water from the new water treatment facilities.

Other areas on YPG, including the Dynamometer building, Sites 4 & 4E, Cobra Flats, and other down range sites that are equipped with piped water are not supplied by the new water treatment facilities and continue to be supplied by existing wells. As a result, there has been no change in the quality of water at those locations.

We appreciate the patience of the entire YPG community during the past several years as we diligently worked to bring our domestic water services into compliance with new EPA standards.

## Next Outpost deadline is noon February 9th

### Sexual Assault Hotline:

920-3104 or 328-3224;

### Report Domestic Violence: 328-2720 or 328-3224



## COOL

FROM PAGE 2

meetings, followed by dinner and a bonfire.

The following full day of meetings wrapped up the January 2012 ATEC Commanders' Conference and it was time for everyone to begin the long

trip back to the lower 48. Dellarocco was pleased with what had been accomplished during the short stay at CRTC. "Whenever you pull your staff and senior leaders together to discuss where an organization is heading, you build relationships which make you stronger and more effective as an organization," he said.



Forty ATEC senior leaders and staff who traveled to Fort Greely, Alaska, to attend the 2012 ATEC Commander's Conference pose for a photo in front of the Cold Regions Test Center building.

## ZUMBA

FROM PAGE 5

you also tone muscles and can even lower blood pressure readings in addition to cholesterol and glucose readings. It's an amazing form of exercise without the treadmill or running routine," said Lyda.

"Now don't get me wrong; running, weights, bicycling and treadmill forms of exercise are not bad at all, but Zumba makes it fun because you dance away excess pounds."

Zumba is taught all over the world to millions of enthusiasts without the strain, without the sacrifice, just for the pure joy of a party. The Zumba slogan is "Ditch the workout—join the party." In fact, the toning you do with Zumba, combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused

Zumba moves to create a calorie-torching, strength-training dance fitness party. Lyda is also licensed in Zumba Toning, where you learn to use light weights to tone target zones, to include arms, abs, glutes and thighs.

Pat Garcia, YPG resident, has been participating in Zumba classes since April 2011 and has lost a total of 20 lbs. "I have been coming to classes every Monday and Tuesday since April of last year and have gained stamina and endurance, and had a ball doing it. I feel so much better and have a much brighter outlook," she said. "Once you come, you will not regret it and will look forward to the next session. De Ann is a great motivator and will keep you going. I go at my own pace, but I'm moving and that is the key. I keep moving to the exciting music. I love it!"

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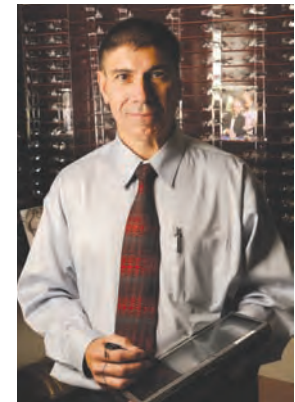
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## About Dr. Aiello



**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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