

# THE OUTPOST

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

Volume 41 No. 32 September 17, 2012

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

## Saving lives by detecting incoming fire using the VMGDS

By Mark Schauer

It is said that war is long periods of boredom punctuated by moments of sheer terror, and one of the most frightening experiences is being ambushed by small arms fire. Fortunately for American Soldiers, YPG is on the frontline of testing cutting edge systems that counter this threat. One example is the recently evaluated Vehicle Mounted Gunshot Detection System (VMGDS), which went through seven weeks of rigorous testing.

“There were two phases, so to speak,” said Peter Schaffer, team lead in YPG’s Electronic Warfare Branch. “In the static phase, they parked the vehicle off the side of the track at different orientations and different distances from the firing line. The second part had a remote-operated Humvee driving around the firing line.”

The purpose of the VMGDS is to allow Soldiers to determine the direction

and location gunfire is coming from. To ensure its capabilities, testers needed to test its performance in a variety of military vehicles facing gunfire from multiple small arms likely to be encountered by troops. First and foremost, however, the test had to be planned with safety in mind.

“Any time you have a live fire program, there are a lot of safety steps that have to be taken to mitigate all the dangers and make sure everyone is as safe as possible,” said Schaffer. “A great deal of work went into this and everything was executed flawlessly.”

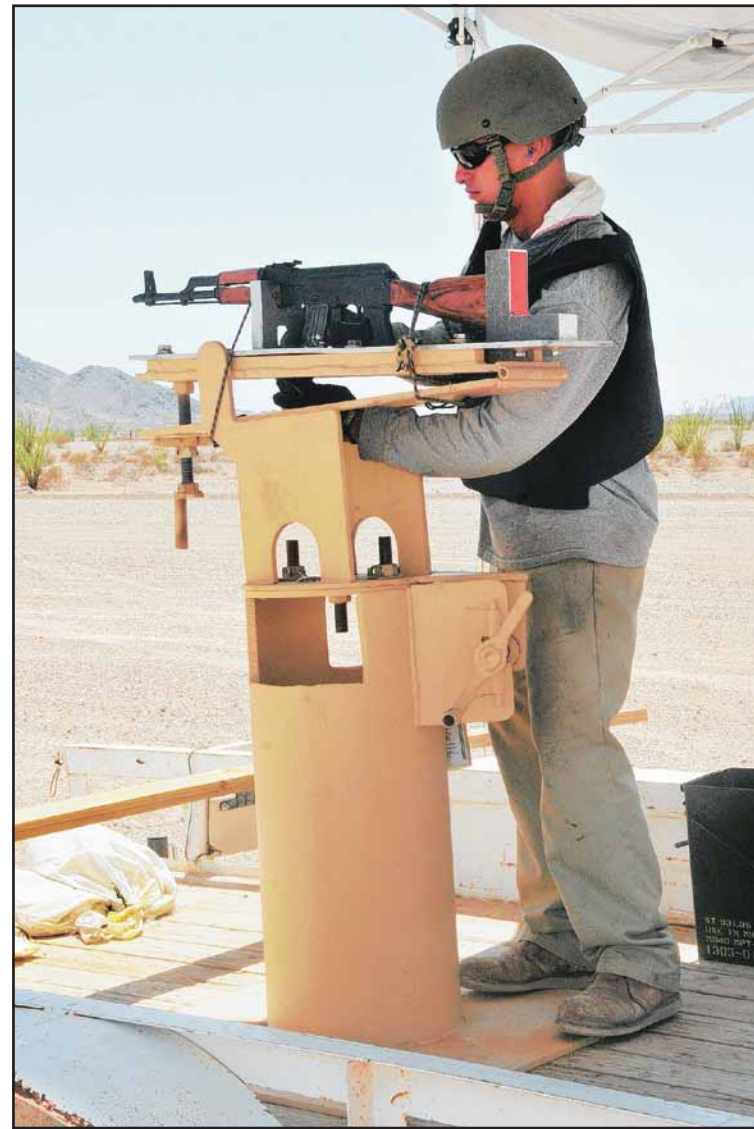
YPG personnel constructed a 14-foot-by-12-foot backstop as a target and a wooden gun stand to mount the various small arms used during the test. A circular track between the backstop and gun stand was staked off at 10 meter intervals, and microphone arrays were set up to capture the acoustics of each of the hundreds of methodically-fired rounds for comparison with data

calculated by the VMGDS. Other instrumentation, such as high speed photography equipment, was also emplaced. Since the test involved live fire, for safety, the unarmored Humvee used in the test was outfitted with instrumentation that allowed it to be remotely operated.

“This is another example of multiple directorates working together to meet all of the customer’s requirements,” said Schaffer. “I think this test knocked it out of the park.”

The test’s customer agreed with this assessment.

“Everybody out here has been doing an incredible job working to make sure that we get not only everything we need, but above and beyond,” said Amir Morcos of the Army Armament Research, Development, and Engineering Center’s Acoustic Sniper Defeat Team. “I cannot say enough good things. At YPG, things get done: I can count on the team to accomplish the test safely and rapidly.”

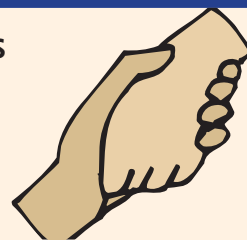


The Vehicle Mounted Gunshot Detection System (VMGDS), which allows Soldiers to determine the direction and location gunfire is coming from, recently underwent seven weeks of rigorous testing at YPG. A wooden gun stand to mount the various small arms used to evaluate the system, as seen here, was constructed by YPG personnel, as was a 14-foot-by-12-foot backstop.

PHOTO BY MARK SCHAUER

**HISPANICAMERICAN  
HERITAGE MONTH**

Bringing awareness  
to Suicide  
Prevention Week  
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The  
ever-changing style  
of the Army  
Page 9





**NATIONAL SUICIDE PREVENTION WEEK, WORLD SUICIDE PREVENTION DAY AND  
ARMY SUICIDE PREVENTION MONTH - SEPTEMBER 2012**


It is truly remarkable what our Soldiers, Army Civilians and Family members have accomplished over the past 11 years. Our Army and our Nation have asked much of you and you have performed exceptionally well. That said, the stress and strain of more than a decade of war has had an impact on our Force and, in particular, on our people. Unfortunately, many are dealing with difficult issues and some view suicide as a solution to their problems. Every one of these individuals has a friend, a battle buddy or a leader who is in a position to help. We need everyone to get involved – there is no room for bystanders. We are a team, and the loss of even one member of our Army Family is one too many; every single person is too important to lose.

This September, the Army will expand National Suicide Prevention Week and World Suicide Prevention Day to Suicide Prevention Month. The theme is "A Healthy Force is a Ready Force." As part of Suicide Prevention Month, the Army will conduct a Suicide Prevention Stand Down on September 27. This stand down aims to promote good health, teammate involvement, risk reduction and resilience training. Units will promote Comprehensive Soldier and Family Fitness, stigma reduction, resiliency training, protective factors and effective treatment resources.

Many factors may influence whether someone is likely to attempt suicide. Developing resilient Soldiers, Army Civilians, and Family members requires comprehensive, collaborative Army-wide approaches. Effective suicide prevention and intervention activities require a continuum of services and strong communities that build on individual, unit/agency and Family strengths. Members of our Army Family must adopt effective coping skills, turn to trusted friends and Family members in times of need, and be willing to seek assistance when needed. There is no shame in asking for help.

We urge all Soldiers, Army Civilians, and Families to work together to prevent suicide and to raise their own awareness of the available tools and resources. Remember – your actions may save a life. Army Strong!

  
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



**Don't deal with a  
problem alone. Reach  
out to a helping hand!**

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the National Suicide Prevention Lifeline at 1-800-273-TALK [8255]

It takes **COURAGE** to ask for help when needed



## VIEWPOINTS

**September is suicide prevention month** : Do you know the risk factors or warning signs? Why is this an important concern?



**Vanessa Arguelles**  
Drug Testing Coordinator

Some risk factors or warning signs of suicide are people talking about it, depression, and withdrawing from others. It is a big concern because suicide rates in the military have gone up with Soldiers having to deal with multiple deployments, their personal life as well as their military life. They have a lot of things on their plate.

**Paul Kilanski**  
Family Advocacy Program Specialists

I am well aware of the risks and warning signs, and I think it is important to have this awareness. A person could be depressed and broken up with his family, showing signs of potential suicide and we don't act on them. Afterwards when something happens, we go, "gee, I should have known that". It is important to be aware of the signs so we can prevent anything from happening.



**Diana Mercer**  
MWR Business Manager

This is a big issue with me because I had a family member who committed suicide. You really have to be aware because depression is a terrible thing. If you see someone you think needs help or is going through a crisis, make friends with them and help them. They need your help and it is very important with the military, especially for the returnee. They have seen and done a great deal and we need to be there for them.

**Christopher Lee**

Army Substance Abuse & Suicide Prevention Program Manager

There are 12 risk factors that the Army has identified. The most common are military work stress and relationship problems. We are remote and isolated, and oftentimes family members might not want to be here, and these are additional stressors. There are many warning signs, but they can be hard to identify sometimes. It is a concern because we are losing too many Soldiers.



**Jacqueline Romero**  
Engineering Technican, Safety office

I know some suicide risks and protective factors as well as warning signs, since this is a topic I've learned about. I think this is a concern in the military because there's been an increase in suicides within this demographic, which I think is largely due to the stresses that comes with being in combat.

# THE OUTPOST

The Outpost is an unofficial publication authorized under provisions of AR 360-1. The Outpost is published every two weeks by the Public Affairs Office, Yuma Proving Ground. Views and opinions expressed are not necessarily those of the Army. This newspaper uses material credited to ATEC and ARNEWS. While contributions are solicited, the PAO reserves the right to edit all submitted materials and make corrections, changes or deletions to conform with the policy of this newspaper.

News may be submitted to:

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Phone: (928) 328-6143/6189 or DSN 899-6143.

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## Hispanic American Heritage Month

**HISPANIC HERITAGE  
LUNCHEON GUEST SPEAKER:**



**Dr. Sabina Miranda** NEUROLOGIST  
Houston, Texas

*Many Backgrounds  
Many Stories*

**Sunday, Sept. 16:** Religious services at Post Chapel, 9:30 and 11 a.m. Services. Mexican pastries and refreshments available after both services.

**Monday, Sept. 17:** Cooking Demo by Yolie Canales at Michaels Community Center, MAA, 11 a.m. to 1 p.m. Menu: Nopalitos con huevos and Posole (m-m-m-m- Delicioso!)

**Tuesday, Sept. 18:** Salsa Making/Tasting at Bldg. 2105, ROC Atrium, 11 a.m. to 1 p.m.

**Wednesday, Sept. 19:** Hispanic Heritage Poster Contest at Price Elementary School

**Thursday, Sept. 20:** Hispanic Heritage Luncheon, at YPG Travel Camp Bldg. S6, 11 a.m. to 1 p.m. Entertainment: AWC Salsa Dancers and much more!! Menu: Red Beef Enchilada Casserole, Spanish rice and Refried beans, salsa, chips and homemade Mexican dessert!

**Luncheon Tickets may be obtained from:**

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# German engineer enjoys YPG and the southwest

By Lucy Rivera

For five years, Sebastian Brack dreamed of coming to the United States to explore the opportunities this country offers. Little did he know that he would end up coming to one of the hottest places in the nation ---Yuma, Az. -- to take part in the Engineer and Scientist Exchange Program (ESEP).

"After I started my career in the German Administration of Defense, I got a hint of the exchange program being offered with the U.S and other countries," he said. "Coworkers recommended I participate, so I became highly motivated."

Brack was born and raised in the Eastern part of Germany in Jena. Once he finished high school, he served the German military for one year and later continued his studies to obtain a degree in Environmental Measurements Engineering. He began his work career at the Defense Technology and Procurement Office where he tested and procured materials for the military.

In 2005, he moved to Koblenz and was responsible for main battle tank ammunition. "This job included work on requirements, testing assignments, assisting with contracts, and with applications for funds," he explained.

At YPG, Brack has been working in Yuma Test Center's Munitions and Weapons Division. His duties include testing firing devices and writing standard operations procedures. He will be at YPG for one year.

Last month, he had the opportunity to witness a test of a .50 caliber three-barrel ballistic firing device. He was impressed with what he saw.

"Different branches come together to work on a big project like this, which is always enlightening to see," he said, "Also, YPG is much larger than Germany's biggest proving ground, which is small and cozy compared to Yuma."

Brack says that there are two challenges he faces today-- understanding the English language and the hot summer weather. "I was advised to always stay hydrated, but I have had enough time to get used

to the Yuma heat," he said chuckling.

When asked if he missed his country, Brack had an interesting comment.

"The only thing I miss is the German bread," he replied with a smile. "German bread is crusty. Americans have a variety of breads, but most are soft - too soft."

Sebastian Brack says he is enjoying the southwest desert and natural beauty, however, he does miss some of the better things of Germany -- German bread which is so much 'crustier' than American made breads which he says are too soft for his taste.

PHOTO BY LUCY RIVERA



## Chaplain's Corner

By Chaplain Loren Hutsell

Wilfred Funk the vocabulary expert and author, once listed what he thought were the most beautiful words in the English language. Ten of the words on his list were hush, mist, murmuring, dawn, tranquil, chimes, melody, golden, luminous, and lullaby. What words do you think should be on the list? Sometimes in our everyday conversation with others we choose to use beautiful words. Sometimes in moments of frustration, anger, or disappointment we use words like "%\$#!\*#." We all could likely make a list of words we wished we didn't say as often as we do.

## Choice Words

So how do we better control the things that we say? A critical factor for long-term "word control" is to fill our minds and hearts with healthy, loving, good things. Matthew 12:34 says that "out of the abundance of the heart the mouth speaks." Another translation says, "whatever is in your heart determines what you say." This points out that we're to be careful of what we put or allow in our hearts. The things with which we fill our lives have a direct impact on the things that we say.

Evaluate what kinds of books, programs, movies, media that you predominately read and watch. Does it inspire you to a better future and to become a better person? It's also

important to consider who you like to hang out with and whose advice you regularly follow. Do these people bring you down or challenge you to better things? In the book "The Other Wise Man," clergyman Henry Van Dyke reminds us: It is only by thinking about great and good things that we come to love them, and it is only by loving them that

we come to long for them, and it is only by longing for them that we are impelled to seek after them; and it is only by seeking after them that they become ours. In other words, let an abundance of goodness flow into your life because it directly impacts the choices you make and the things that you say.

Next Outpost deadline is noon  
**September 20th**

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# Lean Six Sigma Update

## YPG now boasts expert it never had

By Mark Schauer

As a Lean Six Sigma (LSS) black belt student, YPG employee Tony Gingras developed streamlined procedures for the scheduling and delivery of ammunition to YPG's munitions and weapons testers that saved the proving ground millions of dollars and represented a significant improvement in safety for both YPG employees and the overall safety of American artillery.

Now, Gingras will bring his expertise to bear in teaching others the principles of LSS.

Since being implemented in 2006, LSS trainees across the Army have been battling waste and inefficiency in an effort to cut costs and earn a coveted belt in the program's martial arts-inspired hierarchy. Recently, Gingras, an employee of YPG's process improvement office, became YPG's first Master Black Belt.

"The Master Black Belt is the in-house expert on Lean Six Sigma," said Gingras. "It is the person the black belts go to for mentoring and coaching, and who works with senior leadership in aligning projects to the strategic plans for YPG and ATEC."

The 'lean' production system dates back to Henry Ford, and was refined by Toyota, which wanted the production efficiency of Ford combined with the selection of General Motors. Six Sigma was developed by Motorola in the 1980s, and focuses on streamlining existing processes within an organization. Since 2006, applying LSS principles to operations has resulted in nearly \$13 million in cost avoidance and savings at YPG, and additional savings are in the offing.

As for the training course to achieve the elite master black belt, candidates must complete a

rigorous three-week class that spans three months, with homework and projects to be completed in the lag time between training weeks. The coursework is heavy on statistics, and the course is capped by a multi-hour oral presentation of a project before a panel of other Master Black Belts.

"It was a lot of learning and objectives, and extremely fast-paced," said Gingras. "You had to study after the fact."

"I really admire Tony's work in completing the program," added Minerva Peters, YPG's process improvement manager. "It took a really big commitment on his part."

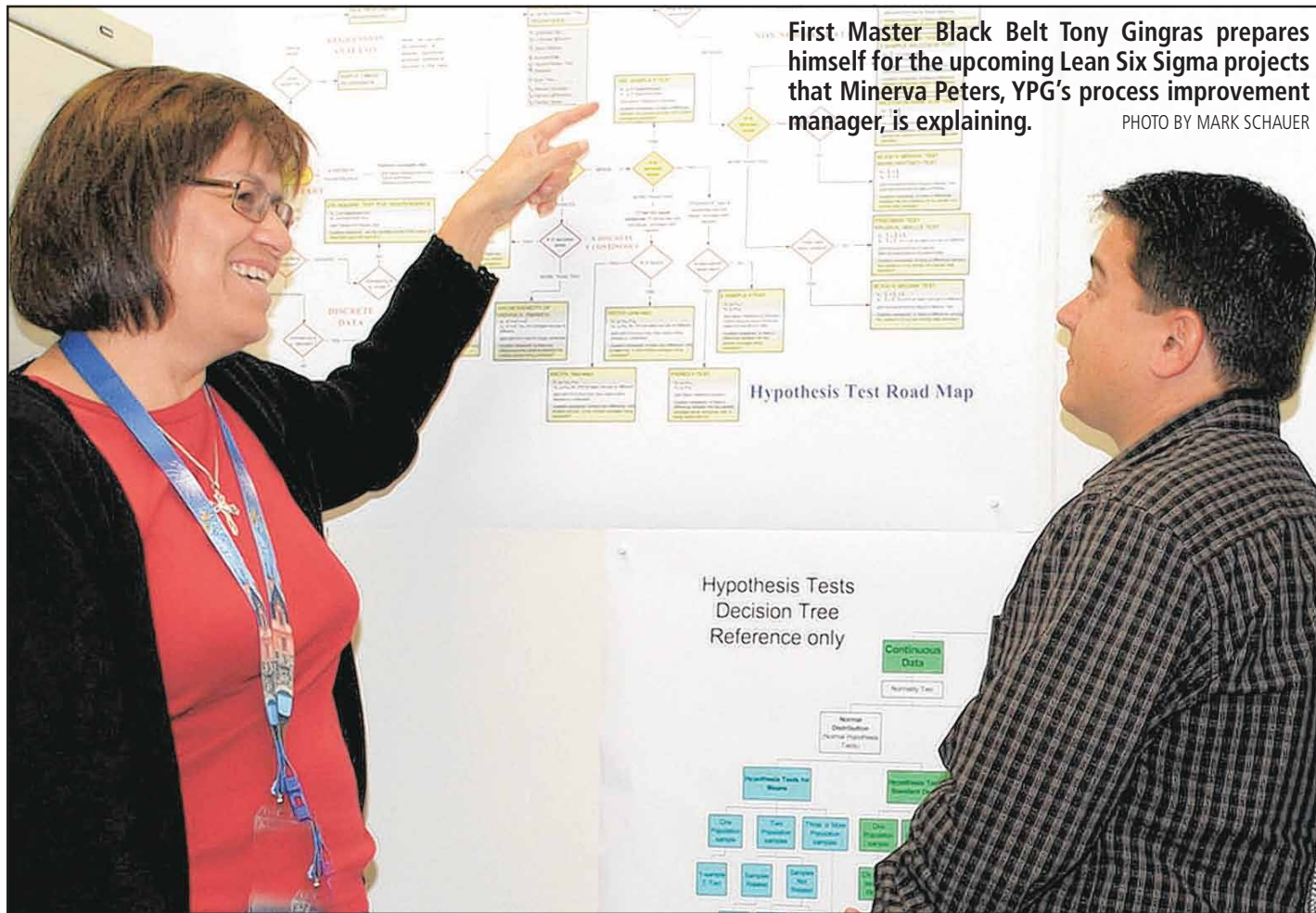
With more than 20 green belts and 13 black belts at YPG, the system

has positively affected a variety of facets of YPG's workload, from minor projects that simplified the in-processing experience for new employees to major ones responsible for millions of dollars in cost avoidance. LSS does far more than save money, though: it streamlines processes, which translates into more productivity and less hassle.

"I like Lean Six Sigma because it is a methodology that gives a systematic analytical approach to problem-solving," said Gingras. "It's been implemented uniformly across YPG, so anyone with LSS training can pick up methodology and go forward to solve a problem based on what may have been done before."

Among other duties, Gingras will conduct specialized training for YPG senior leaders as well as project identification and selection workshops for larger segments of the workforce.

"Even if you don't become a certified belt, the training helps you start looking at what you're doing a little more carefully and asking whether the process makes sense," said Peters. "The process isn't just about what makes sense to you, but what makes sense to the customer. If the customer gets nothing out of it, it isn't a good process."



First Master Black Belt Tony Gingras prepares himself for the upcoming Lean Six Sigma projects that Minerva Peters, YPG's process improvement manager, is explaining.

PHOTO BY MARK SCHAUER

# ROTC students 'wowed by' YPG

By Mark Schauer

Most high school students this time of year are spending their days trudging from class to class and still longing for a return to summer vacation. But a lucky few escaped the monotony to get up close and personal with Bradley Fighting Vehicles, M1 tanks, and M777 lightweight howitzers.

On September 6, fifteen cadets from the Apollo High School Junior Naval Reserve Officer Training Corps (ROTC) travelled by bus from

Glendale in suburban Phoenix to spend an action-packed day at Yuma Proving Ground. While here, they toured the Heritage Center and a large vehicle and artillery maintenance shop on the Kofa Firing Range. They also heard inspirational talks from various YPG personnel, including Command Sgt. Maj. Keith West and YPG commander Col. Reed Young, who presented the unit's youngest and oldest members with a commander's coin at a lunchtime ceremony.

"It was really cool," said Mason

Juhl, sophomore, who plans to become a Marine Corps aviator. "I liked looking at the tanks and fighting vehicles."

ROTC instructors George

Zuckerman and Jim Santoro chose to visit based in part on positive past experiences in Yuma: Zuckerman was stationed at MCAS Yuma in the last decade, and Santoro served in uniform at YPG in the 1970s.

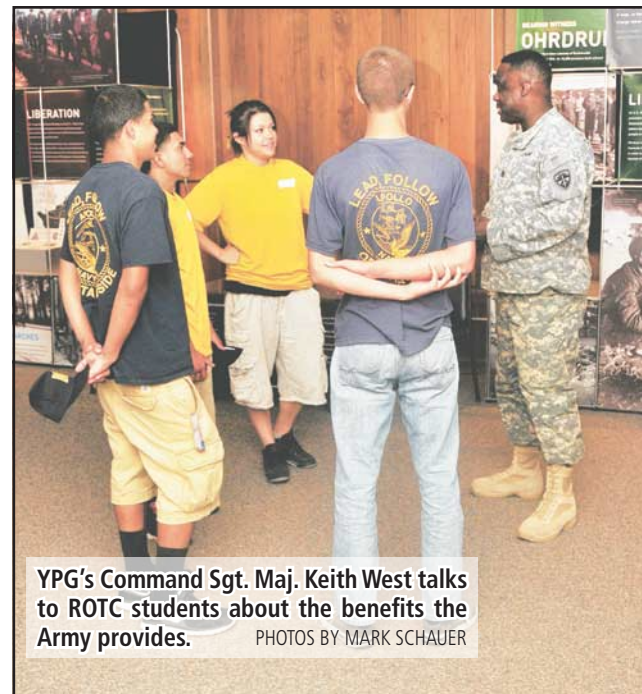
In 2003, Santoro had brought students from the engineering club he then led at Yuma Catholic High School to the proving ground for a tour. The club, which Santoro says helped inspire 27 students over two years to pursue engineering majors in college, had other benefits to those who participated. One student who is now an electrical engineer for a large defense contractor in Tucson was particularly impacted.

"He was totally in a shell, but then he would come home from engineering club and participate in family conversations," recalled Santoro. "It really was a big

metamorphosis."

Santoro thinks this visit was very worthwhile, and hopes to soon bring students from the engineering club he currently leads at Apollo High School.

"The proof is in the pudding," said Santoro. "Tomorrow or next week, the kids will bring this visit up. They never would have seen this in Phoenix or reading a textbook."



YPG's Command Sgt. Maj. Keith West talks to ROTC students about the benefits the Army provides. PHOTOS BY MARK SCHAUER



Students from Apollo High School in Phoenix, Ariz., listen as Ben Bendele explains the type of maintenance work that is conducted at the maintenance shop at Kofa Firing Range.

# ROC Garden Café offers diners savory delights

By Lucy Rivera

Over 2700 civilians who reside in Yuma drive to work at Yuma Proving Ground, entailing long drives each day. Workers either bring lunches from home or depend on Family Morale, Welfare, and Recreation (FMWR) eating facilities for daily meals. YPG has five primary eating facilities --the Wild Horse Café at Laguna Army Airfield, Kofa Firing Range's Roadrunner Café, Cactus Café and Coyote Lanes at Main Post, and the ROC Garden Café.

In the ROC Garden, Maria Spolski is operation assistant and says the taco salad buffet served on Thursdays

is a biggest seller. "The salads are popular because people like Mexican food. We make five dozen and they all sell," she said. "People are definitely attracted by our taco salads."

Although Thursday is a busy day for taco salads, the ROC Garden is also known for its sandwiches, salads and burritos. One in particular, the chorizo burrito, is served for breakfast and is well-liked by diners like Jose Arguelles, chief of military personnel. "The chorizo burritos are tasty and big for the price," he said with a smile. "They are close to

see **CAFE** page 10



Taco Salad day at the ROC Garden is one of the most popular days for the workforce. Maria Spolski, manager (left) and Chris Wyatt, food specialist, handle the register and counter as customers wait for their meal. PHOTO BY LUCY RIVERA

# Mesquite II at Mesa Del Sol



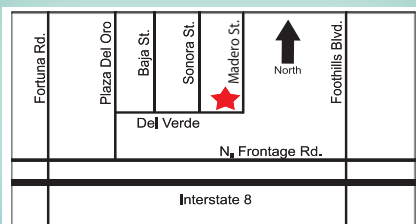
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## September Go-Getters



Congratulations to Brody Prager, 3rd grade and Vanesa Lopez, 2nd grade, from Miss Nixon's class, for being selected Price Elementary School "Go-Getters" for the month of September.



**2012 Hiring Our Heroes Veterans Event – Yuma, Arizona**  
Louis Levy Disabled American Veterans Chapter 11  
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September 27, 2012

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This hiring event is being conducted by the U.S. Chamber of Commerce, local chambers of commerce, the Arizona Department of Economic Security, the Arizona Committee of the Employer Support of the Guard and Reserve (ESGR), the Department of Labor Veterans' Employment and Training Services (DOL VETS), the Employer Partnership of the Armed Forces, the Department of Veterans Affairs, NBC News, the American Legion, Arizona Work Force Connection, and other local partners.

For registration questions, please contact us at [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or contact Bruce Hamilton, ESGR, at 520-750-5891.



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# From powdered wigs to camouflage: The ever-changing style of the Army

**Editor's Note: This is part one of a two part series written by Chris Miller, who is a Purple Heart recipient and served two tours in Iraq. He is currently a policy advocate at Veterans for Common Sense, and a fellow with the Truman National Security Projects.**

Those who have never served in the military would find it hard to believe the attention placed on a soldier's appearance.

Army Regulation 670-1 governs the wear and appearance of the Army uniform and is constantly revised. But it goes far beyond just uniforms. It covers shaving, haircuts, and hairstyles; fingernail polish, length, and cleanliness; tattoos, piercings, and dental work; and even extends to off-duty appearance. AR 670-1 is the reason you won't find soldiers with their hands in their pockets.

This degree of micromanagement is one of many reasons many, including myself, decide not to make the Army a career. During my nine years in the service, I followed regulations like a professional Soldier, but after I came back from combat each time, I found it increasingly difficult to care about what color gym bag I could or couldn't carry.

And yet, when I joined the U.S. Army in 1999, I starched and pressed my uniform every day with creases so sharp you could cut bread with them. I polished my boots to a shine so high you could see your soul in it. Some Soldiers used to soak their uniforms in buckets of starch and iron them until they could stand up on their own. Others used hair dryers to melt and re-melt their boot polish. A few used floor wax. Many would turn their uniforms in to the cleaners every week to be pressed. Some even

bought their own industry-grade machines. Every Monday morning at 9 a.m. there was a showdown to see which platoon had the sharpest looking troopers.

After I came home from Iraq the first time in 2004, a pressed uniform and shined boots just weren't that important to me anymore. Some leaders I'd known seemed more impressed by a "squared away" uniform than a Soldier's actual ability to do their job at war. Many of my former colleagues privately felt leaders should be focused on fighting wars, not looking good in garrison. These arguments will never die.

Yet U.S. Army uniforms remind us of our history, an ever-present sight during our national holidays. There are the blue and grey coats of early America; the browns of WWI; the olive drabs of WWII and Korea; the "tigerstripe" of Vietnam; the Woodland of the Cold War and Balkans; the "Chocolate Chip" of the Gulf War; the desert pattern of the Iraq War; and the grey pixels and "MultiCam" of Afghanistan. The U.S. Army's uniforms have evolved over centuries along with the conflicts they have fought in as the need for camouflage has remained an important constant for the military in the modern era.

Before the 20th century, there was no such need to blend in with the surroundings. Armies fought pitched battles in colorful and often heavy wool uniforms arrayed on opposing sides of a large field. The rationale behind the uniforms of the 18th and 19th centuries was largely identification. Any school kid in America knows the British wore red. The French and Russians often wore blue or white. There was also an element of pride and flash in the uniforms, as Dukes and Counts often paid to maintain their own regiments



The nature of war has changed dramatically since George Washington crossed the Delaware. The way Soldiers dress reflects those changes.

LOANED PHOTO

and wanted them to look sharp. Some of them paraded them about like their own real toy Soldiers. They tried to use colors that stood out well in the fog of battle and were easily distinguished from the enemy.

These bright uniforms may seem silly today, but they were worn in a time where there were no electronic communications to relay to commanders what was happening on the battlefield. The brightly colored uniforms allowed Generals to look across the field and see where their troops were holding, failing, or advancing. It was not the kind of warfare where anyone took cover when battle was joined, even amid artillery shelling. Armies rarely dug or constructed bunkers or breastworks unless under siege. Imagine Napoleon and Lord Wellington looking across the smoke-filled battlefield with their field glasses. They knew only what they could see or messengers could relay to them. Their staff officers had to track changes in the battle with pieces on a map. Their uniforms were hot, heavy, and uncomfortable, but they served an important function. Military uniforms of the 18th and 19th centuries were made to be seen.

The American colonials largely lacked the funds and time to develop and implement such outfits, or to mimic the European system of designating military

units with different colored trims. America's first army under George Washington had no official uniform. The Continental Congress ordered Minutemen to dye their clothing brown, but most didn't have the time or means to do so. As the American experience at Valley Forge showed, they were at times lucky to have coats or shoes at all. The original 13 colonies fielded their own small organized militias and their uniform styles were as varied as the states they served. Though some were brown, green, or red, those who had uniforms most often wore different types of heavy blue coats with shiny brass buttons, similar to the one famously adopted by General Washington himself.

The U.S. Army of the 19th century largely did away with the big hats, wigs, and ornamental elements of the military uniforms of the past century as time wore on, though they retained mostly blue uniforms of thick wool with shiny metal buttons. The Army of the Independent Republic of Texas adopted grey uniforms. The Confederacy also chose grey to distinguish its Soldiers from the federal blues in the Civil War. It was still generally the kind of warfare where units lined up and marched forward into musket or cannon fire with deadly result, as seen in

see **STYLE** page 10

# YPG employee makes difference in Liberia

By Mark Schauer

Connie Whitener is devoted to people and service.

A 28-year veteran of the proving ground, she serves as an operations research analyst for the Army's Manprint initiative, which involves meticulous consideration of the impact of equipment design on Soldiers who depend on it.

"I have an awesome job," she said. "I love it and am very fortunate."

But Whitener's service-oriented life extends far beyond the job. Though she didn't become a nun as she had contemplated in her youth, she has been continuously active in volunteer work since adolescence. From leading childbirth classes and tutoring English language learners to serving as a Sunday school teacher and church youth leader, Whitener is devoted to helping others. In January, Whitener's life took a dramatic turn with a two-week stint in the nation of Liberia, where she joined 11 others

in providing free medical and dental care to the needy.

"I've always wanted to be a missionary, so I couldn't say no," Whitener said. "I went with no expectations and no idea of what was going to happen, which is unlike me. It was a leap of faith."

In a true act of volunteerism, Whitener paid for her travel and all associated costs for the journey. The trip wasn't a spur-of-the-moment jaunt: for example, getting a visa to Liberia required six vaccinations, some of which were not available in Yuma, necessitating a trip to the public health clinic in El Centro, Calif. Once in country, Whitener stayed in Kakata, a city of about 35,000 people with an economy heavily dependent on a struggling rubber cultivation and latex production industry. Whitener and her associates resided in a guest house about ten minutes away from the clinic they operated in a local church, eating meals in the home

of one of the doctors. Over the two weeks it was in operation, the group's clinic served over 1,500 people with a variety of conditions, from minor infections and wounds to severe cases of cancer and HIV. The group's dentists were also kept busy.

"There were people there who hadn't seen a dentist in 20 years," said Whitener. "On one day, one of the dentists extracted 11 teeth from one man."

Whitener's primary tasks were serving as the clinic's treasurer and teaching Bible lessons to local children, sometimes in groups of 50 or 60. There were unexpected duties as well, though. When the group's pharmacy technician was stricken

by what turned out to be an ulcer, Whitener assisted a retired nurse in dispensing medications. In all, the group provided more than \$40,000 worth of medicine and supplies, and left an additional \$10,000 behind to ensure patients with the most serious conditions could receive follow-up care.

Whitener felt the experience was very rewarding and may make future trips to Liberia or other countries.

"It was as if we were immediately part of their family. The people were all-embracing without any standoffish-ness. I don't think I would have experienced that as just a tourist," she said with a smile.

## CAFE

FROM PAGE 7

being authentic." On a typical day the ROC sells over 25 breakfast burritos. That's over 100 burritos per week!

Spolski offers specials throughout the week, including sandwich specials on Monday and buffet specials offered Tuesday through Thursday. Additions to the menu have been made to include chicken strips baskets, beef stroganoff, and meat loaf.

The ROC Garden is staffed by four people who begin their day at 4:30 a.m. preparing for the breakfast rush, serving until 10:30 a.m. Preparation for the day's lunch special takes place throughout the morning since the cooking process can take several hours.

For Spolski, maintaining good

communications among coworkers is a priority. "Communicating with your workers is extremely important in order to fix problems that arise," she said. "Without dedicated employees, we simply cannot do the job."

Spolski, who has been at YPG for 10 years, comes with a background in the food industry from Air Force base food services and Micron Electronics in Idaho. She first worked at the Cactus Café as a dishwasher and transferred to the ROC Garden six years ago, where she became manager.

The ROC Garden Café is open for breakfast and lunch, Monday through Friday from 6:30 a.m. to 1:00 p.m.



Connie Whitener (right) gets a hug from one of the volunteers in Liberia where she spent two weeks volunteering and providing medical and dental care for the needy along with 11 other individuals. Whitener, who provided religious classes to hundreds of children and adults, found the experience extremely rewarding and fulfilling.

LOANED PHOTO

## STYLE

FROM PAGE 9

skirmishes such as Pickett's Charge.

None of the Civil War uniforms were very functional, especially in the climate of the American south and west. During the battle for Atlanta in the summer of 1864, hundreds of soldiers on both sides suffered from exhaustion and heat stroke in their wool uniforms under the Georgia sun. Soldiers suffered similar problems in the wars against Mexico and the Native Americans on the Great Plains and in southwestern deserts.

The turn of the 20th century brought with it the idea that uniforms should be made for utility and concealment. Previous U.S. Army uniforms hadn't taken the climate or terrain much into account, other than perhaps to mercifully adjust the wear or weight of their material for summer. In 1902, the U.S. Army, learning from Britain's experience in colonial Africa and India, adopted the khaki uniform, known as "drab."

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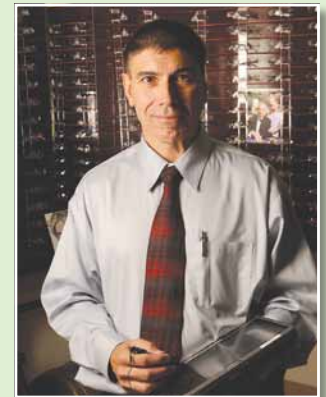
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